

ESC Preventive
Cardiology 2025

EAPC Annual Congress



The Italian Strategic Plan for Cardiovascular Health 2024-2027



Prof. Ciro Indolfi

President of the Italian Federation of Cardiology





Every minute

3 people

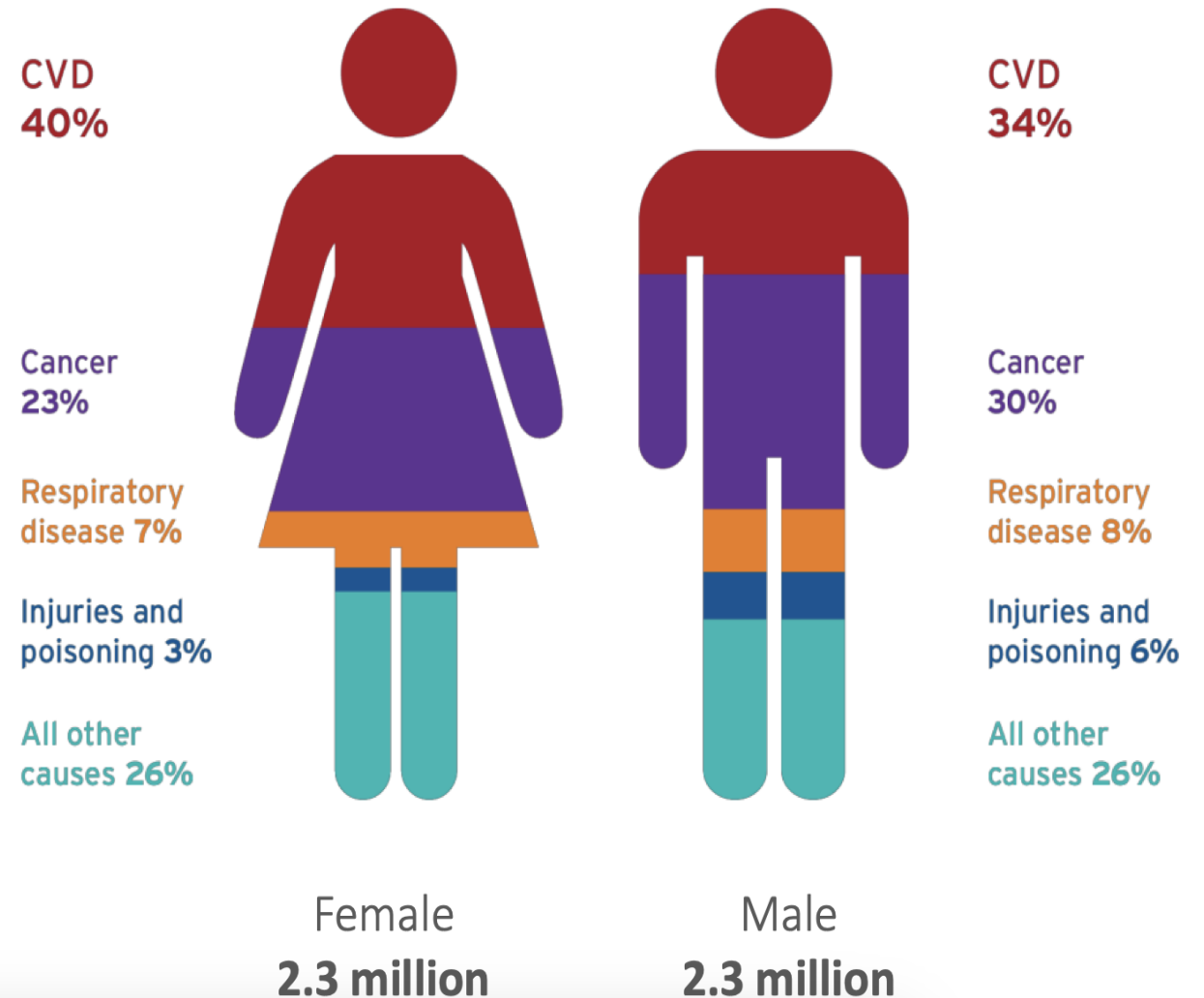
die **from CVD**



The wake-up call for women and CVD

- More **CVD deaths in women** than all cancers combined
- **40% of all deaths** in women are CVD
- Mortality following heart attack is **20% greater in women** vs men
- Women **underrepresented** in research

CV Health action means
Gender equality



Cardiovascular and Cancer Comorbidities

Understanding interactions between cancer and cardiovascular disease

Recent studies have shown that advances in treatment have led to improved survival of cancer patients but have also increased mortality due to treatment side effects. Cardiovascular diseases are the most frequent side effects¹. This is the result of cardiotoxicity, which involves direct effects of cancer treatment on the heart function. There is a growing concern that side effects may lead to premature morbidity and death among cancer survivors².

