



FROM KNOWLEDGE TO ACTION APPLICATION

Title: Changes in the Prevalence of Cardiovascular Risk Factors among Immigrants in the EU: The Role of Sociocultural and Demographic Factors

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Category: From Science to Society

Problem (max. 50 words):

Cardiovascular disease is the leading cause of death in the EU. Immigrants may face higher risk due to sociocultural and demographic challenges, yet population-level data on these disparities remains scarce.

Unmet Need (max. 50 words):

There is a lack of comprehensive data and analysis on how migration-related factors—such as duration of stay, cultural background, and integration—affect cardiovascular health outcomes across European host countries.

Project Description (max. 200 words):

This project investigates how cardiovascular risk factors vary among immigrant populations in the European Union, focusing on the role of sociocultural and demographic variables such as education, income, gender, and duration of residence.

Using Eurostat microdata, the study compares cardiovascular health indicators (e.g., BMI, physical activity, diabetes, hypertension) between immigrants and native-born populations across EU member states. The research aims to identify vulnerable subgroups within the immigrant population and assess how acculturation and social determinants of health contribute to differing cardiovascular outcomes.

Findings will provide empirical evidence to support the development of tailored public health interventions and policies that better address the needs of immigrant communities.

By highlighting structural disparities and cross-country differences, the project contributes to a more inclusive, equity-oriented approach to cardiovascular disease prevention in Europe.

Results will be relevant to healthcare planners, integration policymakers, and public health researchers seeking to reduce the growing health gap between immigrant and non-immigrant populations.

Hypothesis (25 words):

Cardiovascular risk factors among immigrants differ from the host population in the EU, influenced by socio-demographic factors such as education, income, length of residence, age, and gender.

Implication for Practice (50 words):

To support specific preventive measures with the most simple and financially advantageous way possible.

Implication for Research (50 words):

The project lays the groundwork for future longitudinal studies on migration and health. It fosters interdisciplinary collaboration between epidemiology, migration studies, and public policy to better



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understand and address cardiovascular health disparities in the context of European mobility and integration.