



## Tackling hypertension in the Era of COVID-19: Lessons from Healthy Heart Africa (HHA) programme in Côte d'Ivoire

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# Presentation Layout

1. Introduction
2. HHA Approach
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# About Africa Christian Health Associations Platform (ACHAP)

A regional faith-based organization providing a platform for Christian Health Associations & other Church Health Networks from Sub-Saharan Africa - established in 2007. **ACHAP currently has 43 member organizations from 32 countries of Africa**

Secretariat: AACC complex, Nairobi-Kenya

[www.africachap.org](http://www.africachap.org)

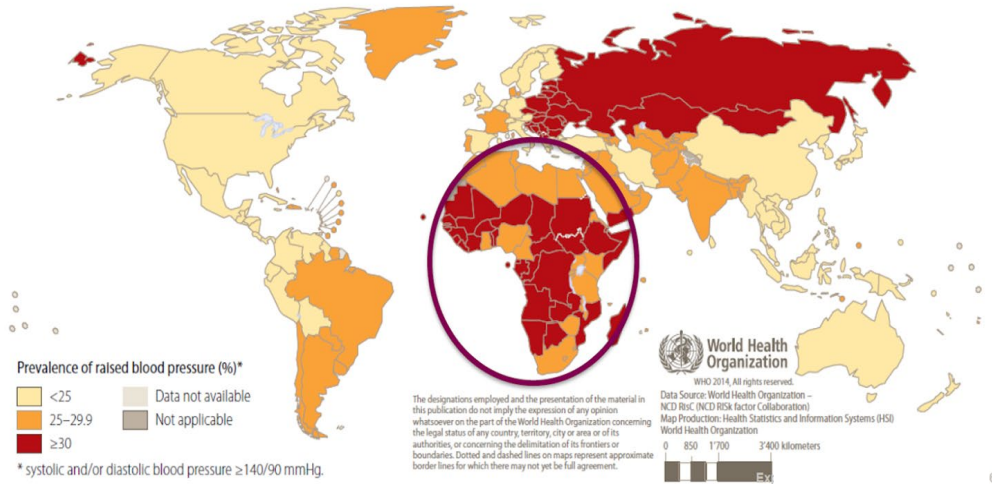
## About Initiatives Chrétiennes pour la Promotion Humaine (ICPH):

A Christian association created in 2008 with the aim of promoting initiatives for sustainable human development in order to promote the self-development of grassroots populations so that they take charge of their development needs



# Introduction: Healthy Heart Africa

Age-standardized prevalence of raised blood pressure in males aged 18 years and over (defined as systolic and/or diastolic blood pressure equal to or above 140/90 mm Hg), comparable estimates, 2014



- When HHA was established in 2014, WHO estimated that almost **30% of the adult population in Africa** suffered from high blood pressure, making it the region with the highest prevalence globally.<sup>1</sup>
- This figure is projected to increase to approximately **150 million** affected adults in sub-Saharan Africa by **2025**.<sup>2</sup>
- Hypertension is associated with a higher risk of developing **cardiovascular disease (CVD)**<sup>3</sup>



#### Références :

1. Organisation mondiale de la Santé Global status report on non-communicable diseases 2014. Disponible à l'adresse suivante : [http://apps.who.int/iris/bitstream/10665/148114/1/9789241564854\\_eng.pdf?ua=1](http://apps.who.int/iris/bitstream/10665/148114/1/9789241564854_eng.pdf?ua=1)
2. Van de Vijver S, Akinyi H, Oti S, et al. Status report on hypertension in Africa: Consultative review for the 6th Session of the African Union Conference of Ministers of Health on NCD's. *Pan African Med J.* 2013;16:38.
3. Fédération mondiale du cœur Cardiovascular Disease Risk Factors - Hypertension <http://www.world-heart-federation.org/cardiovascular-health/cardiovascular-disease-risk-factors/hypertension/>



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## Celebrating almost 9 Years of Healthy Heart Africa!



