

ACTIVITIES REPORT 2019

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01 WHO WE ARE

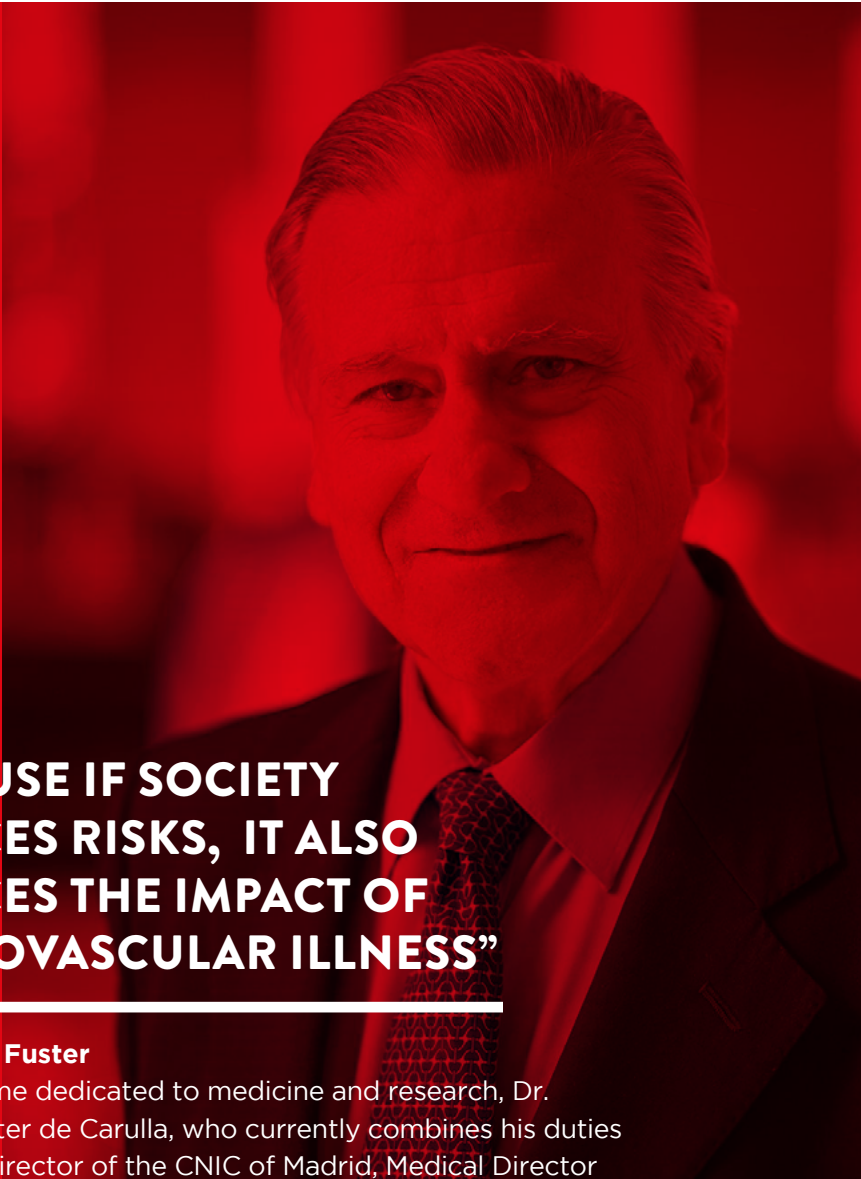
“WHAT WOULD HAPPEN IF SOCIETY WAS CAPABLE OF MODIFYING ITS CURRENT ROUTINES AND ACQUIRE HEALTHY HABITS?”

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. The image is overlaid with a semi-transparent red filter. The background is a solid red color.

“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

830K €
BUDGET

14
TEAM

230
CENTRES

32.910
CHILDREN

145
TRAINED
TEACHERS

30
TEACHER
TRAINING
HOURS

7
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.

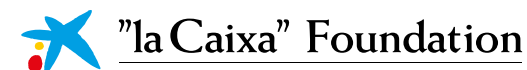
Research into public health indicates that health promotion initiatives should begin in the childhood stage. Only in this way is a change in behaviour sustained over time, long term and effective.

