

[View this email in your browser](#)

# Preventia

Preventing diabetes, obesity, and cardiovascular diseases

Welcome to Preventia's newsletter!



Subscribe to Preventia's newsletter

## Foreword

**Non-communicable diseases (NCDs)**, also known as chronic diseases, are diseases that are not transmissible from one person to another, such as cardiovascular diseases, diabetes, cancers and chronic respiratory diseases. NCDs are the result of **unhealthy**

an enormous part of the burden that public health systems in the Member States are facing. The increasing rates of deaths related to NCDs in Europe are concerning, but although running rampant, the complex health issues caused by NCDs can be tackled, if we improve prevention measures and promote health.

Healthy diets are a key aspect of our lifestyle, and can help tackling the rise of NCDs. A balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats is essential for our overall health, and reduces the risk of chronic illnesses.

The **Preventia project aims to decrease the spreading of NCDs across the EU**, while reducing health inequalities and fostering cooperation and exchanges between the EU Member States.



*Stay tuned for news about the consortium and developments from the project*

#### **SAFE, LCI, EEKE, CEIP, Promote Ukraine, U.DI.CON, ADOC**

Over the past two years, through partnerships with schools, migration centres, NGOs and medical institutions, we have been delivering targeted programmes to promote health equity and disease prevention. Highlights include:

**-Training for schools in disadvantaged areas.** Developing and delivering educational materials, with successful rollouts in Greece, Croatia, and Italy;

Additionally, we conducted an **assessment of NCD policies** in partner countries. The findings will inform a forthcoming policy brief and public health guidelines, ensuring evidence-based recommendations for future actions.

Furthermore, for consumer empowerment, **SAFE launched BiteWatch®**, a free mobile phone application to make informed food choices. By scanning food products, users access nutritional insights and identify potentially harmful ingredients.

The app can be downloaded at the following links:

[iOS](#)

[Android](#)

Looking ahead, we are planning to launch:

- Citizen and social media campaigns** to raise awareness and improve health literacy on NCD prevention;
- Our **twinning programme with medical centres**, for peer learning and knowledge exchange among healthcare professionals;
- Hosting **NCD-focused workshops**, partnering with NGOs and Ukrainian health professionals.



*Uncover the most relevant news about non-communicable diseases, nutrition and health*

**Childhood obesity and overweight remain a major concern across the Region, new WHO report finds**, World Health Organization, 4 November 2025

Childhood obesity in Europe remains high, with one in four children affected and many parents unaware. Poor diets, high screen time and inequalities persist, while undernutrition

**[The 2025 EAT-Lancet Commission on healthy, sustainable, and just food systems](#)**, *The Lancet*, 2 October 2025

The 2025 EAT-Lancet Commission offers updated evidence on nutrition and food systems within planetary boundaries. It revises the planetary health diet, assesses food systems' impact on sustainability, and explores issues of food justice with new modelling and recommendations.

**[Diet and sugary drinks linked to higher liver disease risk](#)**, *Euractiv*, 30 September 2025

A study has found that both sugary and diet soft drinks raise the risk of nonalcoholic fatty liver disease. Researchers warn that diet sodas, often marketed as healthier alternatives, may also contribute to liver damage through effects on the gut microbiome and metabolism.

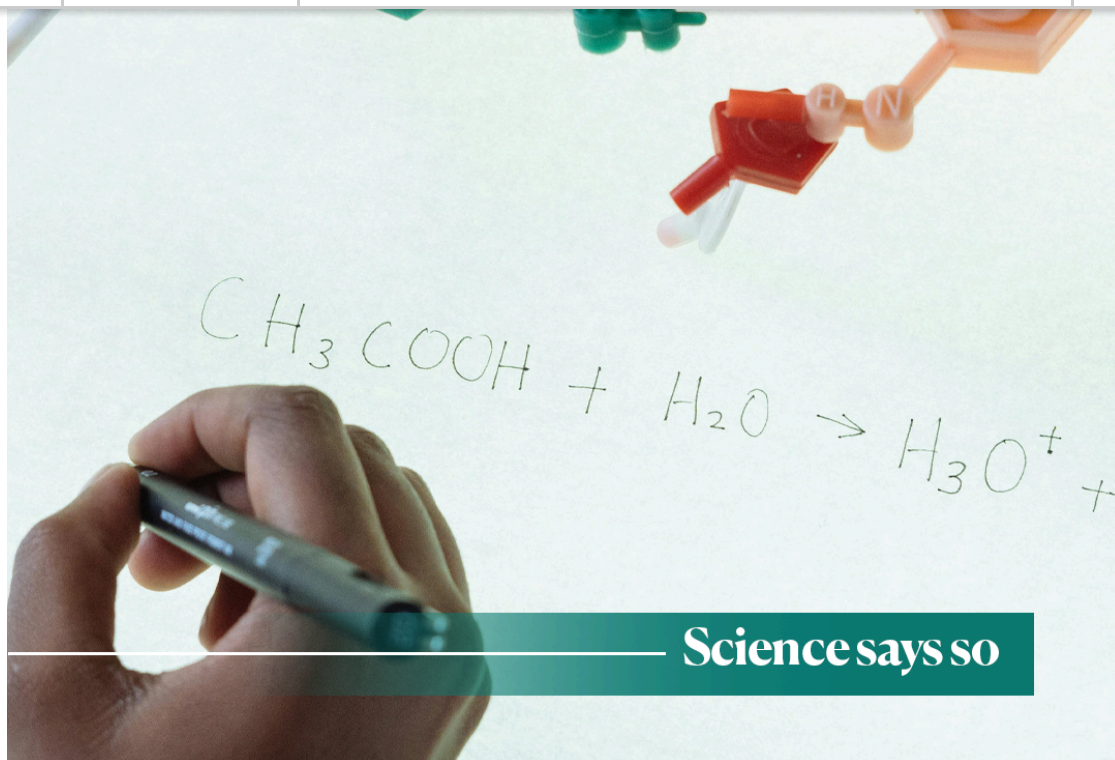
**[Social inequalities in health in the EU](#)**, *EuroHealthNet*, 25 September 2025

A new report highlights the scale of health disparities across Europe and the social and economic factors driving them. The report aims to raise awareness, inform policy priorities, and identify areas where EU and national measures can effectively address social health inequalities.