The Healthy Heart Africa (HHA) programme was launched in partnership with the **Kenyan** Ministry of Health in 2014 to **raise awareness and understanding** about the increasing burden of **hypertension and cardiovascular disease (CVD)** in Africa. Since then, HHA has expanded to **Ethiopia** in 2016, **Tanzania** in 2018, **Ghana** in 2019, **Uganda** in 2020, **Senegal** and **Côte d'Ivoire** in 2021, **Nigeria** and **Rwanda** in **2022**

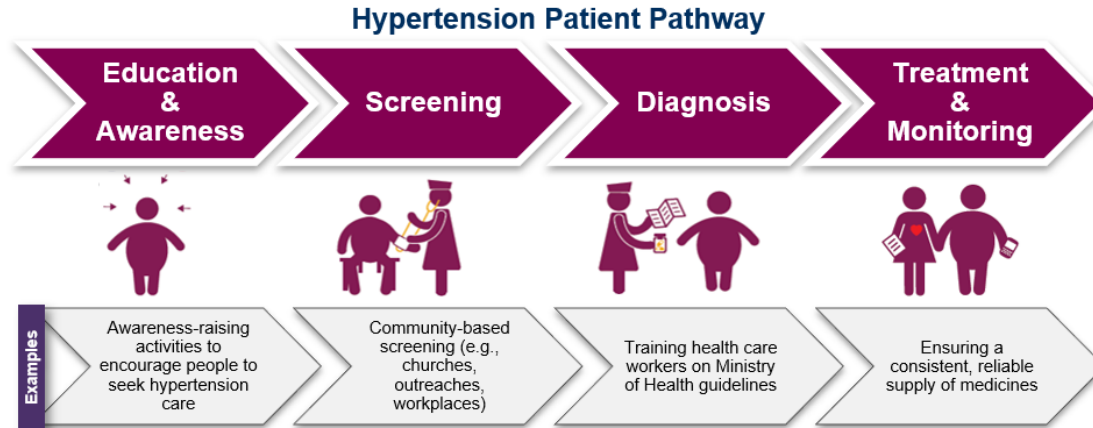
HHA works to expand access to hypertension care through:

- **Increasing awareness and education of lifestyle choices and cardiovascular disease risk factors**
- **Providing Healthcare Worker training and driving care to lower levels of the healthcare system**
- **Facilitating access to a consistent, reliable supply of anti-hypertensive medication**



# HHA Approach to Combating Hypertension

AstraZeneca launched Healthy Heart Africa to support a reduction in the burden of hypertension, and by extension cardiovascular disease, in Africa



HHA aims to reach **10 million** hypertensive patients across Africa supporting WHO's global hypertension target of a **25% reduction in hypertension prevalence by 2025<sup>1</sup>**

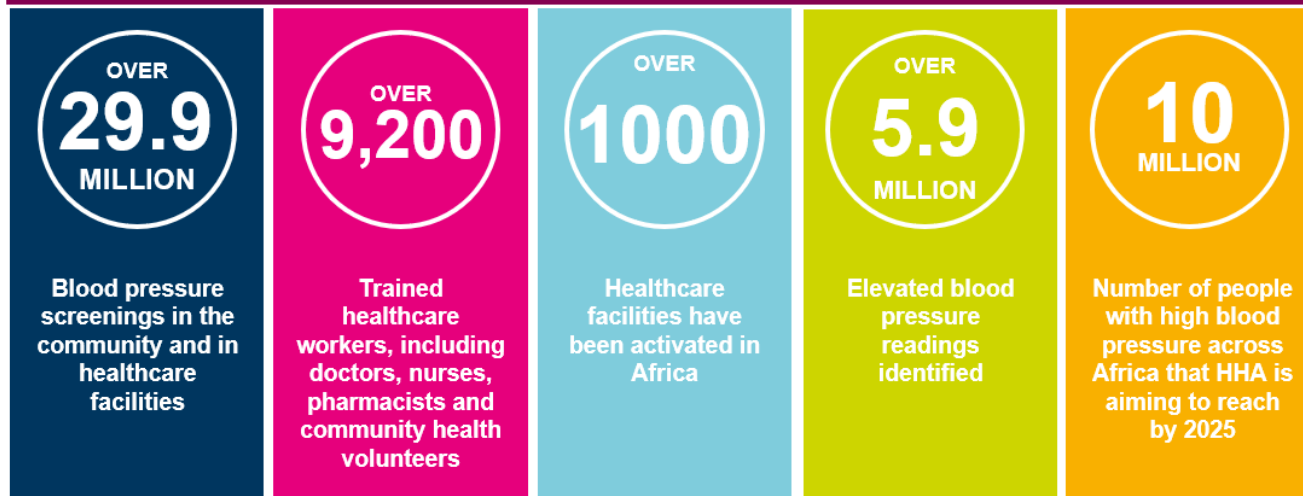
1. WHO. Draft action plan for the prevention and control of non-communicable diseases 2013–2020. 66th World Health Assembly Provisional Agenda item 13.2. Report by the Secretariat. Geneva, World Health Organization, 2013.



