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**Title**

How to find your way in the 'tsunami' of nutrition advices

**Abstract**

In the Netherlands there are 1,2 million patients with cardiovascular diseases. How do they manage their cardiovascular risk and how is health care supporting them with lifestyle especially healthy nutrition?

**Key references**

[www.harteraad.nl](http://www.harteraad.nl)  
[http://www.harteraad.nl/wp-content/uploads/2018/03/Individueel\\_Zorgplan\\_A5\\_ENGELS\\_inslag.pdf](http://www.harteraad.nl/wp-content/uploads/2018/03/Individueel_Zorgplan_A5_ENGELS_inslag.pdf)

**Key messages**

- Ask the patient 'What is important to you?' <http://watertoedoet.info/>
- Making decisions together: patient and health care professional
- Make an individual health care plan

**Questions**

- What actions does Harteraad, as a patient organization, take to promote a healthy lifestyle?
- Maybe the chair can ask the public: what can a patient organization do (more) to promote a healthy lifestyle?