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 1,825 teachers throughout Spain, and 6 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.



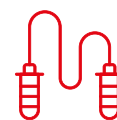
FOR ITS IMPLEMENTATION, 4 KEY AREAS OF ACTION HAVE BEEN ESTABLISHED:



ACQUISITION OF HEALTHY EATING HABITS



KNOWLEDGE OF THE BODY AND THE HEART



DOING PHYSICAL ACTIVITY

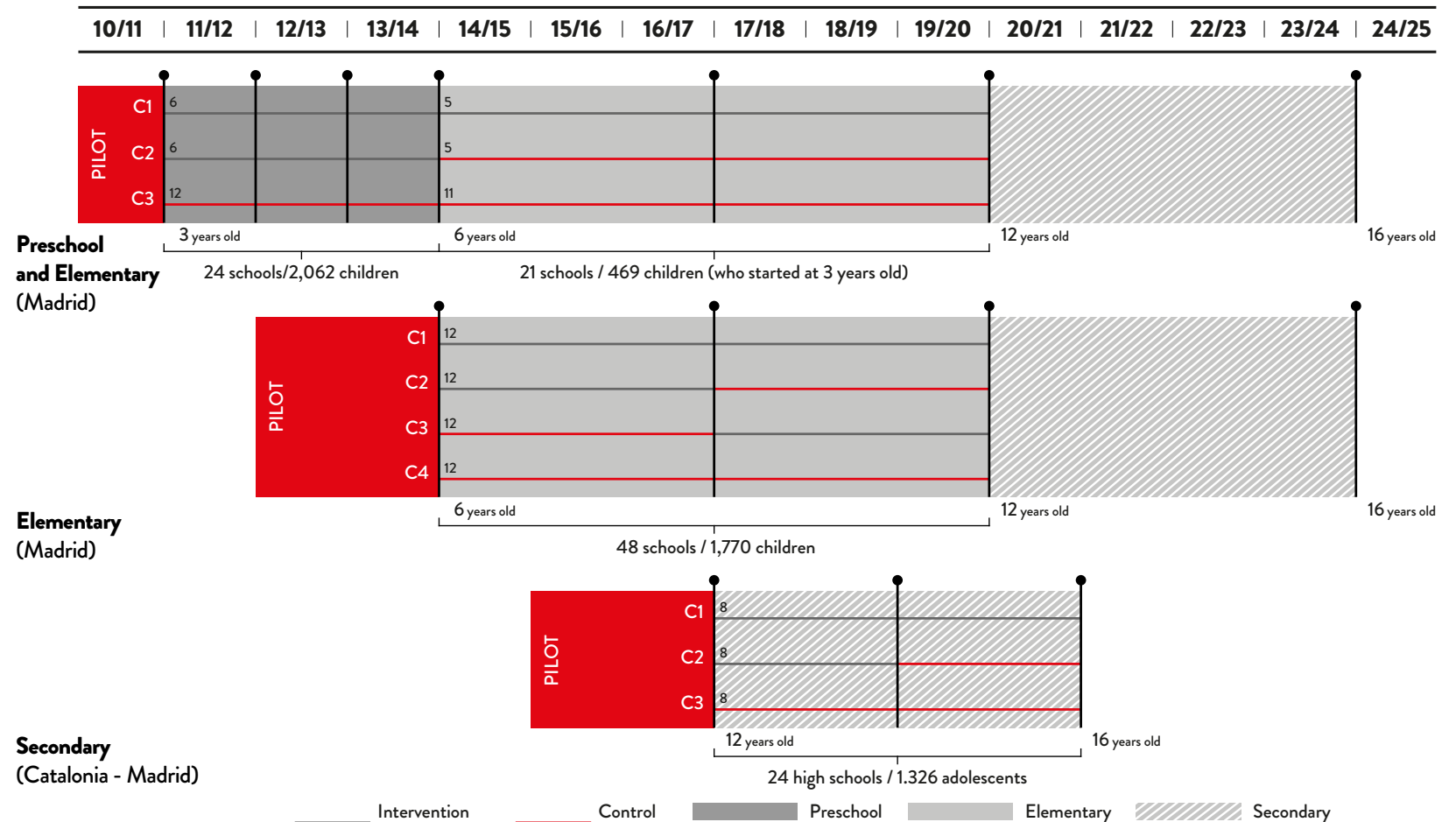


EMOTION MANAGEMENT

03 RESEARCH PROJECTS

- SI! PROGRAM

INTERVENTION IN PRESCHOOL, ELEMENTARY AND SECONDARY EDUCATION IN SPAIN



03 RESEARCH PROJECTS

- SI! PROGRAM

ELEMENTARY EDUCATION

- Educational centres PC1 and PC3 apply the program in the 5th grade.
- Educational centres PC2 and PC4 remain as control and do not apply the intervention.
- The pilot study is carried out for the assessment of the 6th grade.

SECONDARY EDUCATION

- The winning project of a grant on La Marató from TV3 together with the CNIC and the University of Barcelona.
- The scientific study of Secondary Education continues.
- The intervention centres continue with the pedagogical intervention in the 2nd grade between the month of September 2018 and June 2019.

BENEFICIARIES OF THE SI! PROGRAM

230
CENTRES

17.233
CHILDREN
IN PRESCHOOL

13.963
CHILDREN
IN ELEMENTARY

1.714
ADOLESCENTS
IN SECONDARY

32.910
TOTAL CHILDREN

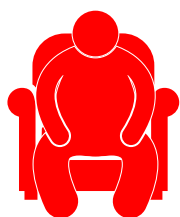
03 RESEARCH PROJECTS

- 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 all efforts have been directed to analyze the data collected in the last assessment (April 2018) and analyze the effect of the intervention medium-long term, in addition to delve into various aspects of the intervention of the Fifty-Fifty Program to incorporate improvements in it.