## Overall HHA's Achievement to date

### HHA in numbers

HHA has achieved a number of key milestones since launching in October 2014:



Ref: AZ Data on file; total programme numbers as at 30 September 2022

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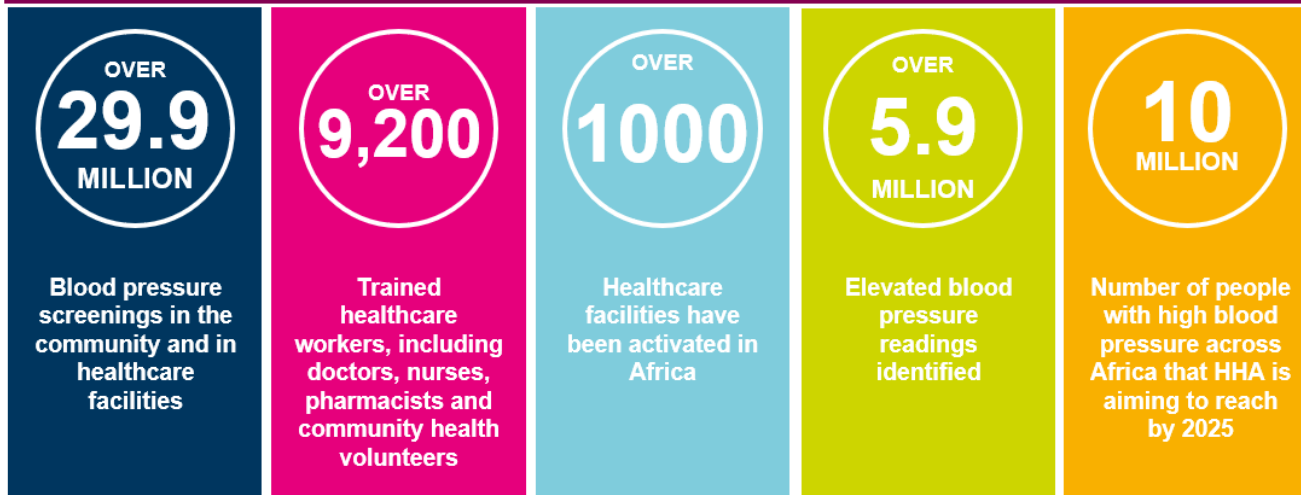
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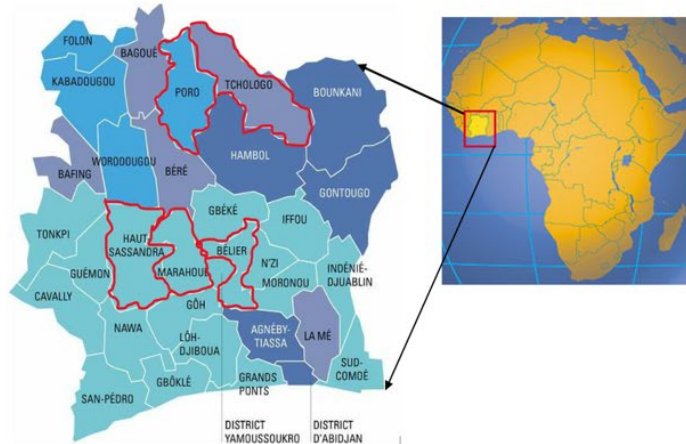
# HHA in Côte d'Ivoire: A partnership between AstraZeneca, the Ministry of Health, Public Hygiene and Universal Disease Coverage & ACHAP

## SITES

- 20 sites in 5 Regions:

Region	Facilities
Haut Sassandra	20 Health Facilities
Bélier	
Marahoué	
Poro	
Tchologo	

