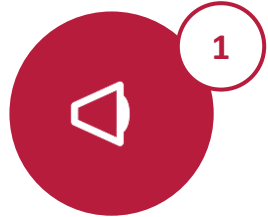


## Five Pillars to Improve Cardiovascular Health in Portugal



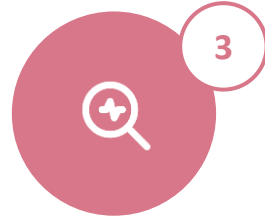
*A national plan to keep Portuguese hearts healthy — covering everything from prevention to recovery, with the patient at the centre.*



**Healthy  
Communities**



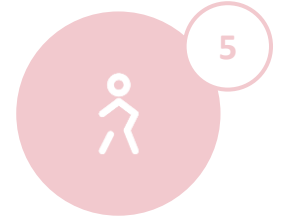
**Prevent Risk Factors**



**Detect Disease Early**



**Better Treatment &  
Follow-Up**



**Rehabilitation &  
Quality of Life**

### FOUNDATIONAL PRINCIPLES — APPLIED ACROSS ALL FIVE PILLARS



#### **Empowerment & Health Literacy**

Make heart-health knowledge clear, useful and actionable for every citizen.



#### **Access & Equity**

Equal cardiovascular care across all regions and groups in Portugal.






#### **Innovation & Transformation**

Use data, research and new technology to keep care moving forward.

## How SPC Brings the Plan to Life

*From children's books to national petitions: real-world programmes that turn each pillar into action across Portugal.*

 <b>Educate &amp; Empower</b> <i>Pillars: Healthy Communities · Prevent Risk Factors</i> <span>1</span> <span>2</span>	 <b>Detect Disease Early</b> <i>Pillars: Detect Disease Early</i> <span>3</span>	 <b>Better Treatment &amp; Access</b> <i>Pillars: Prevent Risk Factors · Better Treatment &amp; Follow-Up</i> <span>2</span> <span>4</span>	 <b>Evidence for Better Planning</b> <i>Pillars: Cross-cutting · Innovation &amp; Transformation</i> <span>F</span>
<ul style="list-style-type: none"> <li>● <b>“Keep Your Heart On”</b> National public-awareness campaign on heart-healthy habits.</li> <li>● <b>Valentim school programme</b> Children's book teaching primary-school pupils how to prevent heart failure later in life.</li> <li>● <b>TV media discussions</b> Cardiologists on national television, explaining heart health in plain language.</li> </ul>	<ul style="list-style-type: none"> <li>● <b>Workplace screenings</b> Free heart-risk checks in factories, reaching working-age adults where they spend their day.</li> <li>● <b>Football-stadium screenings</b> Pre-match check-ups for fans — turning a national passion into a public-health opportunity.</li> <li>● <b>Screening in Parliament</b> Bringing heart screening directly to lawmakers to drive cardiovascular policy.</li> </ul>	<ul style="list-style-type: none"> <li>● <b>GLP-1 RA reimbursement petition</b> National petition asking the State to fund modern obesity &amp; diabetes medicines that protect the heart.</li> <li>● <b>Media</b> Opinion articles and interviews in mass media alerting for prevention and detection of early symptoms</li> <li>● <b>PT-Cardiovascular Alliance</b> Coalition of patient groups, professionals and industry working with government on heart-health policy.</li> </ul>	<ul style="list-style-type: none"> <li>● <b>PORTHOS (concluded)</b> First nationwide study of heart-failure prevalence in Portuguese adults — 1 in 6 over age 50 affected.</li> <li>● <b>PULSAR (ongoing)</b> National study tracking how cardiovascular risk factors evolve in the population.</li> <li>● <b>ATLAS Portugal</b> Mapping cardiology resources and care across the country to plan investment where it's most needed.</li> </ul>

# How SPC Brings the Plan to Life

## EDUCATION



### Educate & Empower

Pillars: Healthy Communities · Prevent Risk Factors

1

2

#### ● “Keep Your Heart On”

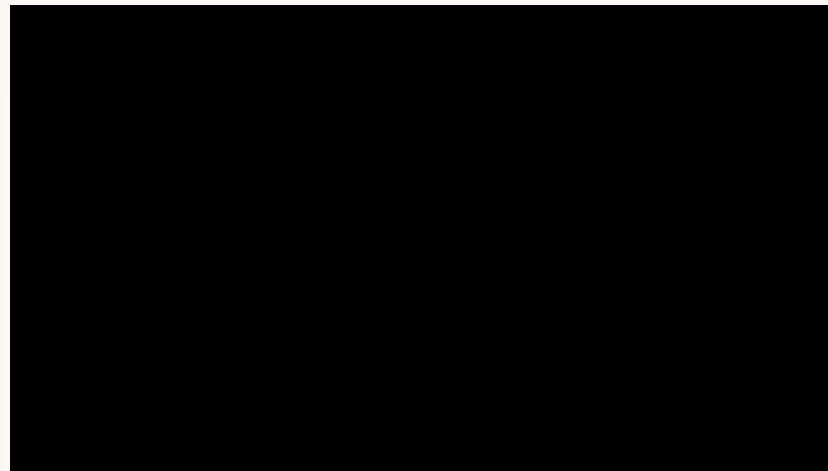
National public-awareness campaign on heart-healthy habits.

