

The case for a joint cardiovascular and diabetes health check



5,000
deaths

from CVD
every day¹



People with
diabetes have
life expectancy
reduced by up
to 10 years²



Diabetes
costs
€104 BLN

to the EU
every year³



People with
diabetes have a
2-3 times
higher cardio-
vascular
risk⁴



CVD costs
€210 BLN
to the EU
every year⁵

Early diagnosis

of CVD and diabetes is essential to prevent complications, improve health outcomes and save healthcare costs

Quick, targeted, joint cardiovascular and diabetes health checks would be a cost-effective way to save lives.

Who should get a health check?

The following risk factors should be considered:

- **To identify people at risk of developing diabetes:** age, BMI, physical activity, vegetable and fruit intake, medical treatment of hypertension, history of hyperglycemia and family history.
- **To identify people at risk of developing CVD*:** family history of premature CVD, FH, CVD risk factors such as smoking, arterial hypertension, diabetes, raised lipid level, obesity, or comorbidities increasing risk of CVD.

What would a health check include?

Measurements of the main causal and modifiable risk factors:



LDL-C



Blood
Pressure



Smoking
Status



HbA1c



BMI

CVD - Cardiovascular disease

FH - Familial Hypercholesterolemia

LDL-C - Low-density lipoprotein cholesterol
("bad" cholesterol)

HbA1c - Glycated hemoglobin

BMI - Body mass index

* A systematic or opportunistic CV risk assessment in the general population in men >40 years of age and in women >50 years of age or postmenopausal with no known arteriosclerotic cardiovascular disease risk factors may be considered.



What should Member States do?

- Maintain and strengthen actions and policies towards a health promotion strategy which include cardiovascular and diabetes health checks
- Implement targeted cardiovascular and diabetes health checks at primary care level, where most Europeans living with CVD and diabetes are managed.
- Support healthcare professionals, especially within primary care and specialist nursing settings, to ensure a better understanding of risk factors to improve early detection and diagnosis.



What should the EU do?

- Adopt Council Conclusions that call on Member States to implement joint and targeted cardiovascular and diabetes health checks.
- Explore, through pilot projects, the implementation of health checks – e.g., through the work done within the EU4Health Joint Action on cardiovascular disease and diabetes.

¹ Fighting cardiovascular disease – a blueprint for EU action. June 2020. European Heart Network and European Society for Cardiology. Access link: <https://ehnheart.org/eu-action-on-cvd.html>

² IDF Atlas 10th Edition. Access link: <https://diabetesatlas.org/data/en/>

³ IDF Atlas 10th Edition. Access link: <https://diabetesatlas.org/data/en/>; Health at a glance, 2019, OECD. Martin S, et al. Exp Clin Endocrinol Diabetes. 2007;115:495-501

⁴ Avdagic-Terzic M, Babic Z, Burekovic A. Diabetes Mellitus Type 2 and Cardiovascular Diseases-Risk Assessment. Mater Sociomed. 2022

⁵ Early detection of cardiovascular disease – an update from the European Heart Network – 2020. Access link: <https://ehnheart.org/publications-and-papers/publications/1304:cvd-screening-2021.html>