



LECTURE

Action Plan for Stroke in Europe 2018-2030

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Abstract

After the Helsingborg Declarations on Stroke Management in Europe of 1995 and the Helsingborg Declaration on European Stroke Strategies in 2006, it was now time for a new set of objectives and plans to face the burden of stroke in Europe. Indeed, implementation of adequate stroke services in Europe in 2018 is unequal and incomplete. Resources for stroke do not match the societal impact and burden of the disease. It is important to say that investing in stroke is a good investment for society, as the return of investment for stroke is excellent.

The Action Plan is a collaborative initiative to define the priorities for stroke care and research across Europe over the next decade and provide guidance for European and national plans encompassing the chain of care from primary prevention to rehabilitation and life after stroke. It has been written by the European Stroke Organization in association with the stroke survivor support organization Stroke Alliance For Europe, with input from the World Health Organization's

Regional Office for Europe. It is planned to be phased and monitored throughout the timeline 2018-2030, to allow a review of the targets and of the research that might indicate the necessity of some adjustments.

The overarching targets for 2030 are the following:

- to reduce the absolute number of strokes in Europe by 10%
- to treat 90 % or more of all patients with stroke in Europe in a dedicated stroke unit as the first level of care
- to have national plans for stroke encompassing the entire chain of care from primary prevention to life after stroke
- to fully implement national strategies for multisector public health interventions to promote and facilitate a healthy lifestyle, and reduce environmental (including air pollution), socioeconomic and educational factors that increase the risk of stroke.

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