#### ● Valentim school programme

Children's book teaching primary-school pupils how to prevent heart failure later in life.

#### ● TV media discussions

Cardiologists on national television, explaining heart health in plain language.



# How SPC Brings the Plan to Life

## EDUCATION

Initiatives in schools

~200 children involved



### Educate & Empower

Pillars: Healthy Communities · Prevent Risk Factors

1

2

#### ● “Keep Your Heart On”

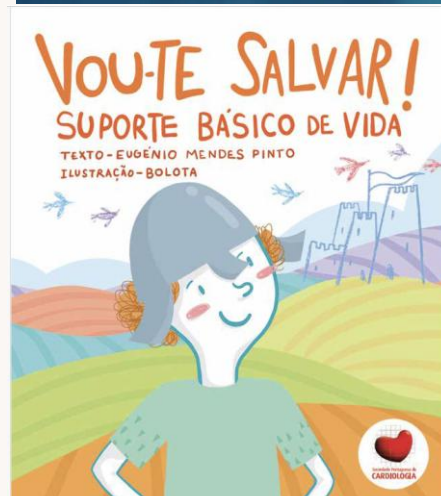
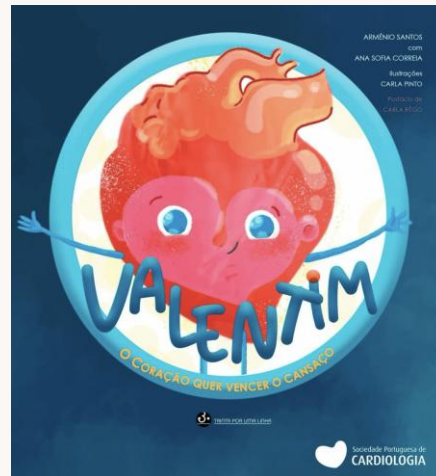
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Dr. Diogo Cavaco - Arrimias Cardíacas  
13-08-2025



