



JACARDI

Joint action
cardiovascular diseases
and diabetes

A synergy special: acting together for diabetes



Welcome

Welcome to the JACARDI Synergies Newsletter, showcasing Action Grant initiatives that share [JACARDI](#)'s mission. In this current edition, we dedicate attention to **four initiatives targeting diabetes and related measures**, sharing their inspiring activities and achievements.

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

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, development of communication materials, sharing of methodologies, and 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



DUSE

Counteracting Diabetes Using Interdisciplinary Educative Programs

January 2024 - December 2026

DUSE addresses Type 2 Diabetes (T2D), a major lifestyle-related non-communicable disease (NCD) connected to risk factors like obesity and physical inactivity. The core mission focuses strongly on prevention, aiming to educate and empower children and adolescents to adopt and sustain healthy habits from an early age.

DUSE harnesses mobile-based technology and innovative tools by engaging students through a gaming app. Students are also encouraged to participate in app development labs and build their own health-tracking apps using the MIT App Inventor platform. These innovative tools foster both self-awareness and a mindset geared toward digital innovation and entrepreneurship.

“Students and teachers proactively engaging with healthy living tools shows that prevention and empowerment

should thrive even in times of disruption,” said Oleksandr Fomichov, consortium member.

[Read more](#)



PIA – Prevention in Action

Combating Non-Communicable Diseases Through Collective Health Action

December 2023 - November 2025

The **PIA** project’s mission is to reduce the impact of NCDs by promoting healthy behaviours through education, early detection, and equitable access to health information, empowering communities.

PIA delivers a Sudden Death Prevention Program in schools and youth settings, educating children and teachers about the risk factors and early signs of NCDs. The project is developing culturally sensitive materials for vulnerable populations, including displaced individuals from Ukraine, and pairing them with enhanced screening and counselling during medical visits.

The project is developing a mobile application and remote monitoring tool intended to support individuals in managing their health proactively. The project’s activities help communities achieve essential outcomes, including recognizing warning signs early and reducing risky behaviours.

[Read more](#)



PODiCar

Pediatric Health Through Prevention, Education, and Innovation

December 2023 - November 2026

PODiCar’s main focus is combating childhood obesity due to its long-term consequences, which include chronic conditions such as Type 2 Diabetes (T2D) and cardiovascular disease (CVD). Its mission is to promote early detection of risk factors and foster healthy behaviors

among children and families through engaging communication strategies.

The innovation delivered by the project centers on developing advanced digital tools, including an Advanced Screening Tool that integrates clinical, nutritional, and behavioral data. A key feature is the Personalized Digital Twin, a virtual model that will simulate and track a child's health pathway over time, offering tailored recommendations and monitoring tools.

The project successfully created and launched an animated cartoon designed to teach young children about healthy eating, physical activity, and overall wellbeing.

[Read more](#)



PREACT

Prophylactic Education & Actions for Cardiovascular Diseases and Diabetes

November 2023 - October 2026

PREACT is an initiative that aims to prevent and reduce cardiometabolic risk, focusing primarily on cardiovascular diseases (CVD) and diabetes (DM). The core mission is achieved through early intervention, education, and behavior change, employing a collaborative, evidence-based, and community-driven approach.

The project's innovation lies in how it translates community needs into the design of educational materials, ensuring they are relevant and practical. The project finalized a comprehensive educational toolkit and intervention materials, which are currently being tested through the launch of ten pilot actions in schools, health institutions, and community settings.

“PREACT is more than a project, it’s a mission to turn health awareness into daily action”, said Pr. Evgenia Vlachou, a diabetes researcher.

[Read more](#)



Project synergies

The featured projects and JACARDI are fundamentally anchored in the same mission: addressing the immense public health burden of Non-Communicable Diseases (NCDs), particularly Type 2 Diabetes (T2D) and Cardiovascular Diseases (CVD).

The shared approach of these actions universally champions prevention over treatment, implemented through strategies focused on early intervention, education, and sustained behavior change.

Collectively, these projects contribute to a unified, technologically informed movement committed to cultivating healthier, more informed generations across Europe.

[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

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

- **JACARDI** - [Website](#), [LinkedIn](#), [YouTube](#)
- **DUSE** - [Website](#)
- **PIA** - [Website](#), [LinkedIn](#), [Instagram](#), [Facebook](#), [X](#), [YouTube](#)
- **PoDiaCar** - [Website](#), [Instagram](#)
- **PreAct** - [Website](#)

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JACARDI

Joint Action on CARdiovascular diseases and Diabetes

Public Health · Rome · 2K followers · 501-1K employees

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