

Countdown to EU Cardiovascular Health Plan: Key Stakeholders Gather at EACH Summit

Key Takeaways

- The EACH Cardiovascular Health Summit opens at a pivotal moment, just days before the EU Cardiovascular Health Plan is published (16 December).
- Cardiovascular diseases are the leading cause of death and disability in the EU, affecting over 62 million people and costing more than €282 billion annually.
- The Summit brings together policymakers, clinicians, patients, researchers, and industry leaders to shape the future of cardiovascular health in Europe.
- Discussions focus on three pillars: prevention, early detection and screening, and treatment and care—with a strong emphasis on tackling inequalities and integrating mental health.
- EACH and its partners are committed to working with the European Commission and Member States to ensure the new EU Plan delivers real improvements for citizens.



Press Release

Brussels, 10 December 2025

The European Alliance for Cardiovascular Health (EACH) today opened the EACH Cardiovascular Health Summit in Brussels, bringing together policymakers, clinicians, patients, researchers, and industry leaders at a decisive time for cardiovascular health in Europe. With the EU Cardiovascular Health Plan set for publication on 16 December, the Summit provides a timely forum to reflect on the work that has led to this milestone and to begin shaping the next steps for implementation and investment across Member States.

Cardiovascular diseases remain the leading cause of death and disability in the EU, affecting over 62 million people and costing the European economy more than €282 billion annually. This burden underscores the urgent need for coordinated action at both European and national levels to advance prevention, strengthen early detection, and improve access to high-quality care.

Commissioner Olivér Várhelyi sets the tone for a transformative moment in cardiovascular health

The Summit featured a keynote address from Olivér Várhelyi, European Commissioner for Health and Animal Welfare, who spoke about the Commission's vision for cardiovascular health and the opportunity presented by the forthcoming EU Cardiovascular Health Plan.

Commissioner Várhelyi stated:

*"Next week, we will adopt the EU Cardiovascular Health Plan under the name **Safe Hearts Plan**. Successful implementation can only be achieved through robust, long-term funding. A micro-levy on unhealthy food, following the polluter-pays principle, will help mitigate the impact of CVD on society and finance the EU Cardiovascular Health Plan."*

EACH welcomes the Commissioner's commitment and stands ready to work with the Commission, Member States, and all stakeholders to ensure that the vision outlined today translates into concrete, lasting improvements for citizens across Europe.

Summit discussions reflect the three pillars of action needed across Europe

- **Prevention:** Promoting healthy lifestyles, tackling modifiable risk factors, and supporting Member States in developing national cardiovascular health plans.
- **Early Detection and Screening:** Advancing timely identification of at-risk individuals through harmonised protocols, mobile outreach, and digital tools.
- **Treatment and Care:** Improving access to integrated, person-centered care, rehabilitation, and innovative therapies, while addressing persistent health inequalities.

Speakers also underscored ongoing inequalities across Europe, gender gaps in diagnosis and treatment, and the importance of integrating mental health into cardiovascular care.

As the EU prepares to launch the Cardiovascular Health Plan, the first day of the Summit highlighted the shared determination of policymakers, health professionals, and patient representatives to drive meaningful progress.

Together, we can reduce the burden of cardiovascular diseases, improve quality of life, and ensure that every person in Europe has the opportunity to live longer, healthier lives.

Note to the editor

The European Alliance for Cardiovascular Health (EACH) brings together leading European and international organisations around joint activities to promote cardiovascular health as a policy priority at EU level.

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