Are death rates equal across the EU?



CVD mortality rates vary across EU

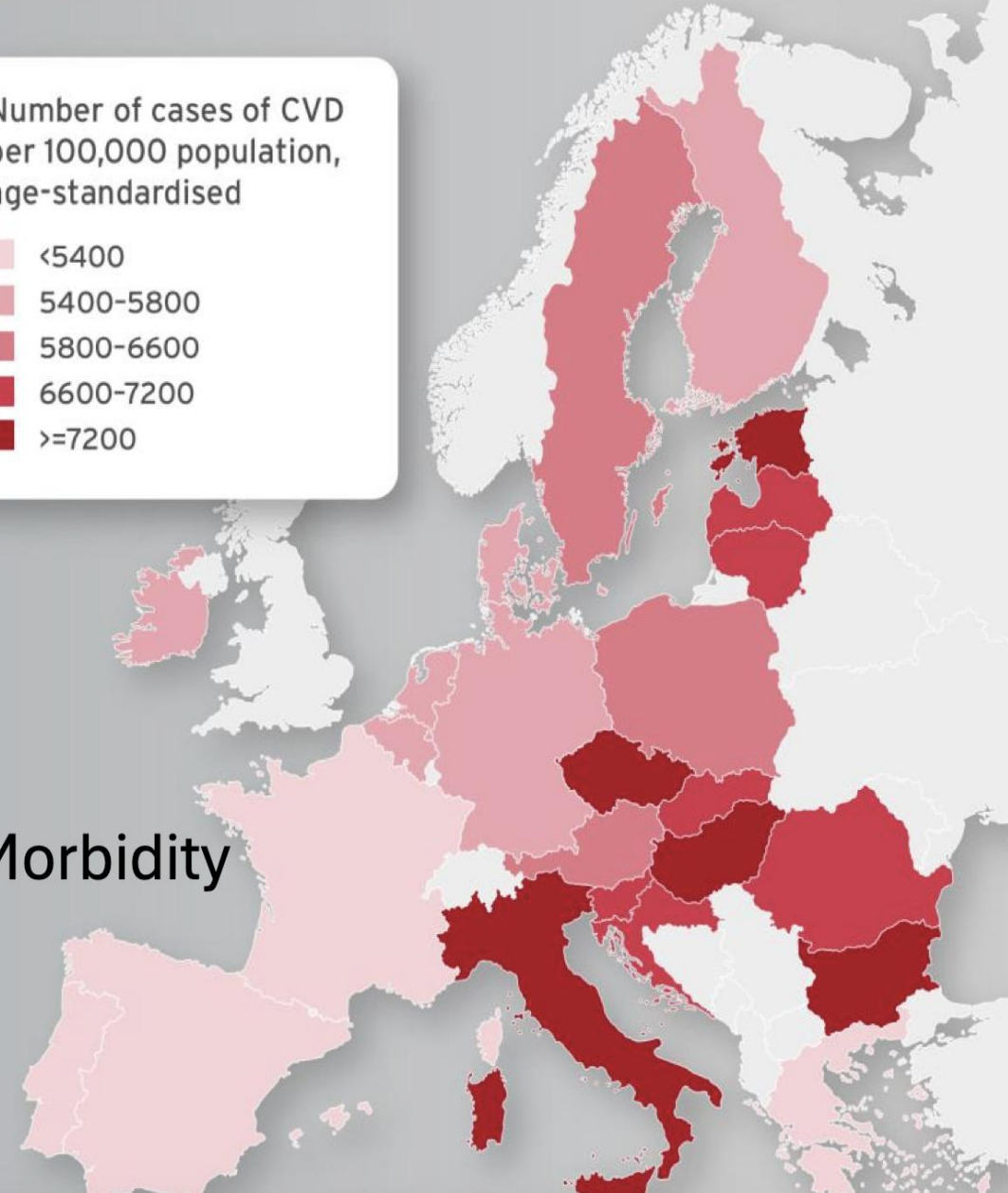
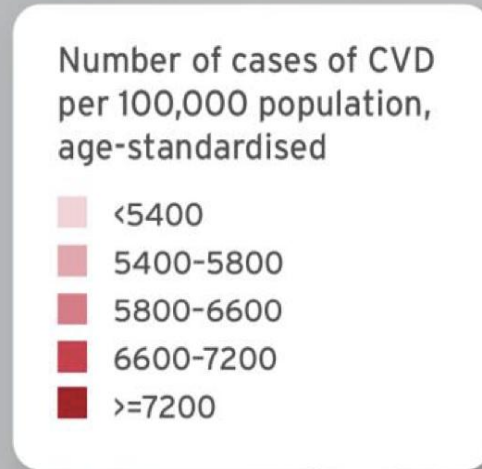
- 20% at its lowest to 65% at its highest

