

(English version)

**Question for written answer E-000806/25
to the Commission
Nadine Morano (PPE)
(21 February 2025)**

Subject: Tackling cardiovascular diseases linked to eating too much salt

According to a report published by the World Health Organisation (WHO) in 2024 ⁽¹⁾, cardiovascular diseases account for 42.5% of deaths in Europe. The majority of these are the result of high blood pressure brought about by the overconsumption of salt.

In 52 of the 53 countries in the WHO European region, salt consumption is above the WHO's recommended limit of 5 grams per person per day. These data show the problems associated with the regular consumption of overly salty products in the EU.

With the above in mind:

What is the Commission planning to do to improve food safety for Europeans and limit the risk of cardiovascular disease?

Submitted: 21.2.2025

**Answer given by Mr Várhelyi on behalf of the European Commission
(6 May 2025)**

The Commission recognises that cardiovascular diseases pose a significant impact on millions of people, society and health systems in the EU.

One of the priorities of the Commissioner for Health and Animal Welfare is preventive health ⁽¹⁾. The 'Healthier Together' initiative ⁽²⁾ provides the strategic framework to support Member States in addressing non-communicable diseases, such as cardiovascular diseases.

The Commission has started to develop an ambitious and robust European Cardiovascular Health Plan ⁽³⁾ on the prevention of cardiovascular diseases and related risk factors, such as unhealthy diets.

This will build on ongoing work funded via the EU4Health programme ⁽⁴⁾, such as the joint actions JACARDI ⁽⁵⁾ on cardiovascular health and PreventNCD ⁽⁶⁾ on risk factors, including diets high in salt.

The Commission works together with the Member States, under the Expert Group on Public Health, on non-communicable diseases, including cardiovascular diseases.

The Council Conclusions on improving cardiovascular health ⁽⁷⁾, highlight a strong political commitment of the Member States in addressing cardiovascular diseases.

The Commission also collaborates with the World Health Organisation and the Organisation for Economic Cooperation and Development on non-communicable diseases, including cardiovascular diseases.

¹ 'World Health Organisation, 'Cardiovascular diseases kill 10 000 people in the WHO European Region every day, with men dying more frequently than women', 15 May 2024, <https://www.who.int/europe/news/item/15-05-2024-cardiovascular-diseases-kill-10-000-people-in-the-who-european-region-every-day--with-men-dying-more-frequently-than-women>

⁽¹⁾ https://commission.europa.eu/document/download/b628b5a2-ac1e-4b9c-bbdd-35b82da0ac6b_en?filename=mission-letter-varhelyi.pdf

⁽²⁾ https://health.ec.europa.eu/non-communicable-diseases/healthier-together-eu-non-communicable-diseases-initiative_en

⁽³⁾ https://health.ec.europa.eu/non-communicable-diseases/expert-group-public-health_en

⁽⁴⁾ https://health.ec.europa.eu/funding/eu4health-programme-2021-2027-vision-healthier-european-union_en

⁽⁵⁾ <https://jacardi.eu/>

⁽⁶⁾ <https://www.preventnecd.eu/>

⁽⁷⁾ <https://data.consilium.europa.eu/doc/document/ST-15315-2024-INIT/en/pdf>