

From the editors

## **Closing 2025 with impact: policy breakthroughs, cornerstone publications, and implementation progress**

Is there such a thing as an editor's delight? We believe so. The preparation of this issue proved exceptionally smooth and rewarding. As our project continues to mature, we are pleased to see a growing wealth of relevant topics, substantial event coverage, and insightful contributions from our partners and expert groups.

In this issue, we follow the publication of Europe's Cardiovascular Health Plan, present new scientific outputs, share highlights from the General Assembly, feature interviews with leading experts, and provide updates from JACARDI's national pilots. The dynamism of JACARDI's activities is tangible, and as we approach the close of 2025, we hope our readers can look back with a sense of accomplishment before we embark on another productive year together.

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Science to policy news

### **A defining CVH moment in Europe: the Commission announced the Safe Hearts Plan**



Europe has taken a bold step for heart health at the end of 2025, as the European Commission launched the Safe Hearts Plan on 16 December, marking a collective step toward strengthening heart health across the continent. The plan opens the door to a new European approach that puts prevention first, strengthens early detection and screening, and promotes equity.

*"The launch of the Cardiovascular Health Plan marks a pivotal moment for Europe's public health. JACARDI welcomes this initiative, recognizing the crucial role of Joint Actions in fostering collaboration among countries, experts, and stakeholders. By working together, sharing knowledge, and aligning efforts, we can ensure that advances in prevention, care, and innovation in cardiovascular health truly reach all communities, leaving no one behind," notes Prof Graziano Onder, Scientific Coordinator of JACARDI.*

[Discover the plan](#)

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## Data as a reflection of lives: New joint policy paper in Lancet Regional Health Europe



*"Data are not just numbers, they are reflections of human lives and rights"*, points out Dr. Benedetta Armocida, JACARDI Coordinator and first author of a newly published policy paper in The Lancet Regional Health – Europe. The publication outlines five actions to strengthen Europe's non-communicable diseases monitoring systems, highlighting inclusive, accountable, and data-driven approaches.

Released after the Fourth UN High-Level Meeting on NCDs and developed jointly by JACARDI, JA PreventNCD, and the WHO Regional Office for Europe, it underscores a timely message: what gets measured gets prioritised. Strengthening monitoring systems in Europe ensures that inequities are seen and lives protected.

[Discover the policy paper](#)

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## UN adopts declaration on NCDs and mental health



In a historic step for global health, the United Nations General Assembly has adopted a landmark global political declaration to tackle noncommunicable diseases and mental health in an integrated way. The declaration sets the first-ever global outcome targets for 2030, including 150 million fewer tobacco users and 150 million more people with hypertension under control.

JACARDI's work supports this vision by advancing evidence-based, integrated prevention and care for cardiovascular disease and diabetes, helping turn political commitments into action on the ground.

[Discover the declaration](#)

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## JACARDI highlights General Assembly Madrid



From 13 to 16 October, the JACARDI consortium came together in Madrid for four days of exchange, collaboration, and reflection. Partners shared early insights from 143 pilot projects, offering a rich view of progress and lessons from real-world practice. Above all, the Assembly was defined by connection and energy. Watch our mood video to experience the energy and connections that defined the event.

[Watch mood video](#)

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Hear from the members of JACARDI's Advisory Boards

## **Sarah Cuschieri: Transforming small-state initiatives into the strength of Europe**

**Dr. Sarah Cuschieri**, a leading voice in chronic disease epidemiology and small-state health systems, shares her insights on how JACARDI can accelerate Europe's fight against cardiovascular disease and diabetes. "When every country speaks the same practical language of prevention, collaboration becomes scalable," she explains.



[Read the interview](#)

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## **Mitja Lainscak: My hope is that we can intervene earlier for more patients**

**Dr. Mitja Lainscak**, Professor of Internal Medicine at the University of Ljubljana, points out that many countries, including Slovenia, still lack accurate epidemiological data, making it difficult to fully understand disease burdens and allocate resources effectively. He expects JACARDI pilots to showcase best practices in closing these data gaps.



[Read the interview](#)

# On the ground across Europe



Discover how JACARDI's pilot teams across Europe are now putting their plans into action. Highlights include Ireland's Healthy Hearts Club, Italy's Marche Region scaling a best-practice digital model, an integrated heart failure pathway in the Basque Country, AI-driven policy tools from CNIC in Spain, and Slovenia's coordinated push to strengthen diabetes and cardiovascular care.

