

# Joint Actions: Lessons learned from the implementation of the EU4Health Programme

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# Setting the scene





# EU4Health

EU4Health represents an unprecedented level of financial commitment to improve and foster health in Europe

# EU4HEALTH: Health Promotion & Disease Prevention

Strands of action



European Commission

**Healthier Together**  
EU Non-Communicable Diseases Initiative

## DISEASES



Cardiovascular Disease



Chronic Respiratory Diseases



Diabetes



Mental health and neurological disorders

## HEALTH DETERMINANTS



Unhealthy Diet



Tobacco Use



Harmful Use of Alcohol



Physical Inactivity



Air Pollution

# Joint Actions

Joint Action grants are awarded without calls for proposals

A Joint Action is a direct grant consisting in collaborative action among Member States and Associated Countries participating in the EU4Health Programme → **Creation of a single consortium**

Each country participating in the EU4Health Programme is invited to nominate **competent authorities**, which will become the grant beneficiaries and be responsible for the implementation of the action on its behalf

The nominated competent authority may involve in the grant under its responsibility other participants, such as **affiliated entities**

**For Joint Actions, affiliated entities cover:**

The different levels of the administrative structure in case of decentralised administration (e.g., national, regional or local administrations),

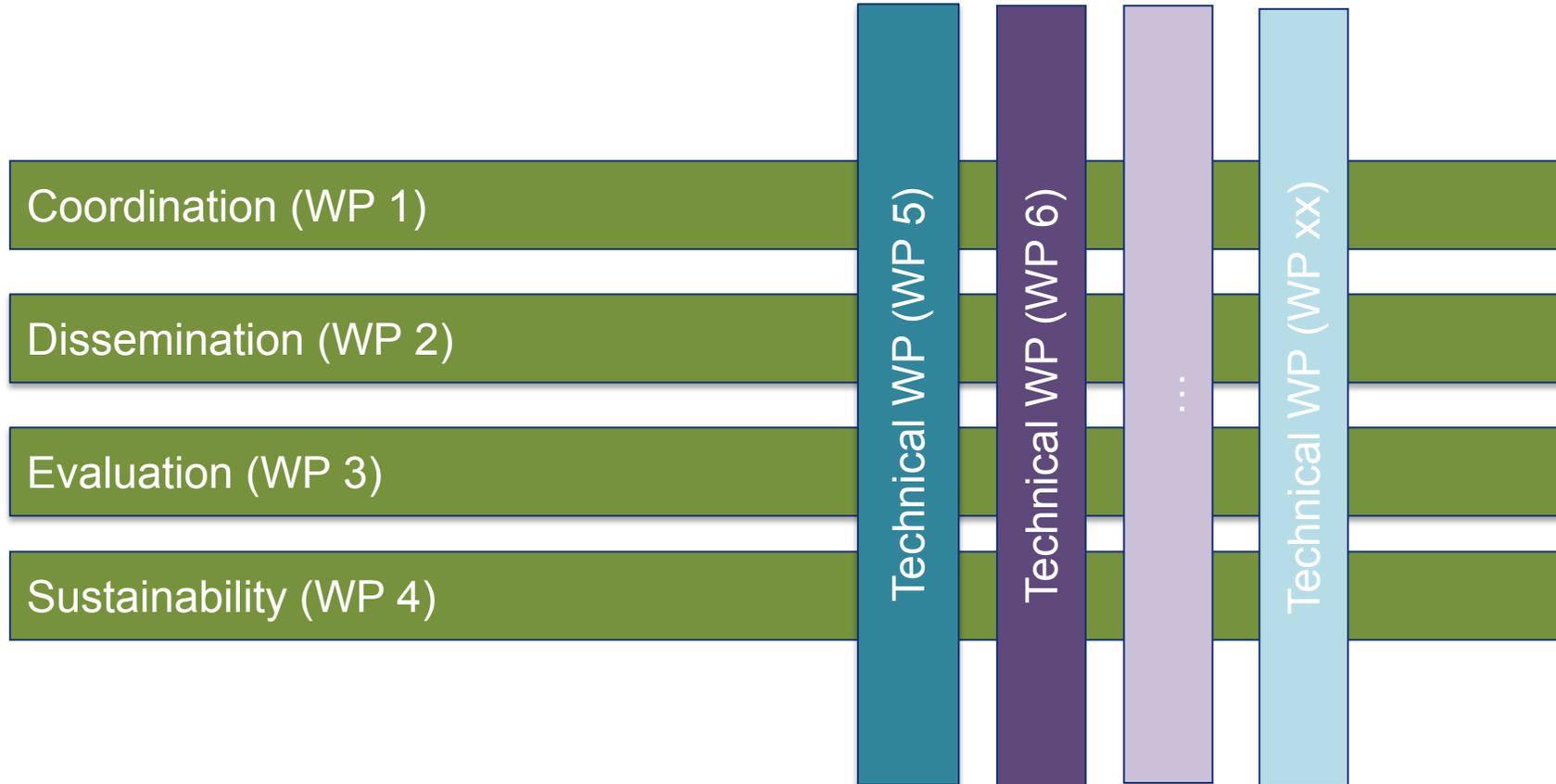
or/and Public sector bodies (e.g., national institutes or schools for public health or national research centres) which and are (at least in part) publicly funded to deliver a public or government service or are in situation of control by a state organization/other public body.

