

Launch of the 3rd Health Programme “Young50” project

#Stay Healthy – Cardiovascular Risk Prevention

Cardiovascular diseases (CVD) are the leading cause of mortality in the European Union causing over 1.8 million deaths per year (EHN Cardiovascular Disease Statistics) as well as a great loss in potential life years. Prevention is increasingly playing a key role in reducing mortality linked to CVD.

It is sufficient to consider how mortality rates due to coronary artery disease (CAD) has decreased compared to that of the '80s, especially in high-income countries. Nowadays CAD rates have more than halved compared to those of the '80s in many European countries, thanks to preventive measures, such as effective tobacco control legislation and strategies.

Proposed measures: The Italian model

In Italy, over the years, various projects have been developed for the prevention of CVD. In 2013, for instance, the project "organized Cardiovascular risk screening program for active prevention in 50-year-olds" (Cardio 50) was developed, coordinated by the CCMR Veneto along with 22 Local Health Authorities of 11 Italian regions.

The objectives of CARDIO 50 were to:

- estimate cardiovascular risk among the 50-year-old population;
- identify persons with inadequate life styles, new cases of hypertension, hyperglycemia and hypercholesterolemia;
- activate an integrated model of assistance to help modify or reduce risk factors among healthy subjects;
- promote interventions to change unhealthy lifestyles;
- increase knowledge and perceptions of CVD risks among the general population.

The YOUNG50 project objective

Starting from the CARDIO50 experience, the YOUNG50 project will transfer this Italian best practice to Lithuania, Romania, and Luxembourg. The project will last 36 months (01/05/2019-30/04/2022). Its implementation will be divided into 3 phases:

1. **Phase 1:** assessment of the feasibility of its implementation in each MS through a situation analysis, adapting it to the local context, with support from the Spanish partner;
2. **Phase 2:** piloting the YOUNG50 programme in selected regions or cities, with the involvement of health professionals and prevention programs.
3. **Phase 3:** evaluating the impact of the action and exploring its institutionalization.

The partnership

YOUNG50 is coordinated by Azienda ULSS 6 Euganea (Italy). The other partners are Azienda ULSS 4 Veneto Orientale (Italy), Ministère de la Santé (Luxembourg), Viestoji Istaiga Centro Poliklinika (Lithuania), Asociata Aer pur Romania (Romania), Asociacion Centro de Excelencia en Investigacion sobre cronicidad (Spain).

All partners attended the YOUNG50 kick-off meeting held on 6th-7th June 2019 in Luxembourg at the premises of DG SANTE.

The YOUNG50 project is co-funded by the European Commission within the 3rd Health Programme, under Grant Agreement no. 847130. For more information check out the [dedicated webpage on CHAFEA website](#).