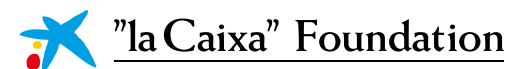
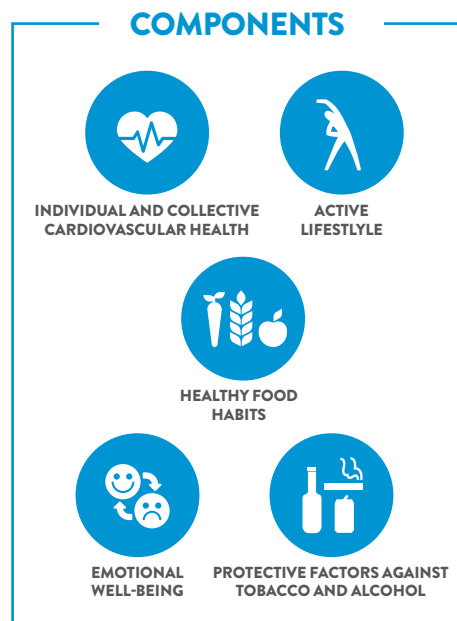
The Fifty-Fifty Program was also applied in companies with the objective to give them tools that allow them to improve the cardiovascular health of their employees.

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:

- Health Day 2019:
 - Walk: International Day of Physical Activity, organized with the CAP, schools, institutes and nursing homes (April 5, 2019).
 - School and Institute Health Day. Meeting of the schools to perform together the choreographies of Cardio - central muppet of the SI! Program - and a healthy breakfast. Activities take place throughout the week in schools (April 5, 2019).
 - Show in the library: “James’ Journey”, a children’s show with music and puppets by Cia Teatre Aula (April 5, 2019).
- Basic life support course and automatic external defibrillator (AED), aimed at health promoters and healthy route guides. 6-hour course to obtain the certificate accredited by the CCR (Catalan Resuscitation Council) (April 6 and 13, 2019).
- Presentation of “Healthy Communities 2020-30 Scientific Program”, held in Valentí Fuster Auditorium (July 26, 2019).
- Collaboration with the Cardona Healthy Habits Environment in agreement with Cardona City Council and the Department of Education.
- Family show “I have a role” by Eva Armisen and Marc Parrot, held in Valentí Fuster auditorium. Multidisciplinary show.

