

ACTIVITIES REPORT 2020

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01 WHO WE ARE

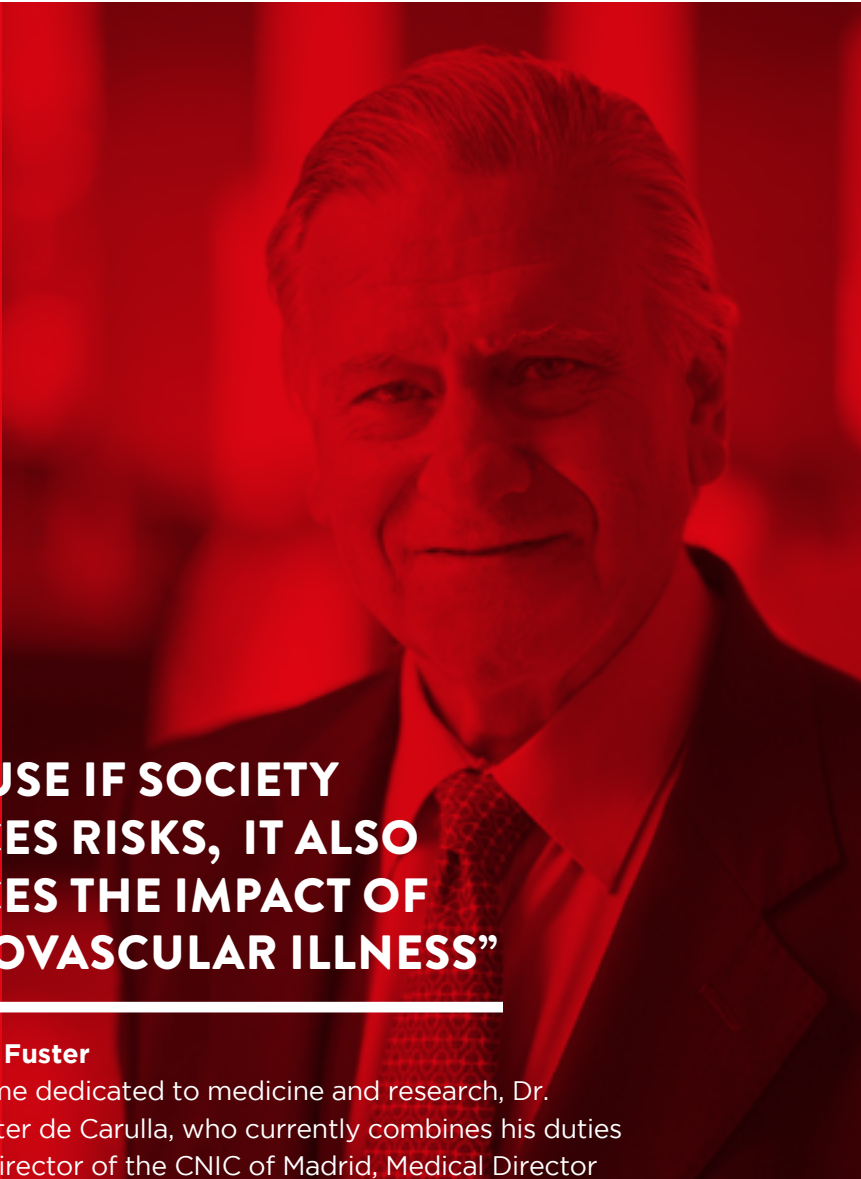
“WHAT WOULD HAPPEN IF SOCIETY WAS CAPABLE OF MODIFYING ITS CURRENT ROUTINES AND ACQUIRE HEALTHY HABITS?”

Factors such as obesity, alcohol addictions, smoking and other drugs have become the main risk factors for cardiovascular disease and year after year cause a considerable increase in the number of people who suffer from it.

