



FROM KNOWLEDGE TO ACTION APPLICATION

Title: Investigating the incidence of cardiovascular diseases in healthcare workers

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Category: From Science to Society

Problem (max. 50 words):

Cardiovascular diseases (CVDs) remain the leading cause of death globally. Healthcare workers may face elevated risk due to occupational stress, long hours, shift work, and lifestyle disruptions, yet this vulnerable group is rarely studied specifically in cardiovascular epidemiology.

Unmet Need (max. 50 words):

There is a lack of targeted data on cardiovascular disease prevalence among healthcare professionals in Europe. Despite known risk factors such as night shifts and high stress, occupational health monitoring systems often overlook CVD risks in this population.

Project Description (max. 200 words):

This project investigates whether healthcare workers in Europe are at increased risk of developing cardiovascular diseases (CVDs), using Eurostat EHIS microdata. The study compares the prevalence of CVDs—such as heart attack, stroke, and hypertension—between healthcare professionals and the general population aged 18 and over.

Key risk indicators include age, gender, BMI, physical activity, stress levels, and shift work. The research explores how occupational demands (e.g. long hours, high emotional load, irregular schedules) intersect with these risk factors to influence cardiovascular health.

The goal is to identify whether healthcare professionals form a high-risk group that requires targeted prevention and screening strategies.

Findings will contribute to occupational health policy by providing evidence to support cardiovascular screening, stress management, and health promotion programs specifically designed for medical staff.

By addressing an under-researched issue, this study not only protects the well-being of healthcare workers, but also promotes system-wide resilience, as healthy personnel are essential for delivering quality care.

Hypothesis (25 words):

The incidence of cardiovascular diseases is higher among health careworkers.

Implication for Practice (50 words):

This research supports introducing cardiovascular risk screening and workplace health interventions tailored for healthcare professionals. By promoting preventive care within the health workforce, institutions can improve staff well-being, reduce absenteeism, and maintain continuity of patient care services.

Implication for Research (50 words):

The study opens new avenues for occupational health research focusing on medical professionals. It encourages cross-disciplinary collaboration between cardiology, epidemiology, and labor studies to better understand and mitigate job-related cardiovascular risks in healthcare systems across Europe.