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Selective prevention of cardio-metabolic diseases across Europe - current work and future perspectives

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Background & Aim: The obesity epidemic with the increasing prevalence of cardio-metabolic diseases such as cardiovascular disease, diabetes mellitus, and chronic renal failure is a major health problem in developed countries. Smoking, and physical inactivity are important lifestyle related causes of morbidity and mortality, and increasing rates of obesity and physical inactivity in combination with smoking will lead to an increase in the number of patients with lifestyle-related cardio-metabolic diseases. At the same time, health care systems are faced with challenges of reducing costs while maintaining the quality of primary care services by fostering prevention and health promotion activities. This urges to set priorities in allocation of available resources for primary care prevention.

In order to reduce the burden of chronic diseases and target the patients most in need, there is a requirement to design and establish selective prevention strategies to identify and manage persons at high risk of disease. To support this, researchers from five EU member states representing various health care systems joined forces in the trans-European research project SPIMEU (www.spimeu.org) aiming at implementing innovative evidence based selective prevention actions in European primary care.

The objective of the present workshop is to discuss selective prevention strategies against cardio-metabolic diseases in primary care with emphasis on:

- What is selective prevention; the discussion will be based on ongoing selective prevention programs and the different definitions used across Europe
- Attitudes towards selective prevention actions among general practitioners and the general population
- Existing knowledge about facilitating and hampering factors in implementing selective prevention programs

Method: Three short presentations (10 min) with focus on the elements listed above, each followed by group discussions with emphasis on exchange of experience, views and ideas for future initiatives. At the end of the workshop results of the discussions will be summarized.

All authors declare no conflicts of interests.

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