The SPIMEU research project officially started in May 2015 and this newsletter is the first in a row of SPIMEU newsletters, which will be published every 6 months.

What is the SPIMEU project?
SPIMEU is a trans-European research project with the aim to contribute to the reduction of cardio-metabolic diseases (CMD) in the EU member states. SPIMEU is conducted from May 2015-April 2018 by research institutions from 5 EU countries (The Netherlands, Greece, The Czech Republic, Sweden and Denmark). With the SPIMEU project we want to increase the collaboration between countries from the EU in the prevention of CMD, and we will ultimately provide a toolbox for a tailored implementation of selective prevention programs for CMD. To create our toolbox we will use existing knowledge from previous research, map existing prevention programs including their strengths and weaknesses, assess the acceptability among GPs and the citizens and test the feasibility of implementing selective prevention programs.

Project startup
In the beginning of June all SPIMEU partners met with representatives from CHAFEA in Luxembourg for a kick off meeting and the first steering committee meeting. Since then several activities have taken place...

Project website
As one of the first activities we set up a website (www.SPIMEU.org) with thorough information about the project. The website will follow the project with frequent updates, and the SPIMEU newsletters will be published on the website. At the SPIMEU website there is an option to register for the mailing list and registered users will be alerted by email about project news.

Project leaflet
Another startup activity on the project was the creation of a project leaflet to be used for dissemination of the project at meetings, conferences, etc. All SPIMEU partners took part and the result was leaflets in 6 different languages (English, Czech, Dutch, Swedish, Greek and Danish.) All leaflets are available from the project website www.spimeu.org

Work packages (WP) of the SPIMEU project
WP1-3: Project coordination, dissemination and evaluation
WP4: Overview of currently practiced models of selective prevention programs in all 28 EU member states
WP5: Literature review about the attitude of health care professionals and the general population towards selective prevention
WP6: Insight in the attitude of general practitioners and the population towards selective prevention using questionnaires
WP7: Design of selective prevention programs, tailored to the context in five EU member states
WP8: Systematic insight into the feasibility of implementing a tailored selective prevention program
SPIMEU at WONCA conference
The WONCA Europe conference in Istanbul was the first big congress in primary care after the start of the SPIMEU project. It was a great opportunity to tell people about our project and disseminate leaflets to people who are interested in SPIMEU. Furthermore partners of the SPIMEU project met each other at the WONCA in Istanbul. We talked about the progress of the project, exchanged new ideas and discussed some details of the execution of SPIMEU.

Do you know that...

- The aim of WP4 in the SPIMEU project is to make an overview of the organisation and available programs for selective prevention CMD in all 28 EU-member states
- We have already identified one keyperson per EU-member state, so 28 in total
- The keypersons are going to complete a questionnaire about the organization of selective prevention of CMD on country-level
- These keypersons will identify at least 5 national experts on prevention of CMD in their country
- These national experts will be asked to complete a questionnaire about available selective prevention programs of CMD in their country
- The keypersons also complete the questionnaire about selective prevention programs if possible
- The outcomes of WP4 are:
  - An overview of organization of selective prevention on country-level in every EU-member state
  - An overview of available selective prevention programs for CMD in every EU-member state

Upcoming SPIMEU meetings
Steering committee meeting, November 2015
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