JARED

Joint Action on REspiratory Diseases

FROM JARED TO ACTION

Building a healthier respiratory future for Europe



From JARED to Sustainable European Action on Respiratory Health

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FOREWORD

BUILDING A LASTING EUROPEAN COMMITMENT TO RESPIRATORY HEALTH

Respiratory health is fundamental to the well-being of our societies. Yet chronic respiratory diseases continue to affect millions of Europeans, placing a considerable burden on individuals, families and healthcare systems. Despite advances in medical knowledge and treatment, significant differences remain in prevention, early diagnosis and access to appropriate care across Europe. These challenges are shared, and addressing them requires sustained cooperation.

The Joint Action on Respiratory Diseases (JARED) was established with the conviction that European collaboration can make a meaningful difference. By bringing together public health authorities, healthcare professionals, researchers and patient representatives from across Europe, JARED provides a platform for translating scientific knowledge and practical experience into approaches that can strengthen respiratory healthcare in different national settings.

What makes this collaboration particularly valuable is its focus on implementation. Scientific evidence alone cannot improve health outcomes unless it reaches clinical practice, public health services and the people who need it. Through JARED, we are working to bridge this gap, while recognising the diversity of healthcare systems and the importance of solutions adapted to local needs.

Our ambition extends beyond the activities of a single project. The partnerships, professional expertise and shared experience developed through JARED represent an important European resource. Preserving this capacity for cooperation and enabling successful approaches to become part of routine practice will be essential to achieving lasting progress.

I believe that respiratory health deserves a stronger and more consistent place in Europe's public health priorities. The experience gained through JARED offers a valuable foundation for this, demonstrating how coordinated European efforts can support Member States in addressing common challenges while respecting their individual circumstances.

I hope this publication will contribute to a constructive dialogue on the future of respiratory health in Europe and encourage continued collaboration among policymakers, healthcare professionals, researchers and patient organisations.

The opportunity before us is to turn the progress we make together today into lasting benefits for future generations.



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WHY RESPIRATORY HEALTH MATTERS

Respiratory health deserves a stronger place on Europe's health agenda

Every breath matters. Yet millions of Europeans live with chronic respiratory diseases that affect their quality of life, ability to work and participate in society, and long-term health.

Chronic obstructive pulmonary disease (COPD), asthma and other chronic respiratory conditions place a substantial burden on individuals, families and healthcare systems.

Despite their impact, respiratory diseases have not always received the strategic attention they deserve.

A shared challenge calls for coordinated action

Europe faces shared challenges

Preventable risks remain widespread.
Tobacco use, air pollution, occupational exposures and other environmental factors continue to threaten respiratory health.

Too many people are diagnosed late.
Chronic respiratory conditions, particularly COPD, often remain undetected until significant damage has occurred.

Access to care is unequal.
The availability of diagnosis, specialist treatment, pulmonary rehabilitation and long-term support varies considerably across countries and regions.

Patients need better support.
Health literacy, accessible information and effective self-management are essential for people living with chronic respiratory conditions.

Healthcare systems face growing pressure.
Population ageing, multimorbidity and increasing healthcare needs make prevention and coordinated care more important than ever.

While healthcare remains primarily a national responsibility, European cooperation can help countries exchange knowledge, strengthen professional capacity and implement effective solutions.

Respiratory health is not only a medical issue. It is a public health, social and European policy priority.

JARED: TURNING EUROPEAN COOPERATION INTO PRACTICAL ACTION

The Joint Action on Respiratory Diseases (JARED) brings together European countries, public health institutions, healthcare professionals, researchers and other stakeholders to strengthen the prevention and management of chronic respiratory diseases.

Launched in December 2024 and co-funded by the EU4Health Programme, JARED works to translate scientific evidence and professional expertise into practical approaches that can be implemented in healthcare systems and communities.

Working across the respiratory health continuum

PREVENTION
Reducing respiratory risk factors, strengthening health promotion, supporting smoking cessation and improving infection prevention.

EARLY DETECTION
Promoting earlier identification of chronic respiratory conditions and supporting more effective diagnostic pathways.

BETTER CARE AND REHABILITATION
Strengthening integrated, patient-centric respiratory care and access to pulmonary rehabilitation.

PATIENT EMPOWERMENT
Improving health literacy, patient education and self-management, including through appropriate digital solutions.

HEALTH EQUITY
Addressing inequalities in access to prevention, diagnosis, treatment and long-term support.



More than individual interventions

JARED's added value lies in connecting expertise across countries and healthcare settings.

By bringing together different national experiences and professional perspectives, the Joint Action creates opportunities to develop, test and share approaches that can inform future respiratory health policies.

JARED is building a foundation for more coordinated, effective and equitable respiratory healthcare in Europe.

FROM KNOWLEDGE TO PRACTICE: JARED ACROSS EUROPE

European cooperation becomes meaningful when it translates into practical improvements in prevention, healthcare delivery and patient support.

JARED partners are working across different healthcare settings and population groups, demonstrating how shared knowledge can support locally adapted solutions.



Protecting vulnerable people through infection prevention

Hungary and Latvia

Through JARED Task 5.4, partners in Hungary and Latvia have developed and implemented a multilingual hygiene education programme in long-term care facilities.

The programme focuses on practical infection-prevention measures, including hand hygiene, appropriate mask use and risk awareness.

It combines face-to-face education for residents and staff with practical assessments, educational materials and follow-up evaluation.

The programme has already reached hundreds of residents and staff, demonstrating how accessible, practical education can strengthen everyday prevention among vulnerable populations.



