

# Take Heart

-  In Europe CHD accounts for an estimated 1.95 million deaths each year.
-  CHD is estimated to cost the EU economy €60 billion a year: of the total cost of CHD in the EU, around 33% is due to direct health care costs, 29% to productivity losses and 38% to the informal care of people with CHD.
-  Exercise training after myocardial infarction, percutaneous coronary intervention or coronary bypass surgery improves quality of life and reduces the risk of recurrent myocardial infarction and death. Improvement in cardiovascular fitness appears to be a significant factor in the mortality reduction seen in CR.
-  Nevertheless while guidelines recommend 30 min of moderate or vigorous exercise each day many patients and their health advisors may be cautious. However for most CHD patients, the benefits of increasing physical activity are likely to outweigh the small risk of exercise triggering myocardial infarction or sudden death.
-  In countries where resource and training assistance has been provided, CR programs have been successful. Successful programs have significant community development implications because patients will come back to working activities and to a full life.
-  In the field of CR a possible solution suggested is to make a strong change in mentality among general population (patients and their families), healthcare professionals, public health authorities and decision makers.

## OBJECTIVES

According to the ERASMUS+ SPORT programme, TAKE HEART project general objective is to promote social inclusion, equal opportunities and awareness of the importance of health-enhancing physical activity, through increased participation in, and equal access to sport for all.

The project objectives will be achieved, on the one hand by improving the knowledge of physicians, coaches and all the stakeholders involved and on the other by increasing awareness and acceptance by patients and their families.

## ACTIVITIES

-  Development of a deep analysis of local context in the participating countries to verify the development of cardiac rehabilitation and the local unmet needs.
-  The evaluation of the good practices will allow to imagine for the different European local contexts cost-effective and applicable solutions.
-  A Train the trainers (TtT) methodology will be used to implement medical educational activities through the organization of a training course for healthcare professionals working in the selected countries. At the end of the course, these professionals will be able to train other professionals.
-  A digital platform will be available for all the users of the participating countries interested in the training on the project issues.

# Partner



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Oslo - Norway



SALK - University Institute of Sports Medicine,  
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*This project has been funded with support from the European Commission (ERA-COPART - G.A. 2014-3140/002-001 - ERASMUS+ SPORT). This project product reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.*



Physical activity in patients with CHD  
a collaborative partnership to identify and share  
good practices among European countries