Prof. Cristina Gavina - GLP1  
08-08-2025



Prof. Cristina Gavina - Análogos GLP1 - debate(parte 2)  
09-08-2025



## How SPC Brings the Plan to Life

### EARLY DETECTION

Promote Screening in football stadiums

~4,000 screening vouchers



#### Detect Disease Early

Pillars: Detect Disease Early

3

#### ● Workplace screenings

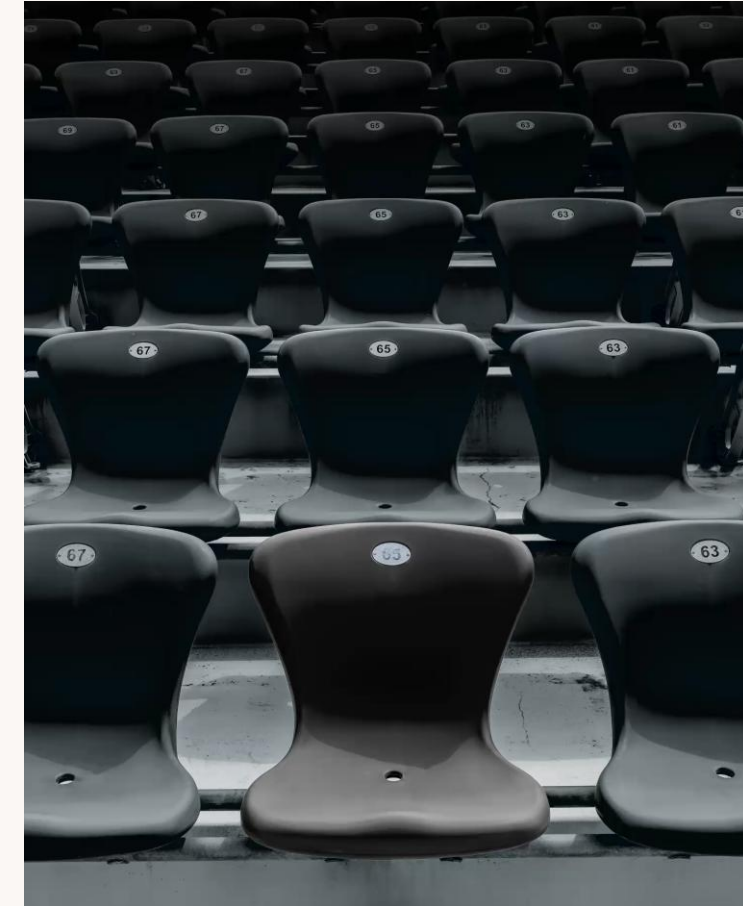
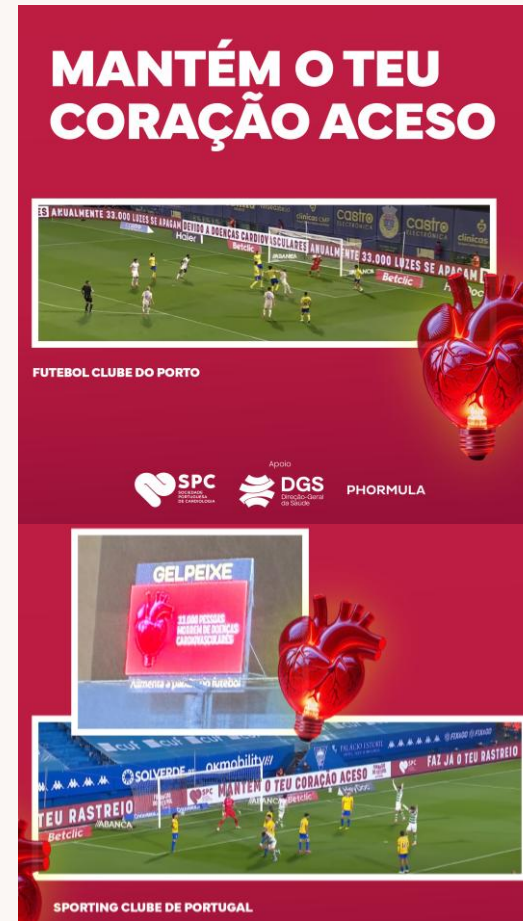
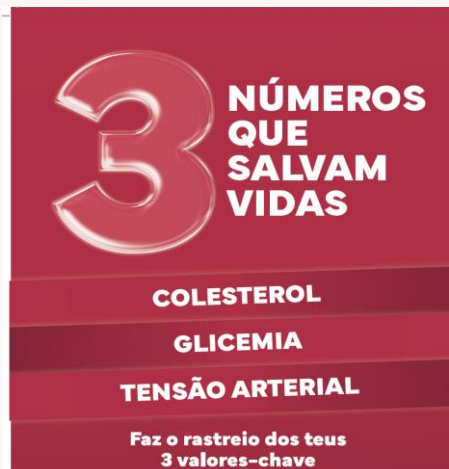
Free heart-risk checks in factories, reaching working-age adults where they spend their day.

#### ● Football-stadium screenings

Pre-match check-ups for fans — turning a national passion into a public-health opportunity.

#### ● Screening in Parliament

Bringing heart screening directly to lawmakers to drive cardiovascular policy.



## How SPC Brings the Plan to Life

### EARLY DETECTION

Promote Screening in working places



#### Detect Disease Early

Pillars: Detect Disease Early

3

#### ● Workplace screenings

Free heart-risk checks in factories, reaching working-age adults where they spend their day.

#### ● Football-stadium screenings

Pre-match check-ups for fans — turning a national passion into a public-health opportunity.

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**MAIO  
MÊS  
CORAÇÃO**

**RELATÓRIO INDIVIDUAL**  
Rastreio Score2

**Nome** \_\_\_\_\_

**Idade** \_\_\_\_\_ **anos**

**Data do rastreio** \_\_\_\_\_

**Resultados do rastreio**

- PRESSÃO ARTERIAL: MMHG
- COLESTEROL TOTAL: MG/DL
- HDL: MG/DL
- GLICEMIA CAPILAR: MG/DL
- IMC: KG/M<sup>2</sup>
- PERÍMETRO ABDOMINAL: CM
- FUMADOR(A): SIM / NÃO
- HISTÓRIA FAMILIAR DE DOENÇA CARDIOVASCULAR PRECOCE: SIM / NÃO

**SCORE2 estimado**

[ % ] de risco de eventos cardiovasculares nos próximos 10 anos

#### Classificação



#### Risco estimado (pessoas com doenças associadas)



#### Objetivos



#### Como posso reduzir o meu risco cardiovascular?

- Adote uma alimentação equilibrada (menos sal, menos gorduras saturadas)
- Deixe de fumar – há apoio disponível!
- Faça pelo menos 30 minutos de atividade física 5 dias por semana
- Reduza o stress e durma bem
- Se tiver doenças como hipertensão, diabetes ou dislipidemia, siga sempre a terapêutica

**A prevenção é o melhor tratamento. O seu coração agradece!**

[www.spc.pt](http://www.spc.pt)



~400  
workers  
screened at  
Amorim  
group

## How SPC Brings the Plan to Life

### EARLY DETECTION



#### Detect Disease Early

Pillars: Detect Disease Early

3

#### ● Workplace screenings

Free heart-risk checks in factories, reaching working-age adults where they spend their day.

