Diet, Physical Activity and Cardiovascular Disease Prevention in Europe

Diet and Physical Activity: Critical Issues and Barriers to Reach the Goals

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86% of deaths and 77% of disease burden in Europe are caused by NCDs: most frequent cause of death
CVD causes nearly half of all deaths in Europe (48%) and in the EU (42%).
Each 10% increase in NCD burden is associated with a 0.5% reduction in annual economic growth.
Overall, CVD is estimated to cost the EU economy €192 billion a year.

Cost of CVD to the health care system, 2006, EU

- Healthcare cost: 57%
- Loss of productivity: 21%
- Informal care: 22%

Source: Health Economics Research Centre, Department of Public Health, University of Oxford
Risk Factors: largely preventable
Risk Factors: 10 are directly or indirectly diet-related
About 20% of deaths from CVD in men and about 3% in women are due to smoking.
Decisional Gap