

The EU Safe Hearts Plan

Saving Europeans from cardiovascular diseases

December 2025
#HealthUnion



We need this plan because of:

- 1.7 million lives lost every year.
- 62 million people affected.
- 1 in 3 children are **overweight or obese** and are at risk of developing cardiovascular health problems.
- 1.3 million working years lost.
- EUR 282 billion economic cost per year.
- Expected 90% rise in cardiovascular diseases by 2050.



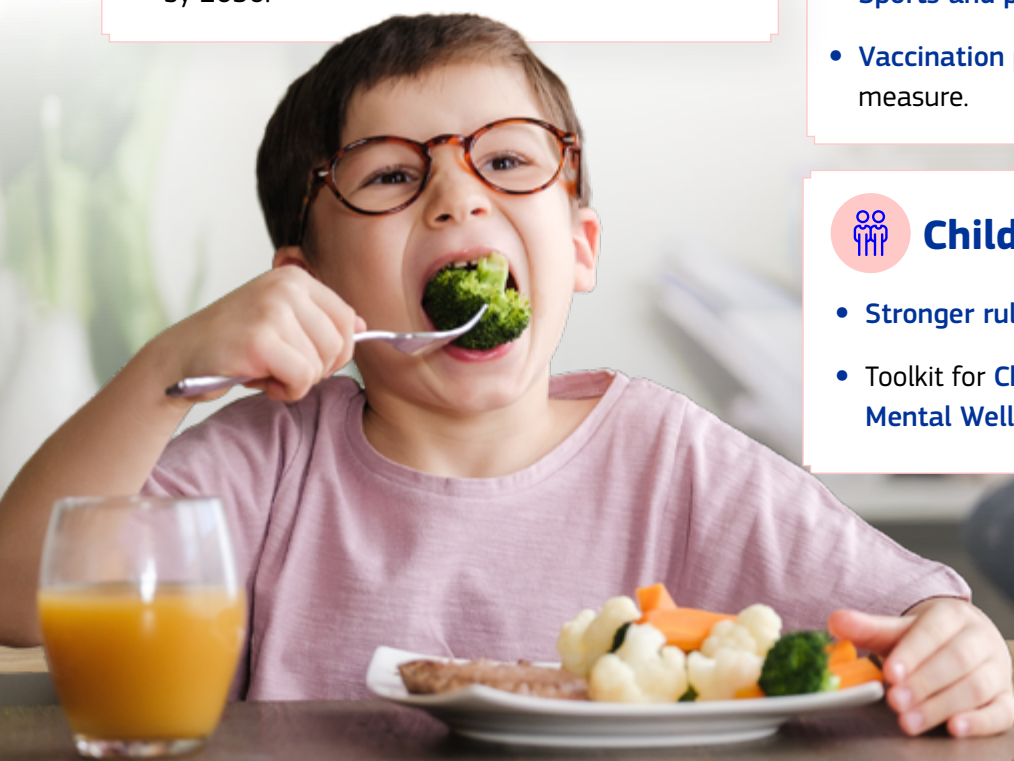
Life-long & personalised prevention:

- **Help for EU countries** to develop their plans, fight obesity and diabetes.
- **Revision of EU tobacco legislation** due in 2026.
- **Healthier food choices** made by **better informed consumers**.
- Addressing the issues around **ultra-processed food** and examining which appropriate **tools**, including possible financial actions, **could be deployed to support / fund public health**.
- **Sports and physical activity** must be promoted.
- **Vaccination promotion** as a prevention measure.



Children and young people

- Stronger rules on advertising.
- Toolkit for **Child and Adolescent Health and Mental Wellbeing Promotion**.





Early detection, improved care

- **Common approach on health checks.**
- **Mobile screening programmes**, bringing screening directly to people.
- **Improved personalised treatment and integrated care** with the use of digital tools.
- **European network of cardiovascular health centres** to bring expertise and care together.
- **Improving knowledge** about gender specifics.
- **Reaching every citizen** via a dashboard monitoring health inequalities.



AI, research and innovation solutions

- **Launch of an Incubator** to speed up the use of AI.
- **Common set of data** to implement AI-driven solutions and digital tools.
- **Blueprint for cardiovascular AI deployment:** by 2029.
- **Research and Innovation Roadmap** to improve risk prediction, especially for women.
- Investing in research on **personalised prevention and care**.
- Supporting research on the role of **sustainable and healthy diets**.
- Research on **cardiovascular, metabolic and renal diseases**.

To date, the EU has invested almost **EUR 2.3 billion** in cardiovascular and related research.

The Safe Hearts plan earmarks more than **EUR 200 million** for further research and innovation.