

# An EU Cardiovascular Health Plan

## Cardiovascular disease in the EU: Key facts and figures



An estimated  
**60 million people**  
live with  
cardiovascular  
disease in the EU<sup>1</sup>



Cardiovascular disease  
costs the EU  
**€282bn**  
due to direct healthcare  
costs, productivity loss,  
and informal care by  
caregivers<sup>2</sup>



Cardiovascular disease  
accounts for around  
**1/3**  
of all deaths  
in the EU<sup>1</sup>

## EACH calls for a dedicated Cardiovascular Health Plan and Mission that focuses on:



**Primary prevention**  
to decrease  
premature mortality  
and morbidity.



**Secondary prevention** through  
timely screening,  
early detection, and  
diagnosis.



**Early intervention.**  
access to care and  
quality treatment.



**Rehabilitation**  
Including counselling,  
medical treatment and  
psychological support.



**Quality of life**  
and other  
psychosocial  
outcomes.

## An inclusive and ambitious EU Cardiovascular Health Plan should also include horizontal cross-cutting actions, including:



**A European Cardiovascular Health Knowledge Centre**, to address the current fragmentation and significant gaps in reliable data and ensure connectivity across the spectrum of cardiovascular disease and related conditions and cross border collaboration.



**The Co-Creation of National Cardiovascular Health Action Plans** to reflect the national context and culture and provide an essential framework for national implementation of an EU Cardiovascular Health Plan with appropriate emphasis, investment and targets on primary, secondary and tertiary prevention.



**A European Cardiovascular Health Observatory**, to capture important developments in all areas of cardiovascular health in Europe, highlighting beacons of excellence, and how these could be replicated and scaled across Europe.



**Creating an incubator and progressive policy environment for digital transformation in Cardiovascular Health** to help create a progressive policy environment and facilitate digital health solutions across the Cardiovascular Health community across Europe.

### About EACH

The European Alliance for Cardiovascular Health brings together leading European and international organisations around joint activities to promote cardiovascular health as a policy priority at EU level. The Alliance provides a platform to aggregate knowledge and expertise of key stakeholders active in the field of cardiovascular health, and to advise and guide policymakers.

[cardiovascular-alliance.eu](https://cardiovascular-alliance.eu)

#### References:

1. Global Burden of Disease Collaborative Network. Global Burden of Disease Study 2021 (GBD 2021) Results. Seattle, United States: Institute for Health Metrics and Evaluation (IHME), 2022. Available from <https://vizhub.healthdata.org/gbd-results/>.
2. Luengo-Fernandez et al. Economic burden of cardiovascular diseases in the European Union: a population-based cost study, European Heart Journal 2023 <https://doi.org/10.1093/eurheartj/ehad583>