In the light of this evidence, and thanks to the experience gained during his career, in 2009 Dr. Fuster promoted the creation of SHE Foundation. A non-profit foundation that, basing itself on basic and clinical research (Science), aims to promote healthy habits (Health) through

communication and education (Education) to the population.

The SHE Foundation dedicates its efforts in creating a framework of what it means and entails to have an education that impacts the acquisition of healthy habits from childhood, with the aim of promoting a world where children, young people and adults have the capacity to act positively regarding their health.

A portrait of Dr. Valentín Fuster, an older man with grey hair, wearing a dark suit, white shirt, and patterned tie. He is smiling slightly and looking towards the camera. The background is blurred. The entire image is overlaid with a semi-transparent red filter.

“BECAUSE IF SOCIETY REDUCES RISKS, IT ALSO REDUCES THE IMPACT OF CARDIOVASCULAR ILLNESS”

Dr. Valentín Fuster

After a lifetime dedicated to medicine and research, Dr. Valentín Fuster de Carulla, who currently combines his duties as General Director of the CNIC of Madrid, Medical Director and Director of the Cardiovascular Institute of Mount Sinai Hospital in New York and President of the SHE Private Foundation (Science for Health and Education), is convinced that a change in the lifestyle of the population is the only way to avoid the spread of cardiovascular diseases, a true epidemic and the leading cause of death in the world.

02 THE YEAR IN FIGURES

665K €
BUDGET

14
TEAM

224
CENTRES

32.907
CHILDREN

169
**TRAINED
TEACHERS**

30
**TEACHER
TRAINING
HOURS**

2
**OUTREACH
ACTIVITIES
AND CITIZEN
PARTICIPATION**

3
**COMMUNITIES
(CATALONIA, MADRID
AND GALICIA)**

03 RESEARCH PROJECTS

- SI! PROGRAM

Started in 2010, the SI! Program is a school intervention program aimed at children from 3 to 16 years old with one clear objective: to demonstrate that the acquisition of healthy habits from childhood reduces the risk of suffering cardiovascular diseases, while improving the quality of life in adulthood.

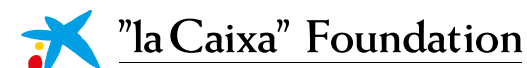
Research into public health indicates that health promotion initiatives should begin in the childhood stage. Only in this way is a change in behaviour sustained over time, long term and effective.

The **SI! Program** is taught in the classroom by teachers, after being trained by the **SHE - "la Caixa" Foundation**, which either can be face-to-face or semi-face-to-face. The programme also has ISO 9001 certification.

Since its launch in 2010, the SI! Program has trained a total of 1,993 teachers throughout Spain, and 7 meetings of program coordinators have been organized.

SI! PROGRAM

IT CAME ABOUT WITH THE WILL TO PROMOTE CARDIOVASCULAR HEALTH WITH THE VERY YOUNG, IN A SIMPLE AND PRACTICAL WAY, AND WITH THE OBJECTIVE OF TEACHING HOW TO MAINTAIN HEALTHY HABITS DURING LIFE.



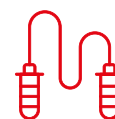
FOR ITS IMPLEMENTATION, 4 KEY AREAS OF ACTION HAVE BEEN ESTABLISHED:



ACQUISITION OF HEALTHY EATING HABITS



KNOWLEDGE OF THE BODY AND THE HEART



DOING PHYSICAL ACTIVITY

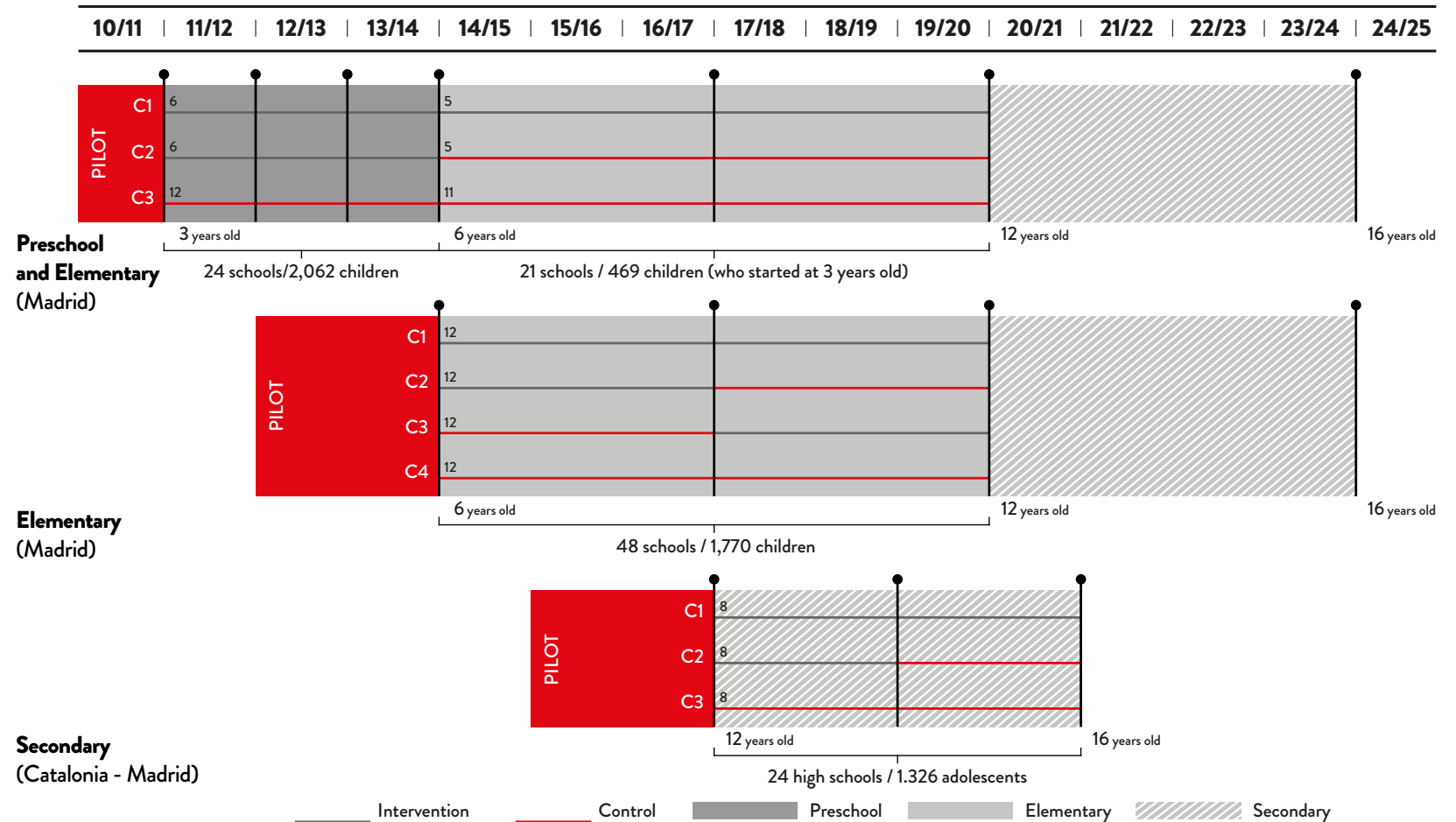


EMOTION MANAGEMENT

03 RESEARCH PROJECTS

- SI! PROGRAM

INTERVENTION IN PRESCHOOL, ELEMENTARY AND SECONDARY EDUCATION IN SPAIN



03 RESEARCH PROJECTS

- SI! PROGRAM

ELEMENTARY EDUCATION

- The scientific study of Primary Education is in progress.
- The SI! Program has been implemented in 6th grade of Primary Education (groups IPC1 and IPC3) in the schools of the intervention group of the scientific study.
- From February to June 2020, the scientific study measurements of Primary Education were carried out in the participating schools. Data collection was adapted so it could be conducted remotely during the months of confinement.
- Instructions were sent to the students in order to complete the questionnaires individually and to perform height, weight, waist circumference and blood pressure measurements at home, and in cases where it was not possible to do so at the pharmacy.
- Students completed the questionnaires at home in groups guided by FSHE staff through online platforms agreed with their schools, or individually following the instructions received beforehand.
- Family, teacher and school questionnaires were emailed to participants.
- In total, data were collected from 1496 pupils, 1391 families and 503 teachers.

SECONDARY EDUCATION

- The winning project of a grant on La Marató from TV3 together with the CNIC and the University of Barcelona.
- The SI! Program was implemented in the third year of secondary schools of the scientific study intervention group (SIL schools) during the 2019-2020 academic year.