Population disparities within countries

- Age, gender, ethnicity, socioeconomic status and region

**The fight for CV health is
the fight for equality**

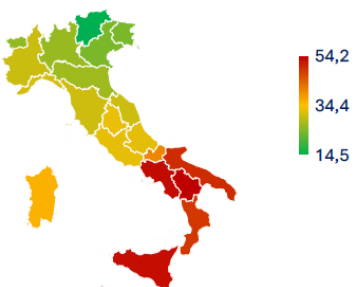
CVD Morbidity



TASSO DI MORTALITA' E PREVALENZA FATTORI DI RISCHIO

Prevalenza dei fattori di rischio nella popolazione italiana (%)

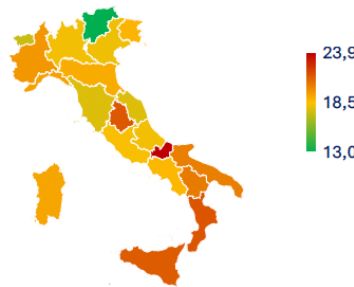
SEDENTARIETÀ



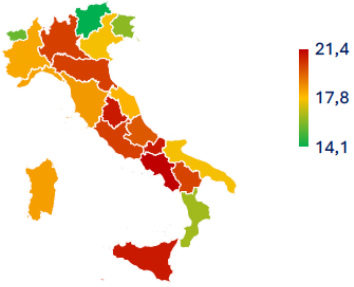
OBESITÀ



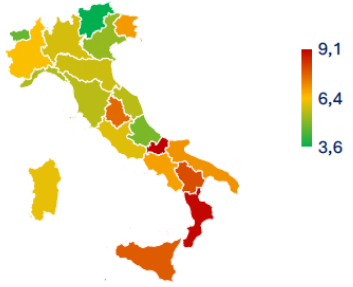