**What is not an affiliated entity?**

Entities that have entered into a (procurement) contract or subcontract with the competent authority (beneficiary), or who act as concessionaires or delegates for public services for the beneficiary.

Entities that cooperate with the beneficiary on the basis of a memorandum of understanding or share some assets.

# Joint Actions: Main structure



# Best practices in public health

## Best Practice Portal



Submission – Call  
for practices



Marketplaces



Knowledge  
sharing



Expert Group on Public Health  
[Sub-group on Non-communicable diseases](#)

[Sub-group on Mental health](#)

### **Be evidence-based**

→ supported by measurable and documented results.

### **Demonstrate effectiveness and impact**

→ show concrete improvements in prevention, health promotion, or service organisation.

### **Be transferable**

→ applicable or adaptable in other Member States or contexts.

### **Be sustainable over time**

→ economically and organisationally sustainable.

### **Respect ethical and equity principles**

→ give attention to vulnerable groups and contribute to reducing inequalities.



**JAs: the key element of  
sustainability**

# JAs: continuity from the Third Health programme to EU4Health



**6 MIL EUR – Total EU contribution**

The Best-ReMaP was a Joint Action funded by the European Union's Health Programme. The project aimed to develop and implement policy proposals in three major nutrition areas with significant impact on shaping healthier food choices for children:

- ➔ **Food reformulation activities**
- ➔ **Reducing harmful food marketing to children**
- ➔ **Quality-based food public procurements**

This project was based on the understanding that the environment in which children grow up greatly influences their dietary habits and the project's goal was to create obesogenic-free environments that encourage healthier food choices for our children.



The Best-ReMaP has achieved a great deal over its lifespan. Evidence-based policy proposals were developed and implemented in all three of our target areas, many stakeholders across Europe to put these policies into practice.

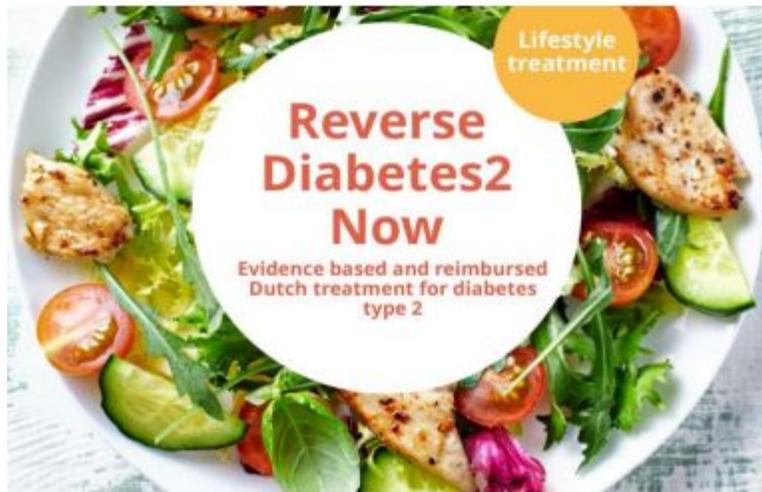


# JA CARA4DIABETES



Coordinate by **Spain - 12 EU Member States** participating  
Total EU contribution: **4 MIL EUR**

Overarching objective: improve and foster health in the EU Member States by reducing the burden of **type 2 diabetes and related risk factors**, both at **societal and personal level**