- The scientific study of Secondary Education continues.

BENEFICIARIES OF THE SI! PROGRAM



03 RESEARCH PROJECTS

- 50/50 PROGRAM

The 50/50 Program is a scientific study that helps to modify lifestyle habits and control main risk factors for cardiovascular disease:

overweight and obesity, sedentarism, smoking and high blood pressure through workshops and peer education.

CARDIOVASCULAR RISK FACTORS



SEDENTARISM



UNHEALTHY EATING



BLOOD PRESSURE



OBESITY



SMOKING

AS A CONSEQUENCE OF THE INTERVENTION OF THE FIFTY-FIFTY PROGRAM, A BENEFICIAL EFFECT HAS BEEN OBSERVED IN THE ACQUISITION OF HEALTHY HABITS RELATED TO CARDIOVASCULAR HEALTH, SHOWING A CLEAR IMPROVEMENT IN THE OVERALL RESULT AND SPECIFICALLY IN EACH ONE OF THE FIVE COMPONENTS: BLOOD PRESSURE, PHYSICAL ACTIVITY, WEIGHT, DIET AND TOBACCO.



"la Caixa" Foundation

50/50 MUNICIPALITIES AND 50/50 COMPANIES

The Fifty-Fifty Program, which started in 2013, has been implemented in 7 municipalities and a follow-up of participants up to 40 months after completion the intervention has been carried out. During 2019 and 2020, all of our efforts were directed towards analysing the data collected in previous assessments and examine various aspects of the whole Fifty-Fifty intervention in order to incorporate improvements.

A manuscript is being prepared for publication in a high impact scientific journal with the results from the data collected in the last measurement.

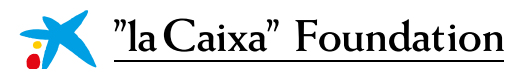
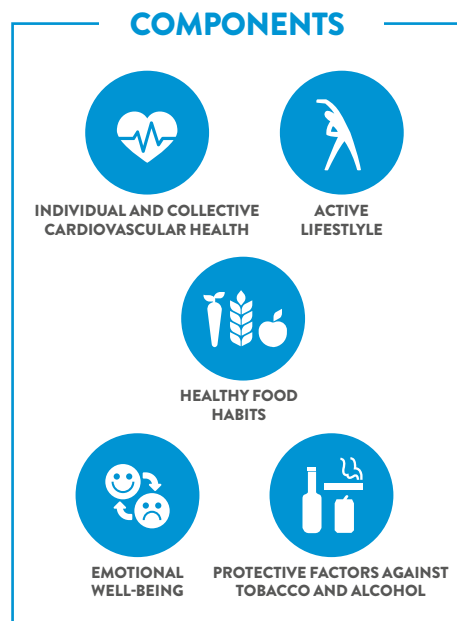
The Fifty-Fifty Program was also applied in companies with the objective to give them tools that allow them to improve the cardiovascular health of their employees.