04 PUBLICATIONS



“Rationale and Design of the SI! Program for Health Promotion in Elementary Students Aged 6 to 11 years: a Cluster Randomized Trial”

Santos-Beneit G, Bodega P, de Miguel M, Rodríguez C, Carral V, Oriit X, Haro D, Carvajal I, de Cos A, Peñalvo JL, Gómez-Pardo E, Oliva, B, Ibáñez B, Fernández-Alvira JM, Fernández-Jiménez R, Fuster V. *Am. Heart J.* 2019, 210: 9-17.

“Rationale and design of the school-based Program SI! To face obesity and promote health among Spanish adolescents: a cluster-randomized controlled trial”

Fernández-Jiménez R, Santos-Beneit G, Tresserra-Rimbau A, Bodega P, de Miguel M, de Cos-Gandoy A, Rodríguez C, Carral V, Oriit X, Haro D, Carvajal I, Ibáñez B, Storniolo C, Domènech M, Estruch R, Fernández-Alvira JM, Lamuela-Raventós RM, Fuster V. *Am. Heart J.* 2019, 215:27-40

“Dietary Patterns and Cardiovascular Risk Factors in Spanish Adolescents: A Cross-Sectional Analysis of the SI! Program for Health Promotion in Secondary Schools”

Bodega P, Fernández-Alvira JM, Santos-Beneit G, de Cos-Gandoy A, Fernández-Jiménez R, Moreno LA, de Miguel M, Carral V, Oriit X, Carvajal I, Storniolo C, Tresserra-Rimbau A, Domènech M, Estruch R, Lamuela-Raventós RM, Fuster V. *Nutrients* 2019, 11: 2297–2310.

05 CONFERENCES AND CONGRESSES

- CONFERENCES AND CONGRESSES 2019

ORAL COMMUNICATIONS

- > **Healthy eating in Preschools and Elementary Schools: The SI! Program** VI Reunión Jóvenes Investigadores de la Sociedad Española de Nutrición.
- > **The SI! Program in Secondary Education to promote heart-healthy habits in adolescents from 12 to 16 years old. Preliminary results of a gamified proposal** 30th FIEP World Congress, 14th FIEP European Congress and 2nd Congrès FIEP Catalunya
- > **El componente de factores de protección y gestión emocional en el Programa SI! de Salud Integral: fundamentación en las diferentes etapas educativas (Infantil, Primaria y Secundaria)** IV Congreso Nacional de Psicología e International Symposium on Psychological Prevention

El Programa SI! para promocionar la salud cardiovascular en Educación Secundaria: factores de protección frente al consumo de tabaco.

Verónica Carrón¹, Carla Rodríguez^{2*}, Xavier Orri³, Mercedes de Miguel⁴, Dolores Haro⁵, Patricia Rodríguez⁶, Araya de Cea⁷, Carolina⁸, Isabel Casagrande⁹, Ricardo Espadas¹⁰, Rodrigo Fernández-Jaimes¹¹, Rosa María Lemaña-Ruiz¹², Juan M. Fernández-Ayestar¹³, Gloria Santos-Banua¹⁴, Valentín Fuster¹⁵

Introducción: La Estrategia SI! ha elaborado el Programa SI! para promover la salud cardiovascular en adolescentes de 12 a 16 años, a través de la adquisición de hábitos saludables en centros educativos de secundaria.

Objetivos: Promover la alimentación saludable, Promover la actividad física, Estar al corriente de las noticias.

Metodología: Se ha desarrollado material educativo en base a estos factores y contenidos de trabajo.

Resultados: El Programa SI! está siendo evaluado mediante un estudio observacional y controlado en 24 centros de Educación Secundaria de Madrid y Barcelona, en colaboración con la Universidad de Barcelona y el Centro Nacional de Investigaciones Cardiovasculares. Con la intervención del Programa se pretende producir cambios en los hábitos de vida de los adolescentes.

Conclusiones: El Programa SI! tiene como objetivo promover la salud cardiovascular en adolescentes de 12 a 16 años a través de la adquisición de hábitos saludables en centros educativos.

