

Editorial

Cardiovascular Risk Reduction Challenges in the Asia-Pacific Region: Highlights from an APPA Webinar

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Received on: 23-Jun-2026

Accepted for Publication: 30-Jun-2026

The Asia Pacific Pediatric Association (APPA), in collaboration with the Philippine Society of Pediatric Cardiology (PSPC), successfully conducted the webinar “**Cardiovascular Risk Reduction Challenges in the Asia-Pacific Region**” on May 17, 2026. The webinar was well attended by healthcare professionals throughout the Asia-Pacific region.

The webinar featured **Dr. Jonnie Bote-Nuñez** and **Dr. Lorna R. Abad** from the Philippines, **Prof. Masood Sadiq** from Pakistan, and **Dr. Chen Ching Kit** from Singapore. The scientific program focused on major challenges in cardiovascular risk reduction among children and adolescents, highlighting the growing burden of cardiometabolic risk factors throughout the region.

The presentations explored the early-life determinants of cardiovascular disease, including the increasing prevalence and consequences of childhood obesity, the recognition and management of pediatric hypertension, and the screening and treatment of childhood dyslipidemia. Collectively, the speakers underscored the critical role of preventive cardiology in safeguarding the cardiovascular health of children and adolescents.

A central message resonated throughout the webinar: the foundations of adult cardiovascular health are established early in life. Early risk identification, evidence-based screening, healthy lifestyle promotion, and timely intervention remain essential strategies for reducing the future burden of cardiovascular disease.

As cardiovascular risk factors continue to emerge at younger ages, the webinar reinforced that safeguarding cardiovascular health cannot rest solely within the healthcare sector. Meaningful progress will require coordinated action among healthcare professionals, parents, schools, communities, professional organizations, and governments to create environments that support healthy behaviors from childhood. Through such collective efforts, the Asia-Pacific region can reduce the future burden of cardiovascular disease and foster healthier generations to come.

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