Dr. Valentín Fuster delivers the World Heart Federation's inaugural lecture at the European Cardiology Congress in Madrid

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From August 29 to September 1, Madrid hosts the European Society of Cardiology Congress (ESC Congress) and the World Heart Federation World Congress of Cardiology

The General Director of the Spanish National Center for Cardiovascular Research (CNIC), **Dr. Valentín Fuster**, has been chosen by the **World Heart Federation** (WHF) to deliver its first Inaugural Lecture, as part of the **European Society of Cardiology Congress** (ESC Congress 2025) and alongside the WHF World Congress of Cardiology, both of which are being held in Madrid. This award, which the WHF is instituting for the first time, recognizes individuals who have made outstanding contributions to global cardiovascular health and who represent excellence in clinical practice, research, education, and leadership.

“About 80% of fatal and non-fatal cardiovascular diseases occur in low- and middle-income countries, so we must think globally about health and education. I am very grateful for this honor bestowed upon me by the WHF,” said Dr. Fuster, who is also president of **Mount Sinai Fuster Heart Hospital** in New York and Physician-in-Chief of Mount Sinai Hospital.

In his speech, Dr. Fuster addresses **the need to promote cardiovascular health from childhood** as an essential strategy for reducing the risk of heart disease worldwide. His presentation, entitled “Primordial prevention: An unexplored window of opportunity,” highlights decades of pioneering work in large-scale educational programs developed in Spain, New York, and Colombia, focusing on school-age children.

Dr. Fuster: Early education is the most powerful tool for achieving a lasting impact on global health

These projects, which involve students, teachers, families, and communities, are based on promoting healthy lifestyle habits (balanced diet, physical activity, knowledge of the body and heart, and emotional management). Studies led by Dr. Fuster, published in leading scientific journals such as the Journal of the American College of Cardiology, have demonstrated significant positive changes in the knowledge, attitudes, and habits of thousands of children who participated in these programs.

“Cardiovascular prevention must begin in the early stages of life. Early education is the most powerful tool for achieving a lasting impact on global health,” says Dr. Fuster.

The president of the World Heart Federation, **Jagat Narula**, emphasizes that “Dr. Fuster is a prominent leader in cardiovascular medicine. His contributions in this field and in the prevention and treatment of heart disease worldwide are enormous and will set a high standard of intellectual leadership and innovation for years to come, as well as a very high bar for future award winners.”

With a track record of leadership in both Spain and the United States, Dr. Fuster has consolidated the **CNIC and Mount Sinai Fuster Heart Hospital** as international centers of excellence in cardiovascular disease research, prevention, and treatment.

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