Supporting prevention and smoking cessation

Across the JARED partnership

Tobacco use remains one of the most important preventable risk factors for chronic respiratory disease.

JARED addresses smoking prevention and cessation as essential components of respiratory health.

Its activities include work on approaches to smoking cessation support and the potential contribution of digital solutions to making support more accessible and effective.

These efforts contribute to a broader European objective: preventing respiratory disease before it develops or progresses.



Strengthening knowledge exchange between countries

European collaboration

JARED brings together countries with different healthcare systems, resources and experiences.

Through its collaborative activities and exchange of national practices, the project supports mutual learning and helps identify approaches that may be adapted to different national and regional contexts.

This cooperation is particularly valuable where healthcare systems face common challenges but have different capacities to address them.



The value of practical cooperation

These examples illustrate an important principle:

European collaboration is most valuable when shared knowledge becomes practical action that can reach people in their everyday lives.

FIVE PRIORITIES FOR THE FUTURE

Five priorities for stronger respiratory health in Europe

Building on JARED's work, future European cooperation should focus on five interconnected priorities.

01

01 | PREVENTION

Prevent disease before it starts or progresses.

Strengthen tobacco prevention and smoking cessation, reduce exposure to environmental and occupational risks, promote vaccination and infection prevention, and improve respiratory health literacy.

02

02 | EARLIER DETECTION

Identify respiratory disease sooner.

Improve awareness of symptoms and risk factors, strengthen primary-care capacity, support appropriate diagnostic approaches and reduce delays in identifying chronic respiratory conditions.

03

03 | BETTER CARE AND REHABILITATION

Ensure that diagnosis leads to effective care.

Promote integrated care pathways connecting primary care, specialist services, rehabilitation and long-term follow-up. Pulmonary rehabilitation should be recognised as an essential component of comprehensive respiratory care.

04

04 | PATIENT EMPOWERMENT

Enable people to take an active role in managing their health.

Improve patient education, health literacy, personalised self-management support and access to appropriate digital health solutions. Patients and patient organisations should be active partners in shaping respiratory healthcare.

05

05 | HEALTH EQUITY

Ensure that no population or region is left behind.

Address disparities in access to prevention, diagnosis, treatment and rehabilitation, with particular attention to vulnerable populations and underserved communities.



One shared ambition

Prevent disease. Detect earlier. Treat better. Empower patients. Reduce inequalities.

BUILDING ON JARED'S LEGACY

From a Joint Action to lasting European impact

JARED represents more than a time-limited European project.

It brings together professional expertise, national experiences, implementation knowledge and a multidisciplinary network committed to improving respiratory health.

These are valuable European resources.

The challenge is to ensure that they continue to benefit Member States and their populations beyond the Joint Action.



Why continuity matters

Knowledge should not remain within projects. Evidence, educational resources and implementation experience need pathways into routine healthcare and public health practice.

Successful approaches should be shared and adapted. Solutions developed in one country may offer valuable lessons for others, provided they are adapted to local healthcare systems and population needs.

Professional networks should remain connected. Sustained collaboration can accelerate learning, support capacity building and reduce duplication of effort.

Patients should continue to have a voice. People living with chronic respiratory diseases and their organisations should remain involved in shaping future priorities.

Towards a European Respiratory Health Initiative

Building on JARED, a longer-term European Respiratory Health Initiative could provide a framework for continued cooperation.

Such an initiative could support Member States through:

- Practical implementation guidance and exchange of good practices;
- Professional education and capacity building;
- Shared evidence, indicators and monitoring approaches;
- Patient and stakeholder engagement;
- Support for adapting and scaling effective interventions;
- Continued attention to health inequalities.

The objective is not to create a single European model of healthcare.
It is to help Member States turn proven approaches into sustainable improvements in respiratory health.

A CALL FOR EUROPEAN ACTION

The next step requires European commitment

JARED has established a foundation for stronger European cooperation on chronic respiratory diseases.

Maintaining and building on this foundation requires sustained political attention, collaboration and opportunities for implementation.

Three opportunities for European policymakers

1 | **Keep respiratory health on the European policy agenda**

Recognise the burden of chronic respiratory diseases and ensure that prevention, early detection, high-quality care and rehabilitation remain visible priorities in future European health policies and programmes.

2 | **Preserve and strengthen European cooperation**

Support the continued exchange of knowledge, evidence and implementation experience among Member States, public health authorities, healthcare professionals, researchers, patients and other stakeholders.

3 | **Support a sustainable European Respiratory Health Initiative**

Encourage the development of a longer-term, implementation-focused framework that builds on JARED's work and helps Member States strengthen respiratory health across the entire care continuum.



From evidence to implementation

Europe already has considerable scientific knowledge about preventing and managing chronic respiratory diseases.

The next challenge is to ensure that effective approaches reach the people and communities that need them.

This requires cooperation between European institutions, Member States, healthcare professionals, researchers and patient organisations.

The goal is not simply to develop more recommendations. It is to turn existing knowledge into lasting improvements in people's lives.

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JARED has built the foundation. Europe now has the opportunity to build on it.

The future of respiratory health in Europe depends on our ability to move from shared challenges to coordinated solutions.

Through JARED, European partners are developing the knowledge, partnerships and practical experience needed to strengthen prevention, improve early detection, support better care and empower patients.

The next step is to preserve this collaboration and translate its results into sustainable European action.

A healthier respiratory future for Europe

- PREVENT DISEASE
- DETECT EARLIER
- TREAT BETTER
- EMPOWER PATIENTS
- REDUCE INEQUALITIES

Joint Action on REspiratory Diseases - JARED

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Learn more about JARED

https://europeanlung.org/jared/

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