Dietary patterns and their impact on cardiovascular health factors among Spanish adolescents

Verónica Carrón¹, Carla Rodríguez^{2*}, Xavier Orri³, Mercedes de Miguel⁴, Dolores Haro⁵, Patricia Rodríguez⁶, Araya de Cea⁷, Carolina⁸, Isabel Casagrande⁹, Ricardo Espadas¹⁰, Rodrigo Fernández-Jaimes¹¹, Rosa María Lemaña-Ruiz¹², Juan M. Fernández-Ayestar¹³, Gloria Santos-Banua¹⁴, Valentín Fuster¹⁵

PURPOSE: The aim of this study was to describe dietary patterns and their association with cardiovascular health factors among Spanish adolescents.

METHODS: This study was part of a cross-sectional program of health promotion in secondary schools in Spain. A total of 1,000 adolescents (12-16 years old) were included in the study. Data on dietary intake, physical activity, and cardiovascular health factors were collected.

RESULTS: Three dietary patterns were identified: a traditional Mediterranean pattern, a Western pattern, and a mixed pattern. The Mediterranean pattern was associated with higher levels of physical activity and lower levels of cardiovascular risk factors.

CONCLUSIONS: The study highlights the importance of promoting healthy dietary patterns in adolescents to improve their cardiovascular health.

POSTERS

- > **The physical activity component in the SI! Program** 30th FIEP World Congress, 14th FIEP European Congress and 2nd Congrès FIEP Catalunya.
- > **Dietary patterns and their impact on cardiovascular health factors among Spanish adolescents** ISBNPA (International Society of Behavioral Nutrition and Physical Activity) Congress.
- > **Influence of socioeconomic inequalities on dietary patterns and cardiovascular health among Spanish adolescents** ISBNPA (International Society of Behavioral Nutrition and Physical Activity) Congress.
- > **El Programa SI! para promocionar la salud cardiovascular en Educación Secundaria: factores de protección frente al consumo de tabaco** IV Congreso Nacional de Psicología e International Symposium on Psychological Prevention.
- > **Higher polyphenols excretion in urine associates with a better blood lipid profile in Spanish adolescents** XI Seminario Alimentación y Estilo de Vida.
- > **Relationship between urinary nitric oxide and polyphenols in a pilot study with adolescents** XI Seminario Alimentación y Estilo de Vida.
- > **Total polyphenols excretion in urine as a good biomarker of phenolic compound intake in adolescents** V Workshop Anual INSA-UB “Alergias e intolerancias alimentarias: De la sospecha a la mesa.”
- > **Higher polyphenols excretion in urine associates with a better body composition in Spanish adolescents** V Workshop Anual INSA-UB “Alergias e intolerancias alimentarias: De la sospecha a la mesa.”

06 OUTREACH ACTIONS

SHE DAY

Circuit of active and healthy leisure activities in which almost the 500 children from the Cardona summer centres participated.

In 2019, the 10th anniversary of the SHE day is celebrated and the theme of the event is a compilation of the best activities that were held during these 10 years. The event is closed by the Dr. Valentín Fuster and the Mayor of Cardona Ferran Estruch.



INICIATIVA VIVE

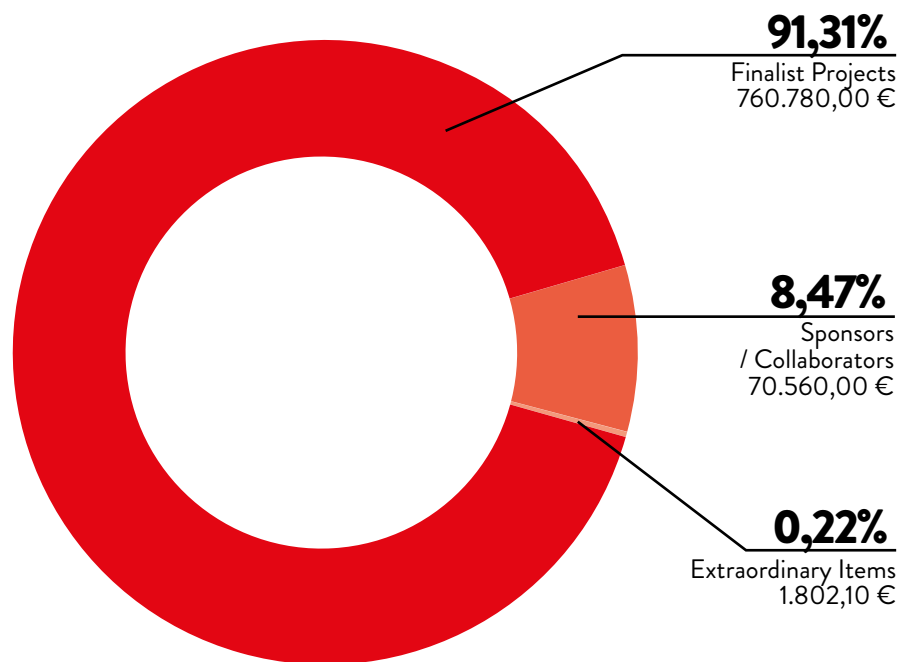
The Iniciativa Vive is a joint project from the ProCNIC Foundation and the SHE - “la Caixa” Foundation to improve and promote cardiovascular health. The Iniciativa Vive came about to unite, under the same management, the two main ways to stop cardiovascular diseases in our country: research and prevention, led by Dr. Valentín Fuster.