03 RESEARCH PROJECTS

- HEALTHY COMMUNITIES

The SHE - “la Caixa” Foundation has designed a scientific study to evaluate the effectiveness of a community intervention, Healthy Communities, focusing on the main risk factors of cardiovascular disease (smoking, hypertension, diabetes, dyslipidemia, obesity) as well as cardiovascular and neurodegenerative events. The purpose of the project is to implement and validate a healthy city program in which cardiovascular health habits are promoted at all stages of life. The citizens themselves are involved in improving their own health and wellness potential, generating a health culture in a community where working for cardiovascular health is everyone’s job.

Healthy Communities HC2030 is based on the implementation of health programs previously evaluated by the SHE - “la Caixa” Foundation and whose results have been published in high-impact scientific journals: SI! Program and Fifty-Fifty Program.



ACTIVITIES

Heart Day

(26th and 29th January 2020)

- School cross-country race: planned for 26th January 2020 and cancelled due to bad weather. Rescheduled for April 2020, but cancelled due to the pandemic.
- Show “Ara t’ho explico” by Jordi Tonietti, which was held on 29th January 2020, with the participation of 90 people.

Health Day (April 2020)

- All events were cancelled due to the pandemic.


11th SHE Day (24th July 2020)

- We were not allowed to organise any of the usual face-to-face activities due to the pandemic. We challenged the population via social networks to go out, at any time of day, to do a healthy outdoor activity with their bubble group (respecting all the protection measures against Covid-19) and share an image on social networks with the tag @shcardona2030 and #11jornadashe.

Throughout the year, contact was maintained with the group of Health Promoters and Route Organisers (trained in the Healthy Communities project 2014-2017) via a WhatsApp group that shares and disseminates healthy leisure activities to population groups.


04 PUBLICATIONS



[Prevalence and correlates of cardiovascular health among early adolescents enrolled in the SI! Program in Spain: a cross-sectional analysis.](#) 


Fernández-Jiménez R, Santos-Beneit G, de Cos-Gandoy A, Fernández-Alvira JM, Tresserra-Rimbau A, Storniolo C, Domènech M, Bodega P, de Miguel M, Rodríguez C, Carvajal I, Ibañez B, Estruch R, Lamuela-Raventós RM, Fuster V. Research Letter en *Eur. J. Prev. Cardiol.* 2020.



[Polyphenols in Urine and Cardiovascular Health: A Cross-Sectional Analysis Reveals Gender Differences in Spanish Adolescents from the SI! Program for Secondary School Study.](#) 

Laveriano-Santos E.P, Parilli-Moser I, Ramírez-Garza SL, Tresserra-Rimbau A, Storniolo C, Ruiz-León AM, Estruch R, Bodega P, de Miguel M, de Cos-Gandoy A, Carral V, Santos-Beneit G, Fernández-Alvira JM, Fernández-Jiménez R, Fuster V, Lamuela-Raventós RM. *Antioxidants.* 2020. 9(10), 910.



[Sustainability of and Adherence to Preschool Health Promotion Among Children 9 to 13 Years Old.](#) 

Fernández-Jiménez R, Briceño G, Céspedes J, Vargas S, Guijarro J, Baxter J, Hunn M, Santos-Beneit G, Rodríguez C, Céspedes MP, Bagiella E, Moreno Z, Carvajal, Fuster V. *J Am Coll Cardiol.* 2020.

05 CONFERENCES AND CONGRESSES

- CONFERENCES AND CONGRESSES 2020

ORAL COMMUNICATIONS

> ***The SI! Program for promoting heart-healthy habits in children aged 3 to 5 years: pedagogical strategies.***

Carral V, Rodríguez C, Orrit X, Haro D, Santos-Beneit G, Bodega P, Carvajal I, Álvarez-Benavides A, Peñalvo JL, Fernández-Alvira JM, Fernández-Jiménez R, Ibañez B, Fuster V.

EDULEARN20 (12th annual International Conference on Education and New Learning Technologies).

