



A synergy special: acting together for cardiovascular diseases



Welcome

Welcome to the JACARDI Synergies Newsletter, showcasing Action Grant projects that share [JACARDI](#)'s mission. In this current edition, we dedicate attention to **five initiatives targeting cardiovascular diseases and related measures.**

JACARDI collaborates closely with nine Action Grants under the [EU4Health Programme](#) to enhance the prevention and management of cardiovascular diseases (CVDs) and diabetes. This partnership is built on a shared commitment to maximise impact and strengthen the coherence of EU-level action in the field of non-communicable diseases.

The focus on CVDs is well aligned with current health policy priorities, as the [European Commission is currently developing the European Cardiovascular Health Plan \(CVH Plan\)](#) to address Europe's leading cause of death. Building on the achievements and lessons learned from Europe's Beating Cancer Plan, the current momentum presents a unique opportunity to advance the development and implementation of a dedicated EU Cardiovascular Health Plan.

The synergy between JACARDI and the Action Grants is built upon four key domains: *dissemination, sustainability, equity, and implementation*.

Collaborative activities include co-organised events and webinars, the development of communication materials, the sharing of methodologies, and the participation in training, capacity building activities and masterclasses. Additionally, efforts to promote equity in health systems, strengthening patient-centered approaches, the co-creation of interventions and facilitating the translation from evidence into policy are central to this partnership.



Featured projects

CaregIVR



Cardiovascular Health Promotion: The impact of Immersive Virtual Reality

November 2023 - October 2026

CaregIVR develops solutions for the critical challenge of the heavy emotional and physical burden placed on informal caregivers who support individuals with chronic illnesses, particularly cardiovascular conditions. Its mission is to develop immersive VR content aimed at reducing stress, promoting healthy habits, and raising awareness about self-care among these caregivers.

The innovative approach of the project involves using Immersive Virtual Reality (IVR) to facilitate experiential learning by simulating the sensory and emotional realities of living with limitations after a stroke. Through this technology, caregivers gain embodied insight, moving beyond clinical descriptions. This is expected to reduce stress and contribute to the development of more sustainable healthcare systems.

[Read more](#)

PERFECTO



Preventing the Preventable – Familial Hypercholesterolaemia Paediatric Screening for Cardiovascular Health

December 2023 - May 2026

PERFECTO focuses on familial hypercholesterolaemia (FH), one of the most common monogenic disorders, which remains underdiagnosed and leads to premature and preventable cardiovascular risk. The overarching goal is to transform how FH is recognized, diagnosed, and managed across EU Member States by strengthening policy and embedding meaningful patient engagement.

The project developed and is currently piloting a Person-Communication Model specifically for FH paediatric screening. **PERFECTO** also created a Societal Return on Investment (SROI) model designed to demonstrate public health impact, which will support sustainable policies and funding for early detection.

[Read more](#)

Preventia



NCDs Prevention and Health Promotion through Training, Networking and Awareness-Raising across the EU

January 2024 – December 2026

Preventia addresses the urgent need to tackle non-communicable diseases (NCDs) by promoting healthier lifestyles and addressing health inequalities across the EU. The ambitious mission is to improve health literacy, reduce the spread of NCDs, and foster cooperation between Member States to help communities make better-informed food choices.

Preventia launched BiteWatch, an innovative mobile app designed to help consumers make healthier and better-informed food choices when purchasing food products. The

project is currently carrying out an assessment of NCD policies in partner countries, which is designed to inform an upcoming policy brief and public health guidelines.

[Read more](#)

PROVIDE



Prediction and Prevention of Cardiovascular Diseases in Type 2 Diabetes

November 2024 - December 2026

PROVIDE addresses the fact that people living with type 2 diabetes face a significantly higher risk of developing Cardiovascular Diseases (CVDs), which remain the leading cause of death worldwide. Its mission is to develop predictive tools and preventive strategies to assist patients and clinicians in detecting risks early, aiming to reduce hospitalization and improve quality of life.

The project utilizes data science to develop validated digital tools that can identify patients at high risk of CVD. Expected outcomes include personalised preventive care pathways, and the project will propose large-scale deployment scenarios for integration into European healthcare systems during final validation.

