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How is selective prevention of cardiometabolic diseases organized in the EU member states?

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Background and Aim: There is an urgent need for strategies to identify citizens at high risk of cardiometabolic disease (CMD) (cardiovascular disease, diabetes mellitus and chronic renal failure) and to develop and implement interventions to prevent or delay the onset of CMD. Prevention in a defined subgroup of people with an increased risk to develop a disease is called selective prevention. If widely implemented across Europe, selective prevention strategies for CMD may contribute to the fight against the current epidemic of CMDs. Selective prevention can be organized in different ways. We aim to give an overview of how selective prevention of CMD is organized in all 28 European Union (EU) member states. Data were collected within the European SPIMEU research project (www.spimeu.org) and will be used to develop a tailored implementation toolbox for selective prevention of CMD across Europe.

Method: The SPIMEU research team developed an online questionnaire regarding the presence and organization of selective prevention of CMD. This questionnaire was sent to the expert in the field of prevention of CMDs in each of all 28 EU member states.

Results and Conclusions: In order to look for opportunities to improve selective prevention of CMDs we will compare how this prevention is currently organized across the different EU member states. So far, 27 of the 28 experts completed the questionnaire and we are currently analyzing the results. We will take different factors into account by comparing the organization of selective prevention of CMD between the EU member states, for example organization of health care, strength of primary care, gatekeeper system, health insurance system and gross domestic product. By June a complete overview of how selective prevention of CMDs is organized in the different EU member states will be available.

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