

As part of JACARDI WP 8 – Screening, the **Health Promotion and Disease Prevention Directorate** attended the JACARDI Task 8.3 Training and capacity building workshop, 24 – 25th November 2025 in Helsinki, Finland. An integrated approach to prevent cardiovascular disease (CVD) and diabetes by combining population-wide and high-risk strategies was recommended. Population-level measures such as food policy, taxation, and marketing restrictions shift overall risk and deliver broad health gains, while targeted screening and case finding identify individuals who need early intervention. Effective screening must be ethical, evidence based, equitable, and clearly linked to diagnosis and treatment. Risk stratification, validated assessment tools, improved health literacy, and meaningful co-design with communities are essential to increase participation and impact. WHO “best buys” and EU frameworks reinforce that neither population nor high-risk approaches alone are sufficient; both are needed to reduce disease burden and health inequalities.



Key meetings



**Know Your Numbers, Know Your Risks:
WP8 2-days Trainings on screening of
CVDs and diabetes in high-risk people**