> ***Estado de salud cardiovascular y su asociación con variables sociodemográficas en adolescentes jóvenes incluidos en el Programa SI!: un estudio transversal.***

Fernández-Jiménez R, Santos-Beneit G, de Cos-Gandoy A, Fernández-Alvira JM, Tresserra-Rimbau A, Storniolo C, Domènech M, Laveriano-Santos EP, Bodega P, de Miguel M, Rodríguez C, Carvajal I, Estruch R, Lamuela-Raventós RM, Fuster V.

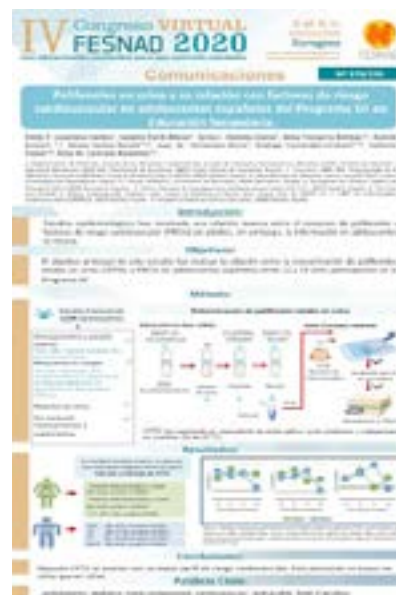
Congreso de la Sociedad Española de Cardiología (SEC2020)

POSTERS

> ***Polifenoles en orina y su relación con factores de riesgo cardiovascular en adolescentes españoles del Programa SI! en educación secundaria.***

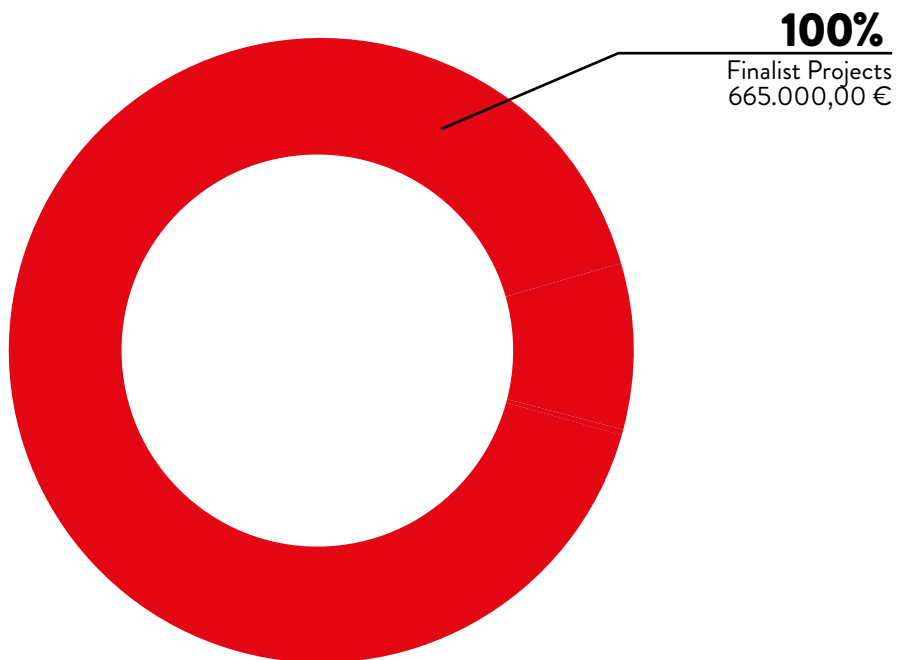
Laveriano-Santos E.P, Parilli-Moser I, Ramírez-Garza S.L, Tresserra-Rimbau A, Estruch R, Santos-Beneit, Fernández-Alvira J.M, Fernández-Jiménez R, Fuster V, Lamuela-Raventós R.M.