#### ● Football-stadium screenings

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#### ● Screening in Parliament

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### *Screening and discussion forum at the Portuguese Parliament*



**AIM:**

**~100 screenings**

***Discussion Forum with the Ministry of Health, MPs,  
Scientific Societies and Patient Associations  
Planned end of May***

## How SPC Brings the Plan to Life

### BETTER ACCESS



#### Better Treatment & Access

Pillars: Prevent Risk Factors · Better Treatment & Follow-Up

2

4

#### ● GLP-1 RA reimbursement petition

National petition asking the State to fund modern obesity & diabetes medicines that protect the heart.

#### ● Cardiovascular Alliance

Coalition of patient groups, professionals and industry working with government on heart-health policy.

### Join forces in a PT-Cardiovascular Alliance



### National Petition for access to CV medications



#### Sociedade de Cardiologia quer medicação comparticipada em...

A Sociedade Portuguesa de Cardiologia defende, numa petição lançada hoje, a

[share.google](#)



Assine aqui

Direito ao acesso aos agonistas GLP 1 para prevenção cardiovascular em pessoas com obesidade



Quando falamos de **obesidade**, também falamos de **risco cardiovascular**.

~1,200 signatures

## How SPC Brings the Plan to Life

### EVIDENCE & PLANNING



#### Evidence for Better Planning

Pillars: Cross-cutting · Innovation & Transformation

F

- **PORTHOS (concluded)**

First nationwide study of heart-failure prevalence in Portuguese adults — 1 in 6 over age 50 affected.

- **PULSAR (ongoing)**

National study tracking how cardiovascular risk factors evolve in the population.

- **ATLAS Portugal**

Mapping cardiology resources and care across the country to plan investment where it's most needed.

### Evidence in Heart Failure



ESC European Heart Journal (2026) 00, 1–17  
<https://doi.org/10.1093/eurheartj/ehag030>

CLINICAL RESEARCH

Epidemiology, prevention, and health care policies

Heart failure in the Portuguese population aged ≥50 years: prevalence and phenotypes in the PORTHOS study

~6,200 participants



### Evidence in Cardiometabolic risk factors

~15,000 participants



### Evidence in Resources in Cardiology

**ATLAS**  
**PORTUGAL**

OBSERVATÓRIO NACIONAL  
DE CARDIOLOGIA

## How We Track Progress Against the Plan

*Real numbers showing the scale of the problem we are solving and the indicators we follow to know our initiatives are working.*

### THE CHALLENGE WE ARE FACING

**1 in 4**

deaths in Portugal are caused by cardiovascular disease (≈26.6%, 2022)

**1 in 6**

Portuguese adults over 50 live with heart failure (PORTHOS, 2023)

**9 in 10**

of those with heart failure don't yet know they have it

### WHAT WE TRACK FOR EACH INITIATIVE

#### Educate & Empower

##### POPULATION REACH

##### **Nationwide**

*"Keep Your Heart On" — TV, radio, social, primary-care waiting rooms*

##### SCHOOLS ENGAGED / YEAR

##### **Target ≥ 250**

*Valentim programme — primary-school classes per year*

##### HEALTH-LITERACY UPLIFT

##### **Pre/post survey**

*Recall and behaviour-change tracked annually*

#### Detect Disease Early

##### PEOPLE SCREENED / YEAR

##### **10,000**

*Workplace + stadium events combined*

##### NEW HIGH-RISK IDENTIFIED

##### **30 % of those screened**

*Hypertension, diabetes, dyslipidaemia, AF*

##### REFERRAL TO GP / CARDIO

##### **100% of high-risk**

*Closed-loop follow-up to primary care*

#### Better Treatment & Access

##### PETITION SIGNATURES

##### **Public mobilisation**

*GLP-1 RA reimbursement — citizen mandate*

##### ELIGIBLE PATIENTS

##### **~ 300,000**

*Portuguese adults with obesity + CV risk who could benefit*

##### ALLIANCE PARTNERS

##### **Multi-stakeholder**

*Patient groups, professionals, industry, government*

#### Evidence for Better Planning

##### PORTHOS

##### **Concluded ~ 6,200**

*Largest HF prevalence study ever in Portugal*

##### PULSAR

##### **Ongoing ~ 15,000**

*Tracking how CV risk factors evolve over time*

##### ATLAS PORTUGAL

##### **Resource map**

*Cardiology infrastructure & access by region*



**Thank you for your  
attention**

