



**European Committee  
of the Regions**

**CoR INTERREGIONAL GROUP ON HEALTH & WELL-BEING**

**Topic – “Shaping the EU Safe Hearts Plan: regional perspectives for cardiovascular health”**

# **Obesity & Cardiovascular Prevention: A Multi-level Governance Approach**

Brussels, 06.05.2026



# Why the issue matters



**7% → 16%**

The global share of adults with obesity has more than doubled between 1990 and 2022



**Main cause**

Cardiovascular diseases remain the leading cause of death in the European Union



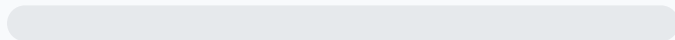
**5 mln**

Deaths from non-communicable diseases attributed in 2019 to a BMI above the optimal value

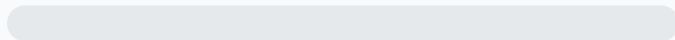


# Prevention also pays for public systems

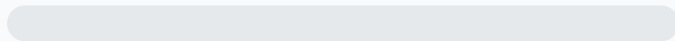
NCD reduction **11%**



Premature mortality **5,6%**



Deaths avoided in Italy **1.700+**



According to recent OECD studies, bringing all countries to the best performance levels on obesity would reduce the overall incidence of chronic diseases and alleviate premature mortality

Investing in prevention produces measurable health, social, and economic benefits



# NHS Sustainability: The Italian Context

**12%**

## **Obese adults in Italy**

A high share that affects future healthcare demand.

**30%**

## **Overweight minors**

An indicator that makes early intervention in education settings essential.

The sustainability of the healthcare system is built by reducing risk factors before they translate into chronic conditions, hospitalizations, and permanent costs



# From EU Safe Hearts Plan to regional and local authorities

## European priority

The Safe Hearts Plan strengthens EU attention to cardiovascular prevention and risk-factor reduction

## Pacente's draft opinion

Multi-level governance approach to empower regional and local authorities to lead and implement prevention programmes

## Local delivery challenge

Effectiveness depends on translating strategy into actions close to citizens, in schools, neighbourhoods and health services



# Lazio Region: three pillars in place



## Multidisciplinary prevention

Local Health Authority  
Roma 1 pilot launched in  
March 2026 for severe  
obesity in vulnerable  
settings



## In-school Health- First Approach

More than 150,000 meals  
per day in school  
cafeterias, with  
Mediterranean diet  
standards and oversight  
by dietitians



## Strengthening community health facilities

Strengthened regional  
network: S. Camillo-  
Forlanini Hospital,  
Specialist Centres and  
Obesity Day events across  
local health authorities



# Conclusions

## Role of Regions and local authorities

Regions and local authorities must be leading actors in prevention, not merely administrative executors

## Funding lever

Regional plans need European funding to reach peripheral and vulnerable areas



REGIONE  
LAZIO

# Thank you

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