Figure 1: GIS Maps of Cote d'Ivoire showing ACHAP HHA regions of implementation



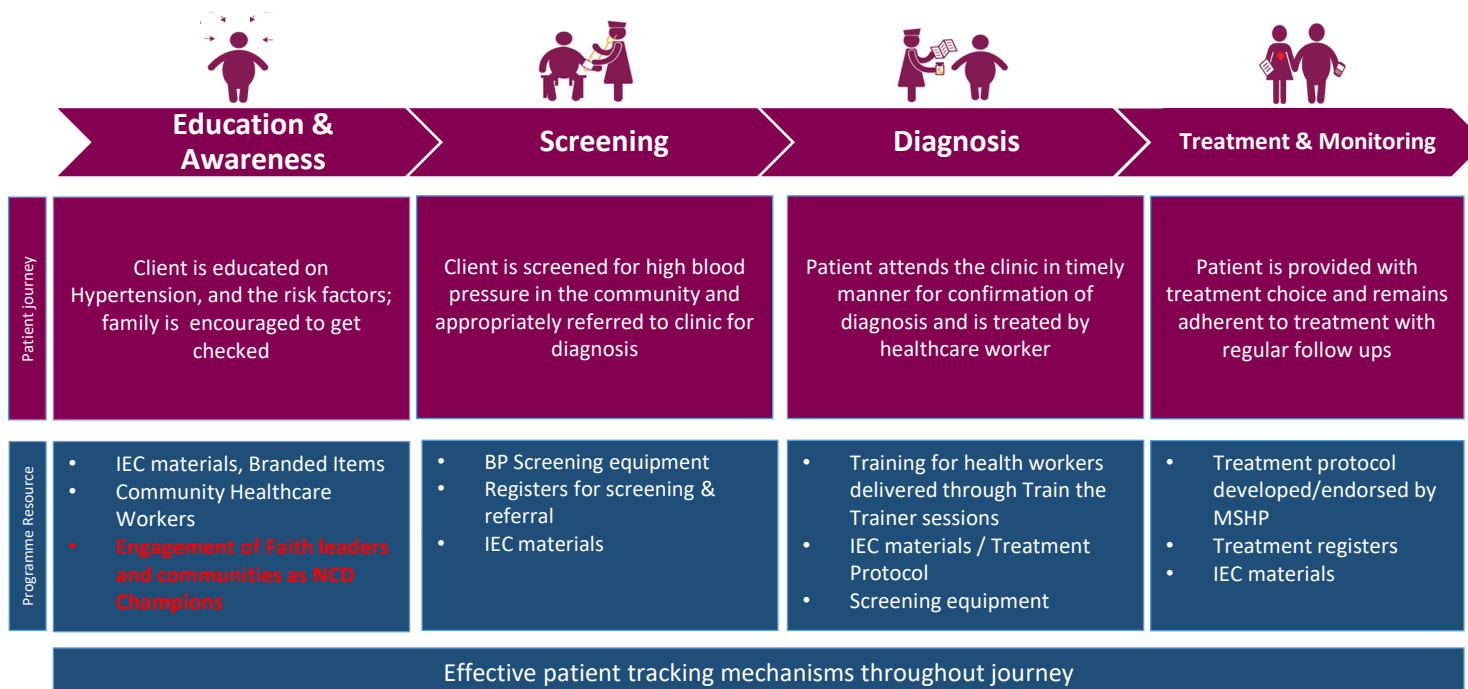
## TRAINING

- 60 HCWs
- 100 CHWs



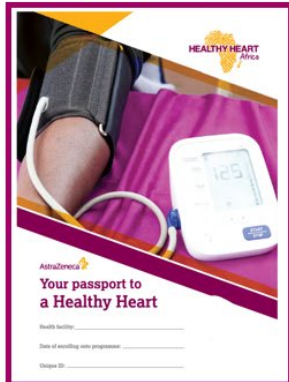
# Hypertension in Côte d'Ivoire

## Patient Journey & Programme Implementation Resources



# HHA Resources: IEC materials

## Patient Passport



## Pull Up Banner

**Il est important de mesurer votre tension artérielle**  
Faites vérifier votre tension artérielle

Quelques facteurs susceptibles d'accroître le risque d'hypertension artérielle:

- Hypertension artérielle est plus fréquente chez les hommes de plus de 40 ans et les femmes de plus de 45 ans
- Diabète sucré
- Palpitations d'activité physique
- Consommation excessive d'alcool
- Consommation insuffisante de fruits et légumes
- Antécédents familiaux d'hypertension artérielle
- Consommation de produits de tabac
- Diabète de type 2

**Faites vérifier votre tension artérielle**

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## Lifestyle Poster

**Il est important de mesurer votre tension artérielle**  
Faites vérifier votre tension artérielle

Au Sénégal, 1 adulte sur 4 souffre d'hypertension artérielle.

