

# Surveillance of cardiovascular diseases in the Italian adult population

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**Stellingen behorende bij het proefschrift  
van LUIGI PALMIERI**

**“SURVEILLANCE OF CARDIOVASCULAR DISEASES IN THE  
ITALIAN ADULT POPULATION”**

Maastricht, 28<sup>th</sup> February 2013

1. Hospital registers for coronary and cerebrovascular events do not provide an overall picture of the occurrence of cardiovascular diseases in a population.
2. Reduction of the time lag between the onset of a cardiovascular event and hospital admission is, by itself alone, not sufficient to assure lasting improvement of survival in a population.
3. Cardiovascular prevention strategies, mainly aiming at treatment and surgery of individuals at high risk are important, but they can be of little use to diminish the occurrence of the diseases in the population.
4. Surveillance systems based on Health Interview Surveys (HIS) should be periodically validated using results drawn from Health Examination Surveys (HES).
5. In some cases bounds by law may strongly contribute to improve health in the population beyond knowledge and education.
6. People tend to report on their height much less accurately than on their weight.
7. Even though Body Mass Index is strongly related to cardiovascular disease, it does not improve prediction of cardiovascular events when considered together with other main cardiovascular risk factors.
8. Still in 2012, educational level remain one of the main determinants of health.
9. Among all health professionals, the general practitioner remains a key figure in the prevention of chronic diseases among the population.