- [Croí's Healthy Hearts Club: empowering patients in heart disease self-management in Ireland](#)
- [Slovenia's breakthroughs in the fight against diabetes](#)
- [A major step forward: Basque country rolls out integrated heart failure care model](#)
- [Can artificial intelligence help shape smarter cardiovascular policies across Europe? Insights from a Spanish pilot](#)
- [A model of excellence in the Marche Region: turning a regional best practice into a shared European achievement](#)

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## Scientific corner

### 7 new publications from JACARDI teams

Scientific output across JACARDI is accelerating, with seven new papers published by partner teams in recent months. The studies span workplace health interventions, socioeconomic inequalities in type 1 diabetes, interprofessional care in general practice, equity and diversity in implementation,

career support for people with chronic conditions, and lifestyle education for those at risk of diabetes and cardiovascular disease. Visit the scientific publications section on our website to explore how evidence is driving JACARDI's impact.

[Discover scientific publications](#)

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## Event highlights

### JACARDI on the scientific stage



From the ESC Congress in Madrid to the European Public Health Conference in Helsinki, JACARDI leaders and partners showcased innovations in health literacy, patient empowerment, and integrating mental and cardiovascular care.

- [JACARDI at the ESC Congress 2025: Advancing the integration of mental and cardiovascular health](#)
- [Five EU initiatives unite to scale health literacy action to tackle NCDs](#)

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## News from our allies

- European Heart Network: [EHN Position Paper – A European Cardiovascular Health Plan](#)

- EPHA: [Framing action for cardiovascular health in Europe: Reflections on the new EU Safe Hearts Plan](#)
- [EACH Cardiovascular Health Summit 2025 – Highlights From Brussels](#)
- JA PreventNCD: [Advancing wellbeing through policy innovation: The new Wellbeing Economy Toolbox](#)
- International Diabetes Federation Europe: [IDF Europe Expert Day: "From detection to cure – transforming lives for people living with diabetes"](#)

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Warm wishes for the holidays

## A message from JACARDI's Coordinator

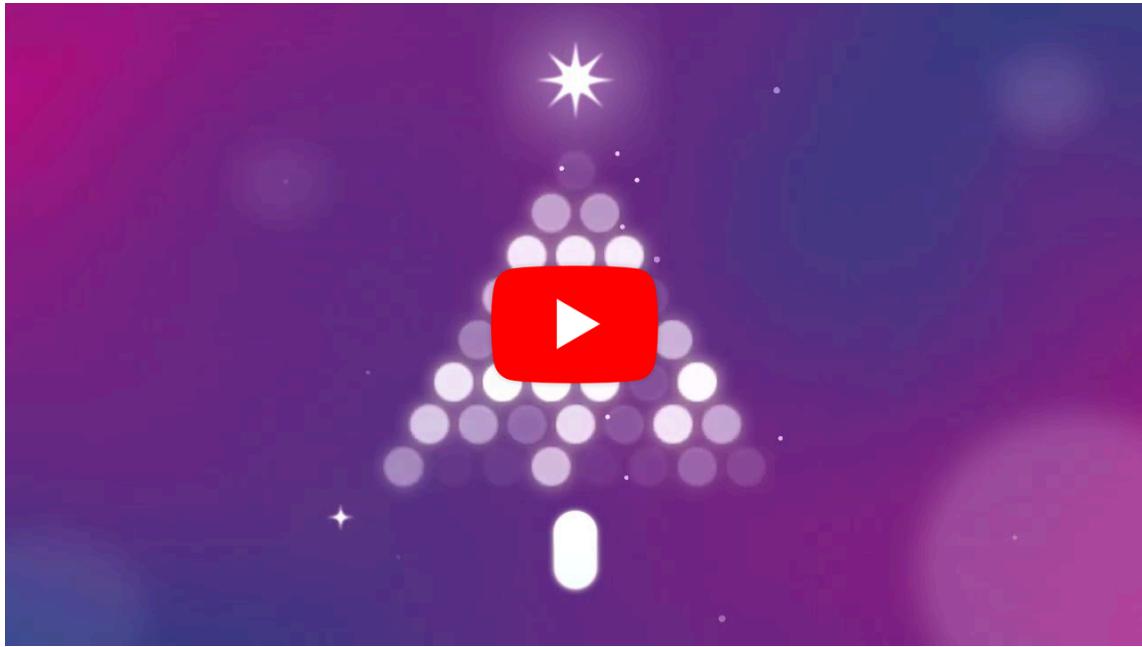
*“Public health teaches us that our greatest strength lies in people - our communities, our shared purpose, and the simple but profound forces that keep us connected: kindness, solidarity, the beauty of art and culture, and the love we bring into what we do.*

*As Hegel wrote, ‘Nothing great in the world has ever been accomplished without passion.’*

*I wish you and your loved ones a peaceful holiday season and a new year filled with good health, joy, and renewed inspiration.”*



Benedetta Armocida



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This project has received funding from the EU4Health Programme 2021-2027 under Grant Agreement 101126953. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Health and Digital Executive Agency (HaDEA). Neither the European Union nor the granting authority can be held responsible for them.



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