Voeding Leeft

The selected best practice for this JA is the “**Reverse Diabetes2 Now experience**”. It is an evidence-based and reimbursed **Dutch lifestyle treatment and training programme for type 2 diabetes**, developed and promoted by the Dutch non-profit organisation Voeding Leeft

# JA HEALTH4EUkids



Coordinate by **Greece** – **12 EU Member States** participating

Total EU contribution: **3 MIL EUR**

Implementing 2 best practices:

1. **Grunau Moves** established in **Germany**
2. **Smart Family** established in **Finland**



**Obesity prevention for children and adolescents in districts with particular social challenges**

# Joint Action on CARdiovascular Diseases and Diabetes (JACARDI)



Coordinated by Italy - **20 EU Member States** participating + **Ukraine**  
Total EU contribution: **53 MIL EUR**

**142 pilots in 18 countries**



FIGURE 1. PATIENT JOURNEY

# Linking a Joint Action with 9 action grants for a total EU contribution of 57.2 MIL EUR



**JACARDI**  
Joint Action on **CAR**diovascular diseases and **DI**abetes

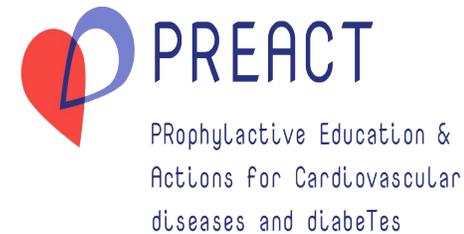
The banner features a large white stylized 'A' logo on a teal background. To the right, three small photographs show people in various settings: a group of people in a meeting, a woman in a white lab coat, and a group of people standing together outdoors.



**RESIL-Card**  
Strengthening cardiovascular care  
resilience for healthier hearts



**perfecto**  
Preventing the Preventable



**PRACT**  
PRophylactic Education &  
Actions for Cardiovascular  
diseases and diabeTes

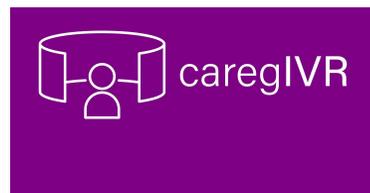


**PIA**  
**PREVENTION IN ACTION**

Prevention and health promotion of NCDs: Cardiovascular Diseases and Diabetes at an individual and societal level