Le plus grand des préjudices causés par l'hypertension artérielle est son développement silencieux sans symptômes.

Quelques facteurs susceptibles d'accroître le risque d'hypertension artérielle:

- Age: l'hypertension artérielle est plus fréquente chez les hommes de plus de 40 ans et les femmes de plus de 45 ans
- Antécédents familiaux d'hypertension artérielle
- Surpoids et obésité
- Consommation excessive de sel
- Consommation de tabac
- Régime à forte teneur en graisses
- Consommation excessive d'alcool

Certains personnes peuvent développer des symptômes tels que: maux de tête fréquents, étourdissements, vision floue, saignements de nez, difficulté à respirer.

**Il est important de faire vérifier régulièrement votre tension artérielle. Vous devez:**

- Maintenir un poids corporel sain, manger des fruits et légumes, réduire les aliments salés, les graisses et le sucre
- Faire une activité physique régulière
- Arrêter de fumer et limiter l'alcool
- Respecter les conseils de votre médecin et effectuer des visites de suivi régulières au service sanitaire

**Vous devez:**

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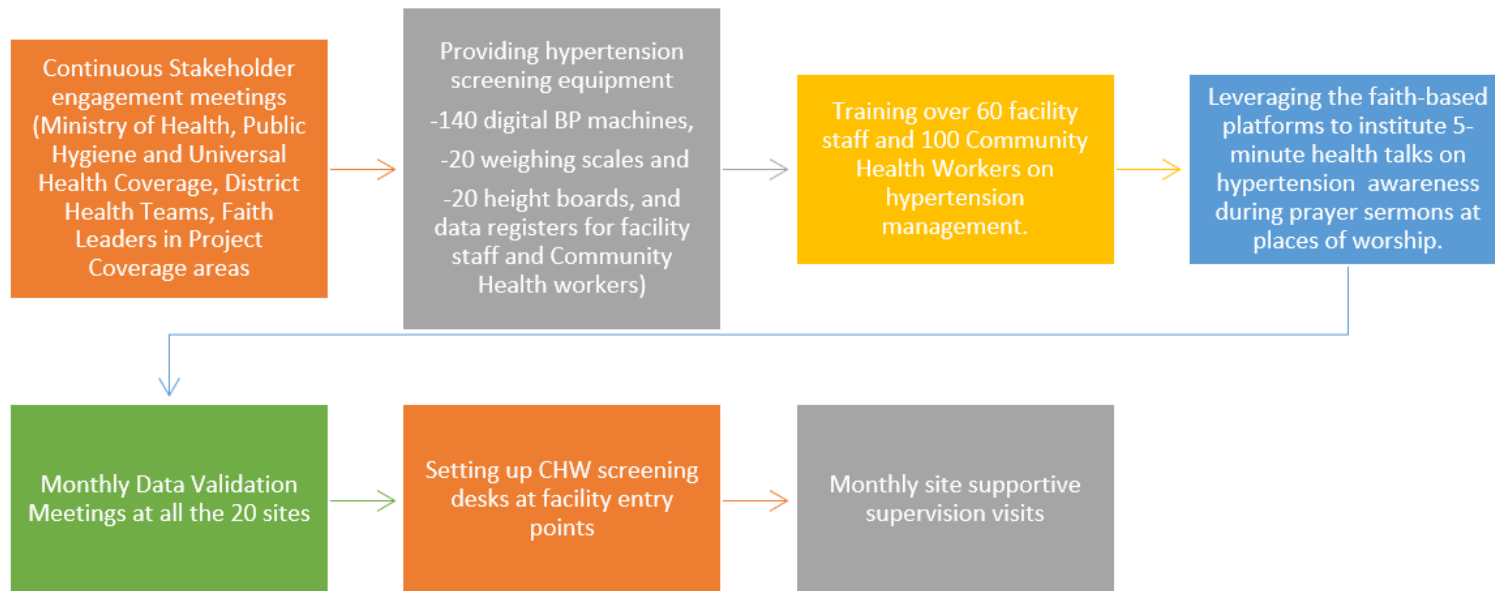
## General Poster