FUMO



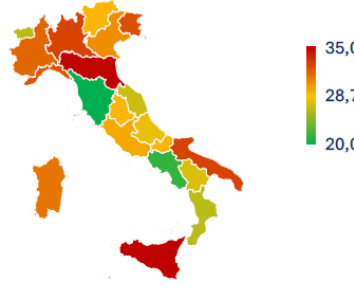
IPERTENSIONE



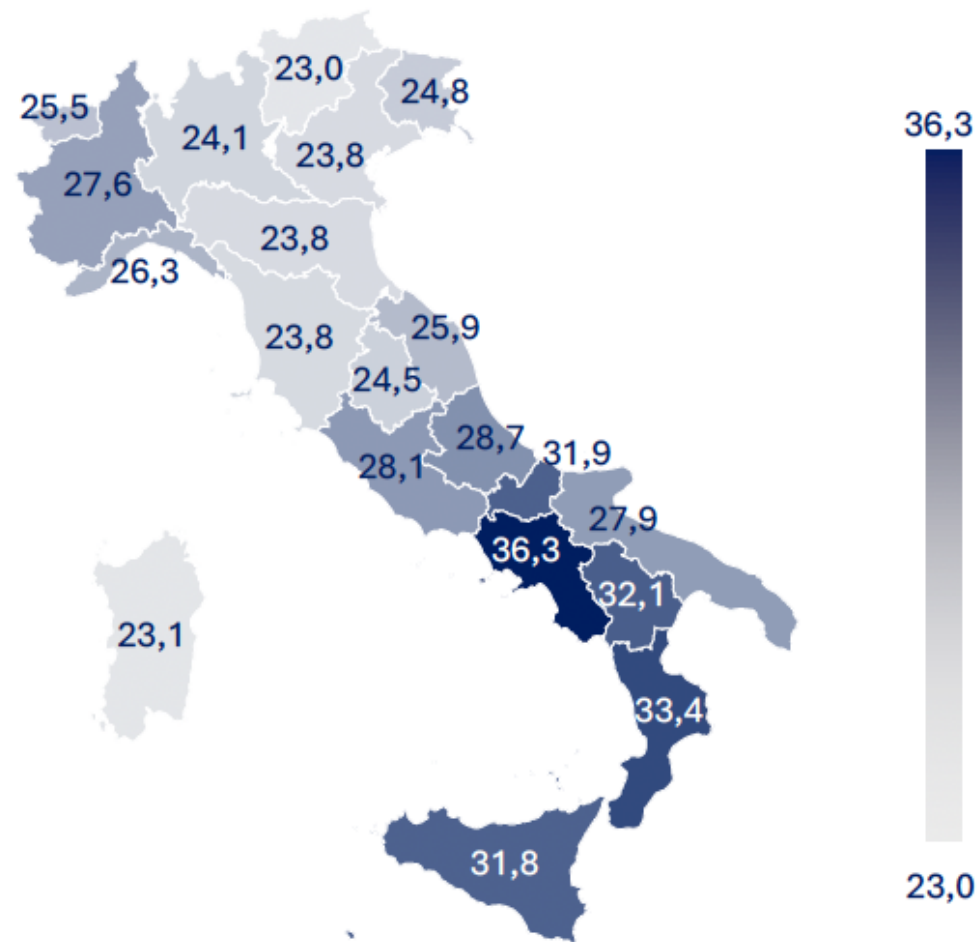
DIABETE



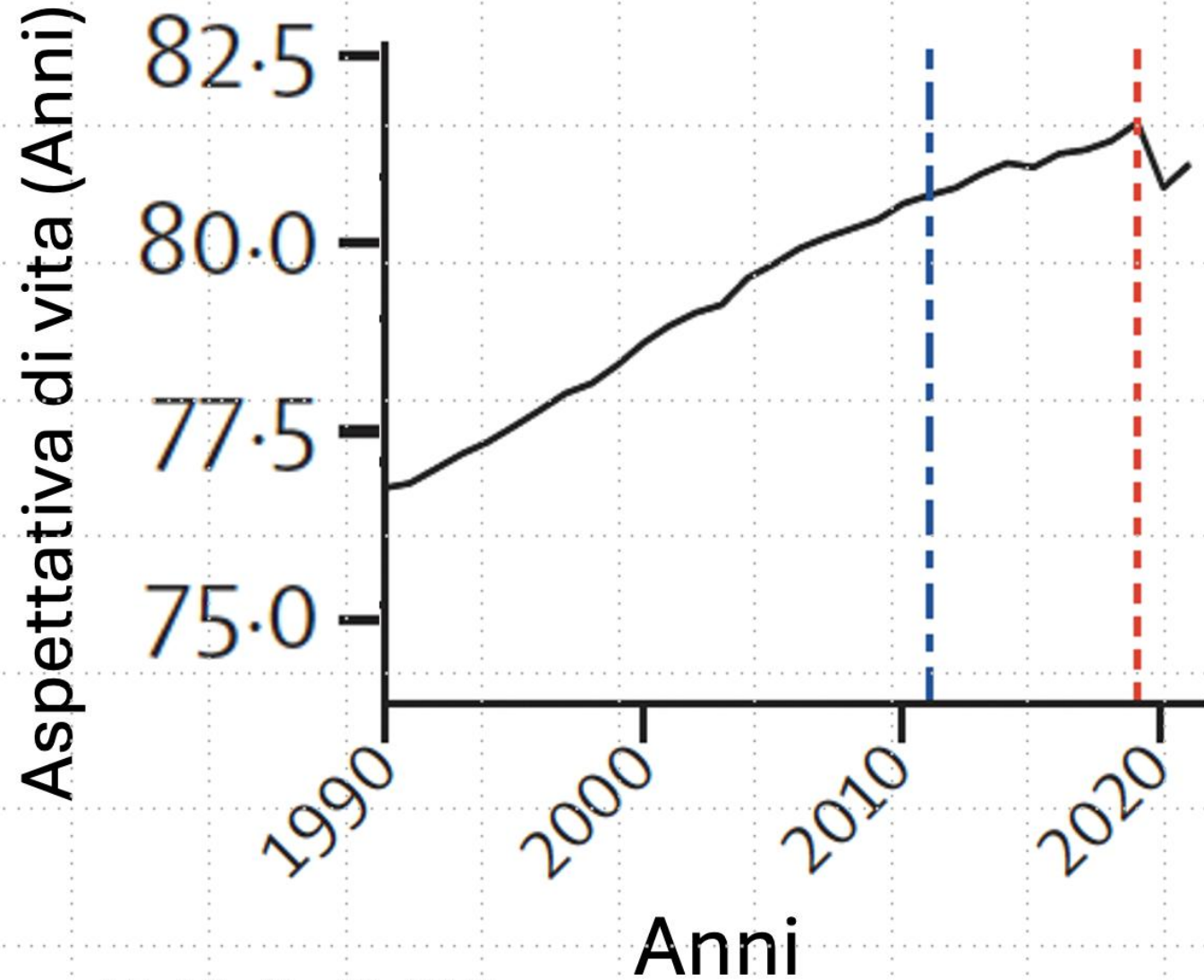
IPERCOLESTEROLEMIA*



Tasso standardizzato di mortalità per malattie cardiovascolari nelle Regioni (per 10.000 abitanti), 2022



Aspettativa di Vita in Italia 1990-2020



Fonte: Lancet Public Health 2025

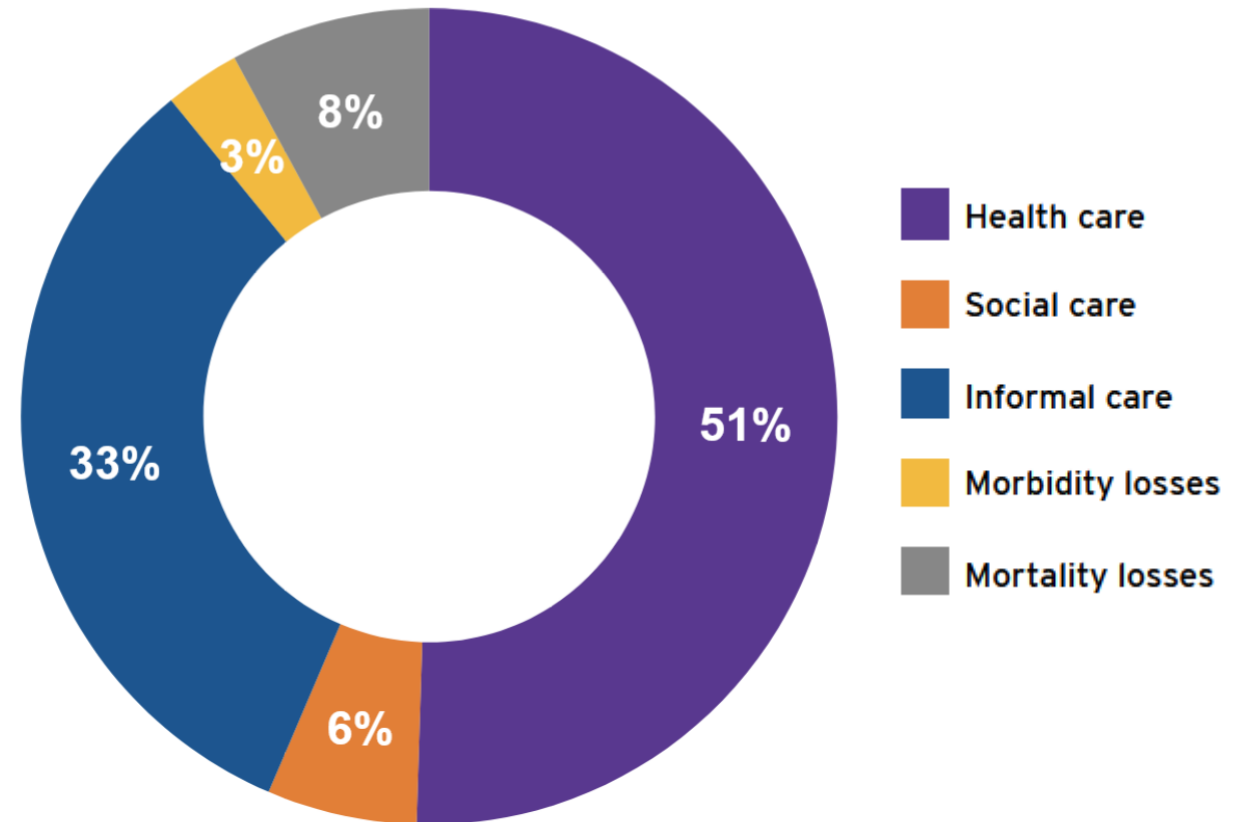
Italy

ESC Atlas of Cardiology

● October 2024

CVD cost Italy €42 billion in 2021

	Costs, € million
Healthcare	21,334 (51%)
Social care	2,413 (6%)
Informal care	13,734 (33%)
Morbidity losses	1,212 (3%)
Mortality losses	3,285 (8%)
Total	€ 41,978



Ramon Luengo-Fernandez et al, Economic burden of cardiovascular diseases in the European Union: a population-based cost study, *European Heart Journal*, 2023; ehad583, <https://doi.org/10.1093/eurheartj/ehad583>

Verso un Piano di Salute Cardiovascolare per l'Unione Europea – a che punto siamo?