IV Congreso FESNAD 2020. Una alimentación sostenible para una alimentación saludable.



06 SOURCE AND DESTINATION OF RESOURCES

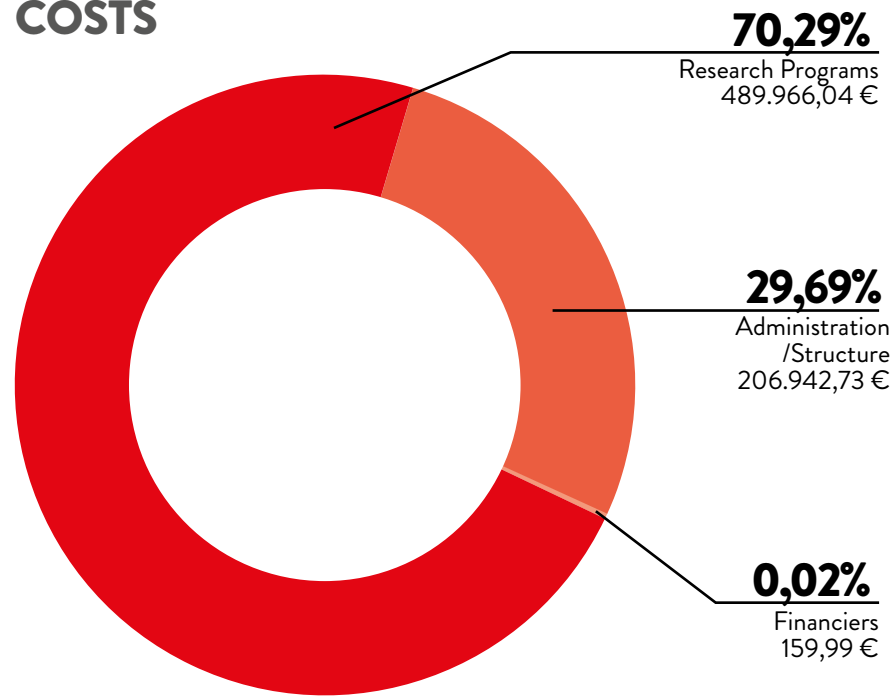
INCOME



SOURCE OF TOTAL INCOME **665.000,00 €**

Finalist Projects	665.000,00 €
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COSTS



DESTINATION OF TOTAL COSTS **697.068,76 €**

Research Programs	489.966,04 €
Administration / Structure	206.942,73 €
Financiers	159,99 €

Budget corresponding to period of 2020

07 TRUSTEES AND TEAM

TRUSTEES

Dr. Valentín Fuster de Carulla
Founding Trustee - Chairman

Mr. Carles Vilarrubí Carrió
Founding Trustee -
Deputy Chairman

Sr. Antoni Vila Bertrán
Trustee, “la Caixa”
Foundation

Sra. Isabel Carvajal Urquijo
Trustee

Sr. Higinio Clotas Cierco
Trustee, “la Caixa”
Foundation

Mr. Àngel Font
Trustee, “la Caixa”
Foundation

The Most Excellent Sr. Javier Solana de Madariaga
Founding Trustee

Mr. Lluís Torres Arro
Founding Trustee

Mr. Joan Font Torrent
Secretary Trustee

Mr. Antoni Guillén Vidal
Deputy Secretary

TEAM

PEDAGOGICAL AREA

Isabel Carvajal
Pedagogical Management

**Domingo Haro, Carla Rodríguez,
Xavier Òrrit, Vanesa Carral,
Anna Badia**
Pedagogical Team

SCIENTIFIC AREA

Gloria Santos
Scientific Management

**Patricia Bodega, Amaya de Cos,
Mercedes de Miguel**
Scientific Team

MANAGEMENT

Carles Peyra
General Management

Rafael Badia, Ester Pla
Administration and finance

COLLABORATORS

Pilar Altarriba
Quality



"la Caixa" Foundation