In 2019, the 9th Vive Day was held. It is an activity aimed at children between 3 and 6 years old and their parents. During the Day, with over 500 children attending, the youngest children could do exercise in a fun way, learn how to eat breakfast, learn how to manage and control their emotions.



07 SOURCE AND DESTINATION OF RESOURCES

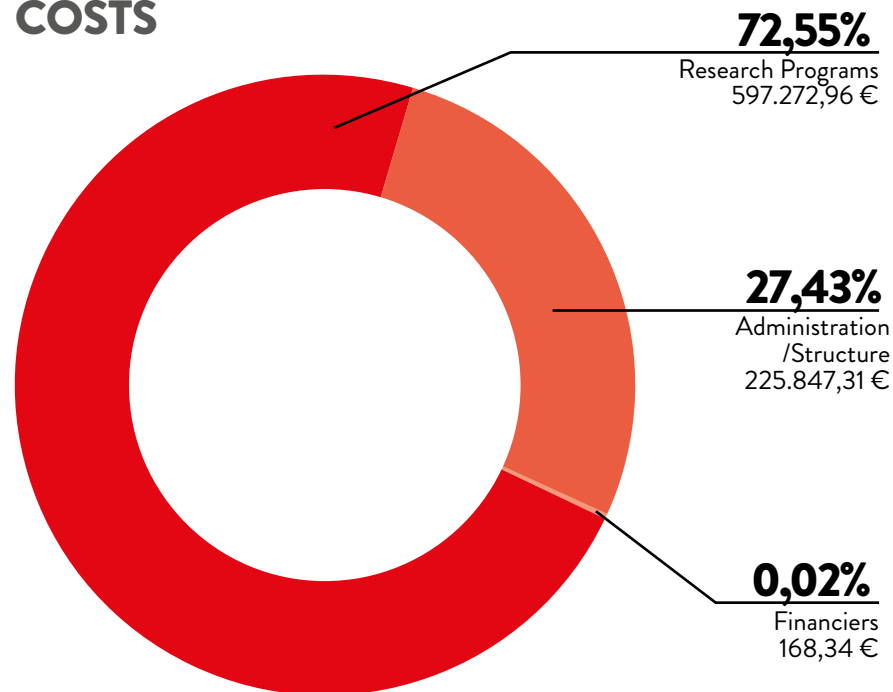
INCOME



SOURCE OF TOTAL INCOME 833.142,10 €

Finalist Projects	760.780,00 €
Sponsors/ Collaborators	70.560,00 €
Extraordinary Items	1.802,10 €

COSTS



DESTINATION OF TOTAL COSTS 823.288,61 €

Research Programs	597.272,96 €
Administration / Structure	225.847,31 €
Financiers	168,34 €

Budget corresponding to period of 2019

08 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
y Mercedes de Miguel**
Scientific Team

MANAGEMENT

Carles Peyra
General Management

Rafael Badia, Ester Pla
Administration and finance

COLLABORATORS

Pilar Altarriba
Quality



la Caixa Foundation