[Read more](#)

RESIL-Card



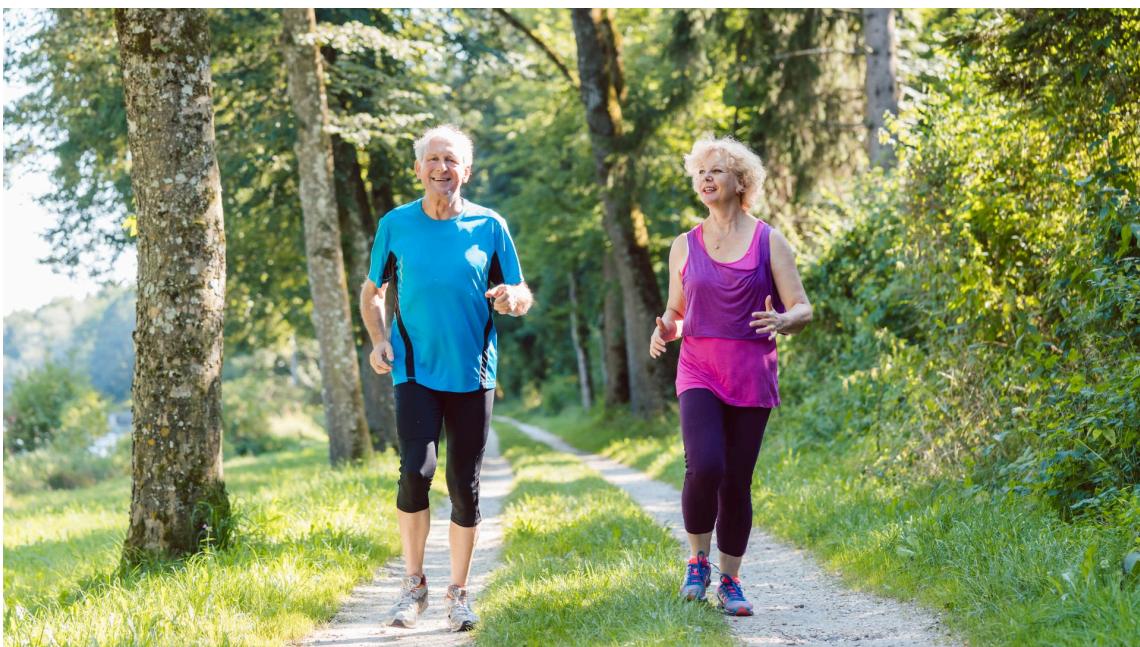
Strengthening the resilience of European cardiovascular care pathways to face future shocks

December 2023 – November 2026

The **RESIL-Card** project centres around vulnerabilities in cardiovascular (CV) care delivery exposed by the COVID-19 pandemic. The overarching aim is to strengthen the resilience of European CV care systems to ensure the continuity of high-quality care during future crises.

The core innovation of the project is the development of a resilience assessment toolkit, which helps CV stakeholders evaluate and enhance the preparedness of their care pathways. This evidence-based tool was developed using a stepwise and inclusive approach relying on lessons learned from the pandemic. Pilot testing is currently underway to assess the toolkit's functionality, usability, and real-world applicability.

[Read more](#)



Project synergies

The overarching goal uniting JACARDI and these projects is the comprehensive reduction of the immense public health burden caused by Non-Communicable Diseases (NCDs), particularly Cardiovascular Diseases (CVD) and diabetes. This is pursued through a shared commitment to developing and promoting the implementation of validated best practices throughout the entire patient journey.

By coordinating our approach across technical work packages among these projects, we maximize collective impact and ensure that project outcomes translate effectively into actionable policy, creating roadmaps that support the scaling up of experiences at the national and regional levels.

[Read more](#)

What's next?

Join us in turning evidence into action and explore, share, and apply the outcomes of these EU projects to drive equitable health, stronger policies, and healthier generations across Europe.

For more information about the projects and on how you can connect, explore their websites and social media channels:

- **JACARDI** - [Website](#), [LinkedIn](#), [YouTube](#)
- **CaregIVR** - [Website](#)
- **PERFECTO** - [Website](#), [LinkedIn](#), [Instagram](#), [Facebook](#), [X](#)
- **Preventia** - [Website](#)
- **PROVIDE** - [Website](#)
- **RESIL-Card** - [Website](#), [LinkedIn](#), [X](#)

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JACARDI

Joint Action on CARdiovascular diseases and Diabetes
Public Health · Rome · 2K followers · 501-1K employees

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