**[Green Mediterranean diet lowers brain-aging proteins, new study finds](#)**, *Nutrition insight*, 17 September 2025

A new study shows that a green Mediterranean diet, rich in green tea and Mankai, may slow brain ageing by lowering proteins linked to cognitive decline. Researchers suggest its anti-inflammatory properties could help preserve cognitive function, though limitations mean findings are not yet fully generalisable.

---



***Uncover the most relevant scientific studies about non-communicable diseases, nutrition and health***

**Risk factors in the first 1000 days of life associated with childhood obesity: A systematic review and risk factor quality assessment**, Blaauwendraad, S., Kamphuis, A., Ruiz-Ojeda, F., et al., *Obesity Reviews*, 19 November 2025

Early-life exposures might negatively affect fetal and infant development, predisposing children to obesity. This study aimed to systematically identify and evaluate risk factors for childhood obesity in preconception, pregnancy, and infancy, and assess their potential for future prediction and prevention strategies.

**Ultra-processed foods and human health**, Monteiro, C., Scrinis, G., et al., *The Lancet*, 18 November 2025

This three-paper Series examines the global rise of ultra-processed foods and their link to non-communicable diseases. It calls for urgent, coordinated policies to curb these foods and improve access to fresh, minimally processed options. The Series envisions a food system centered on local producers, cultural food traditions, and community economic benefits.

**Ultra-processed food intake is associated with altered glucose homeostasis in young adults with a history of overweight or obesity: a longitudinal study**, Yiping, L., Costello, E., et al., *BMC Journal*, 10 November 2025

A diet composed of a high amount of UPFs can contribute to glucose dysregulation and insulin resistance, which may lead to prediabetes and type 2 diabetes (T2D). However, few studies have assessed the associations between UPFs and T2D or obesity in young people. The goal of this study is to examine associations between UPF consumption and prediabetes and related biomarkers in youth.

*Health Europe, September 2025*

Cardiovascular disease disproportionately affects marginalised racial, ethnic, and Indigenous groups, who also face barriers to care. Experts highlight that disparities in heart disease and stroke outcomes intersect with sex, gender, and socioeconomic status, even in regions with strong health systems.

**[Strengthening the use of regulatory policy measures for prevention of NCDs in Europe through the JA PreventNCD project](#)**, Helleve, A., Gregório, M., et al., *Scandinavian Journal of Public Health*, 20 September 2025

This scientific article examines the regulatory and fiscal policy workstream of the Joint Action PreventNCD. The paper outlines how this workstream aims to strengthen compliance, coherence, implementation, and enforcement of evidence-based population-level interventions to reduce non-communicable diseases (NCDs) across Europe.



## EU Regulatory Updates

***Find out the latest positions, progresses and regulatory developments on health, nutrition and NCDs prevention***

**[Delegates endorse second European Programme of Work as WHO/Europe gets “back to basics” at RC75](#)**, World Health Organization, 6 November 2025

At its 75th session in Copenhagen, Member States unanimously adopted the second European Programme of Work (EPW2) under the theme “back to basics”. EPW2 outlines a shared vision, priority actions, and organizational transformation across five areas: health security, noncommunicable diseases, healthy ageing, climate and health, and future health systems, supported by initiatives on primary care and ending violence against women and

**[Governments across Europe and Central Asia adopt new WHO strategy to give every child a healthy start in life](#)**, WHO, 30 October 2025

All 53 Member States of the WHO European Region have unanimously adopted a new strategy for child and adolescent health and well-being for 2026–2030, developed with UNICEF. The plan aims to ensure every child and adolescent can grow and thrive by addressing health equity, mental health, digital safety, and creating supportive environments, while promoting active youth participation in policy-making.

**[UN political declaration on NCDs and mental health](#)**, WHO, 24 September 2025

The political declaration aims to set a new vision for addressing noncommunicable diseases (NCDs) such as cardiovascular diseases, cancers, diabetes, and chronic respiratory diseases, alongside promoting mental health and well-being. This declaration is a result of extensive consultations and is intended to guide global health policies towards 2030 and beyond.



***[Upcoming events on NCDs, prevention, and healthy nutrition](#)***

**[State of Health in the EU: 2025 Country Health Profiles and Synthesis Report](#)**, organised by the OECD, 11 December 2025, Online

**[HaDEA Showcase Event](#)**, organised by the European Health and Digital Executive Agency (HaDEA), 19 January 2025, Charlemagne Conference Centre, Brussels, Belgium & online

**[EuroHealthNet Country Exchange Visit: Active and Healthy Ageing: an integrated](#)**

[Urban and global synergies: shaping the future of public health with climate resilience, equity and innovation](#), organised by European Public Health, 10-13 November 2026, Bilbao, Spain

---



*Preventia (“NCDs prevention and health promotion through training, networking and awareness-raising across the EU”) has received funding from the European Union’s EU4Health programme implemented by HaDEA under Grant Agreement No 101128898.*

*Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or HaDEA. Neither the European Union nor the granting authority can be held responsible for them.*

*Copyright © \*|2025 |\* \*|SAFE|\*, All rights reserved.*