



JACARDI

The **Joint Action on Cardiovascular Diseases and Diabetes** (JACARDI) held its General Assembly from October 16-18, 2024, in Paris, gathering European stakeholders to advance the fight against non-communicable diseases (NCDs). The event underscored priorities like sustainability, health literacy, integrated care, and data access, with insights from 142 pilot projects across 21 countries that aim to improve life expectancy, health equity, and reduce premature deaths through shared, evidence-based strategies.

Among these projects, Malta's contributions to JACARDI through WP6 and WP10 illustrate critical advances in health literacy and self-management for high-risk groups. WP6, which targets health literacy for pregnant women with metabolic syndrome, addresses a pivotal need by educating this vulnerable population on weight management and physical activity. Through tailored, culturally sensitive educational resources, WP6 aims to empower pregnant women to make informed health decisions, which could lead to healthier pregnancies and long-term wellness.

WP10 focuses on self-management in cardiovascular disease through a 12-week pilot using a digital platform, utilizing wearables to track and improve health metrics such as heart rate and blood oxygen levels for 120 participants. This initiative not only enhances patient autonomy but also builds sustainable, real-time patient monitoring and training for healthcare professionals, setting a benchmark for remote, accessible cardiovascular care. Both WP6 and WP10 underscore JACARDI's commitment to innovative, impactful approaches to NCD management, supporting sustainable health improvements across Europe.

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