In soli due anni...

Il gruppo politico più grande al Parlamento Europeo (Partito Popolare Europeo) ha incluso la necessità di avere un Piano di Salute Cardiovascolare dell'UE come promessa elettorale.



“

We will also step up our work on preventive health, in particular for mental health, including at work, and **cardiovascular diseases**, as well as on treatments for degenerative illnesses and research on autism. This will build on the successful model of the Beating Cancer Plan.



Ursula von der Leyen
European Commission President



”

“

We will monitor the implementation of EU's Beating Cancer Plan, a great success of the past term, and build strategies for **cardiovascular diseases**, related diabetic diseases and neurodegenerative diseases.



MEP Adam Jarubas
Chair, Subcommittee Public Health (SANT)



”

In soli due anni...

La salute cardiovascolare è diventata per la prima volta una priorità della Presidenza dell'UE nei 30 anni di storia dell'Unione Europea.



Conferenza di alto livello sotto la Presidenza ungherese del Consiglio dell'UE, 4 luglio



Sessione di lavoro EPSCO su «Azione europea contro le malattie cardiovascolari», 25 luglio



European Commission announces EU Cardiovascular Health Plan ESC welcomes this historic milestone for fostering national and European action



Brussels, 3 December 2024

The EU-27 Ministers of Health unanimously adopted the Council Conclusions on the Improvement of Cardiovascular Health in the EU, marking a strong political commitment towards improving cardiovascular health across Europe.

During the meeting of Health Ministers, it was announced that the **European Commission will develop a new European Cardiovascular Health Plan, stating that “this Commission will want to put front and centre cardiovascular health”.**



NASPCH

PIANO STRATEGICO NAZIONALE PER
LA SALUTE CARDIOVASCOLARE
2024 | 2027



Coordinatore: Prof. **Ciro Indolfi**

A cura della Federazione Italiana di Cardiologia (IFC),
con il sostegno della Società Europea di Cardiologia (ESC)
nell'ambito del Progetto Advocacy 2024

<https://ifcardio.org>

*Published by the Italian Federation of Cardiology
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*With the collaboration of the Italian Society of Cardiology
President: Prof. **Pasquale Perrone Filardi***

*and the National Association of Hospital Doctors
President: Dott. **Fabrizio Oliva***

www.ifcardio.org

NASPCH

NATIONAL STRATEGIC PLAN FOR
CARDIOVASCULAR HEALTH
2024 | 2027



Coordinator: Prof. **Ciro Indolfi**

Published by the Italian Federation of Cardiology (IFC),
endorsed by the European Society of Cardiology (ESC)

<https://ifcardio.org>

ITALIAN STRATEGIC PLANS FOR CARDIOVASCULAR HEALTH IFC/ESC

- **Mandatory national screening for all citizens, starting at age 18, to assess cholesterol and blood pressure.**
- **ECG once a year for those over 65 y.**
- **Public areas in cities that encourage physical activity.**
- **Digitalization to reduce the burden of bureaucracy.**
- **Primary and secondary prevention.**
- **Educational campaigns for citizens from schools to workplaces.**
- **Gender gap.**
- **Geographical gap.**
- **Technological innovation and artificial intelligence.**

CONCLUSIONS

- **Very recently, ministers of Health of the EU approved a plan for the Improvement of Cardiovascular Health in the EU.**
- **Italy is not a low cardiovascular risk.**
- **The Italian Federation of Cardiology (IFC), thank to the European Society of Cardiology (ESC), is includede in the ESC Advocacy project and has drawn up the first "Strategic Plan for Cardiovascular Health in Italy 2024-2027».**
- **The ambitious objectives are to reduce cardiovascular mortality and morbidity, bringing Italy to a low cardiovascular risk, promoting cardiovascular health, increasing prevention and pharmacological and interventional strategies in our country.**

We can do better

Together we can save lives