ESS+ 



**caregIVR**



**Provide**



**Preventia**  
Preventing diabetes, obesity, and cardiovascular diseases



**DUSE**  
COUNTERING DIABETES BY EDUCATION



**P2DiaCar**

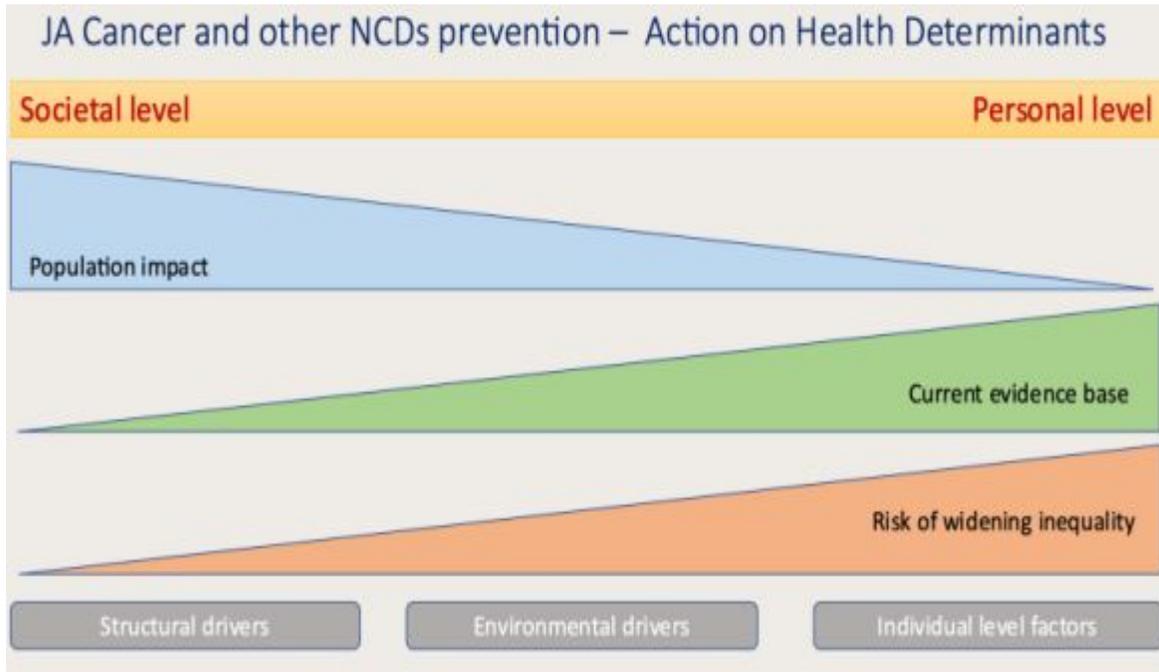




# JA PreventNCD

Joint Action Prevent Non-Communicable Diseases

- Total EU contribution: **76,4 MIL EUR** → Coordinated by **Norway**
- 25 CAs, 75 AEs and 7 APs



# A 'legacy' Joint Action in the field of Mental Health



**JA ImpleMENTAL**

JA on Implementation of Best Practices in the area of Mental Health



Mental health reform in Belgium



Austrian Best Practice on Suicide Prevention (SUPRA)

**21 EU Member States involved**  
**EU contribution: 5,4 MIL EUR**



**Project coordinator:**  
National Centre of  
Mental Health, Latvia

**Start date:**  
September 1st, 2024

**Duration:**  
36 months

## MENTOR in numbers

Total project budget

**€7 499 921,04**

(EU Budget contribution  
€5 999 936,42)



**43**

Partners

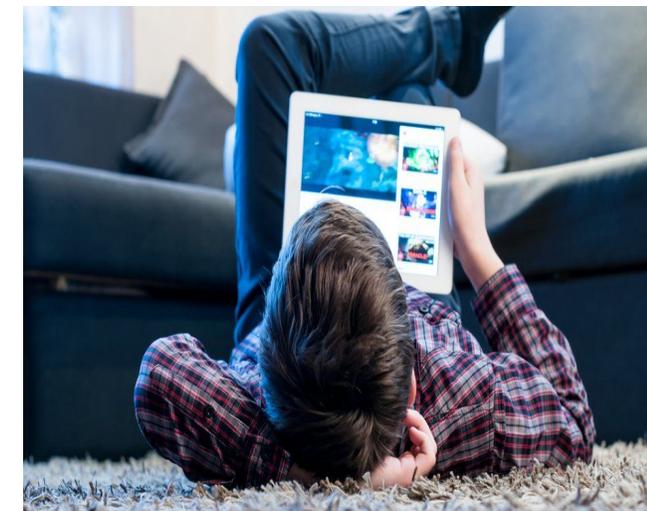


**20**

Countries

## WP6: Innovative Digital Solutions for Mental Health Improvement

- Leveraging Technology: Enhance mental health by reviewing strategies and addressing digital challenges.
- Online Tools: Pilot tools that support mental health.
- Best Practices: Identify effective practices for assessing and monitoring mental health across Europe.



# Improving children and young people's mental health



Supporting children's mental and physical wellbeing

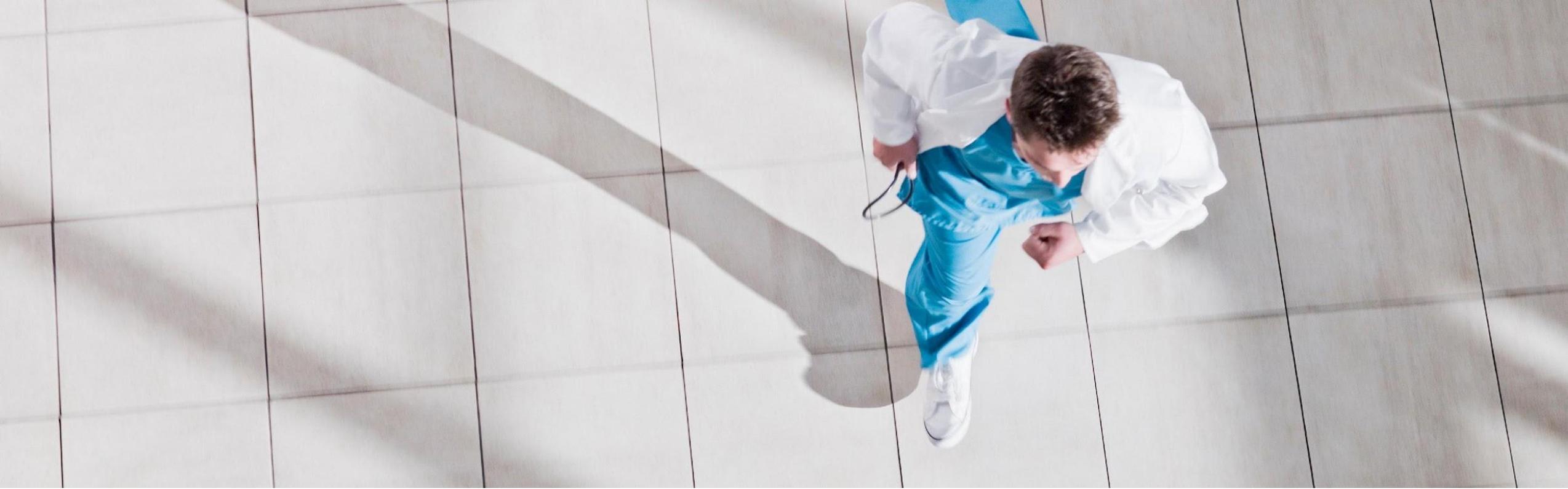


UNIVERSITY OF TURKU



Mainstream mental health promotion and support within adult health and social care services as well as foster the education to support parenting and children's development.

The purpose of Lets Talk is create a network of authorities' representatives supporting the adoption of LTC in local and national strategies and policies.



**A crucial role for feedback  
to policy**

# The EU Safe Hearts Plan

Saving Europeans from  
cardiovascular diseases

December 2025  
#HealthUnion



## Life-long & personalised prevention:

- Help for EU countries to develop their plans, fight obesity and diabetes.
- Revision of EU tobacco legislation due in 2026.
- Healthier food choices made by better informed consumers.
- Addressing the issues around **ultra-processed food** and examining which appropriate **tools**, including possible financial actions, **could be deployed to support / fund public health**.
- **Sports and physical activity** must be promoted.
- **Vaccination promotion** as a prevention measure.



## Early detection, improved care

- Common approach on health checks.
- **Mobile screening programmes**, bringing screening directly to people.
- **Improved personalised treatment and integrated care** with the use of digital tools.
- **European network of cardiovascular health centres** to bring expertise and care together.
- **Improving knowledge** about gender specifics.
- **Reaching every citizen** via a dashboard monitoring health inequalities.



## Children and young people

- Stronger rules on advertising.
- Toolkit for Child and Adolescent Health and Mental Wellbeing Promotion.



## AI, research and innovation solutions

- **Launch of an Incubator** to speed up the use of AI.
- **Common set of data** to implement AI-driven solutions and digital tools.
- **Blueprint for cardiovascular AI deployment: by 2029.**
- **Research and Innovation Roadmap** to improve risk prediction, especially for women.
- Investing in research on **personalised prevention and care**.
- Supporting research on the role of **sustainable and healthy diets**.
- Research on **cardiovascular, metabolic and renal diseases**.

# A comprehensive approach to Mental Health



## Integrating mental health across policies

- European Mental Health Capacity Building Initiative



## Boosting the mental health of children and young people

- Child and youth mental health network
- "Child Health 360: prevention toolkit"
- Youth First Flagship
- Healthy Screens, Healthy Youth



## Breaking through stigma

- Tackling stigma and discrimination



## Fostering mental health globally

- Mental health support for Ukraine's displaced and affected people
- Supporting the dissemination of the Inter Agency Standing Committee Minimum Service Package on Mental Health and Psychosocial Support (MHPSS)



## Promoting good mental health, prevention and early intervention for mental health problems

- European Depression and Suicide Prevention Initiative
- Healthier Together initiative – strengthen the mental health strand
- Access gate for people experiencing mental health issues
- European Code for Mental Health
- Developing joint ecosystem for brain research



## Helping those most in need

- Protecting victims of crime
- Cancer mission: platform for young cancer survivors



## Tackling psychosocial risks at work

- EU-level initiative on the psychosocial risks
- EU workplace campaigns



## Reinforcing mental health systems and improving access to treatment and care

- Initiative for more and better trained professionals in the EU
- Technical support for mental health reforms across several sectors