**Il est important de mesurer votre tension artérielle**  
Faites vérifier votre tension artérielle

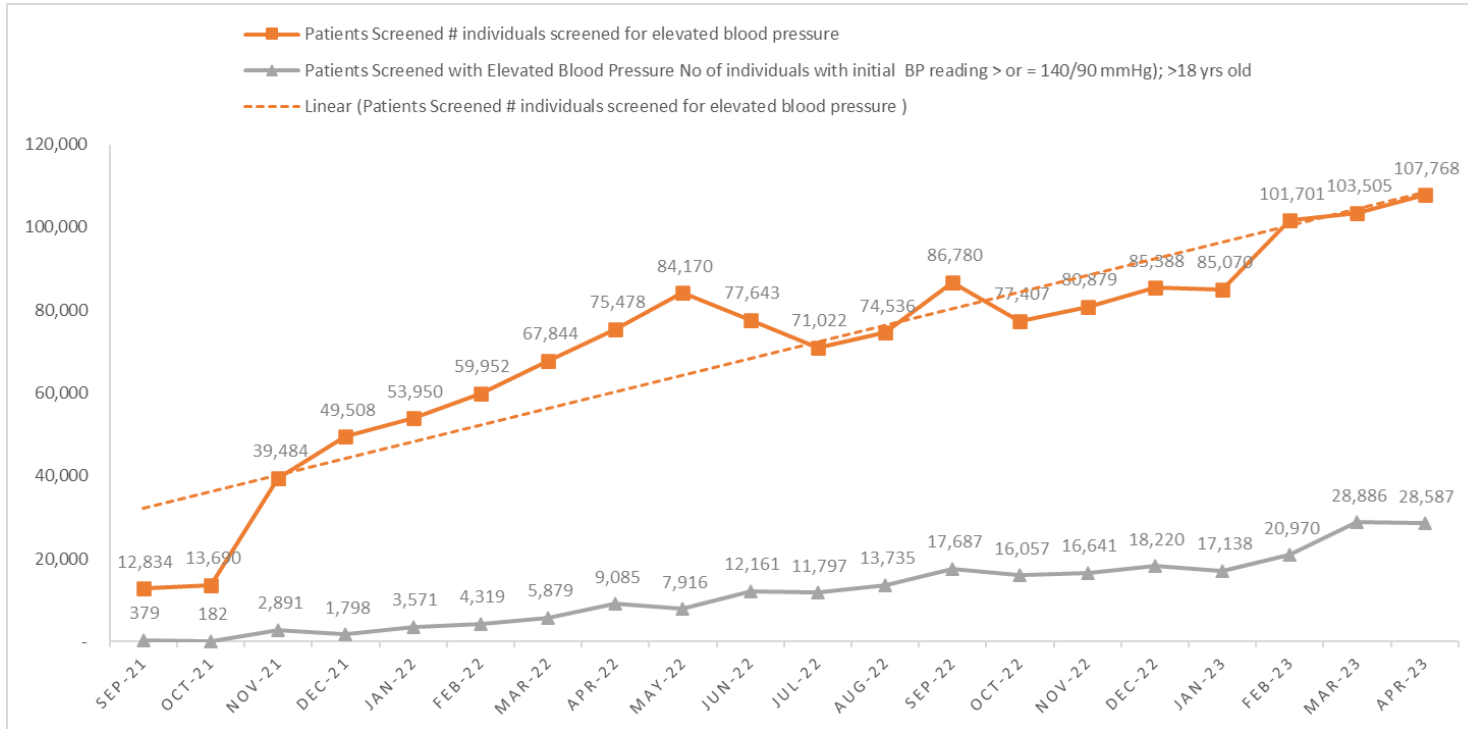
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# Key activities



# Results: Trends in HTN Screenings



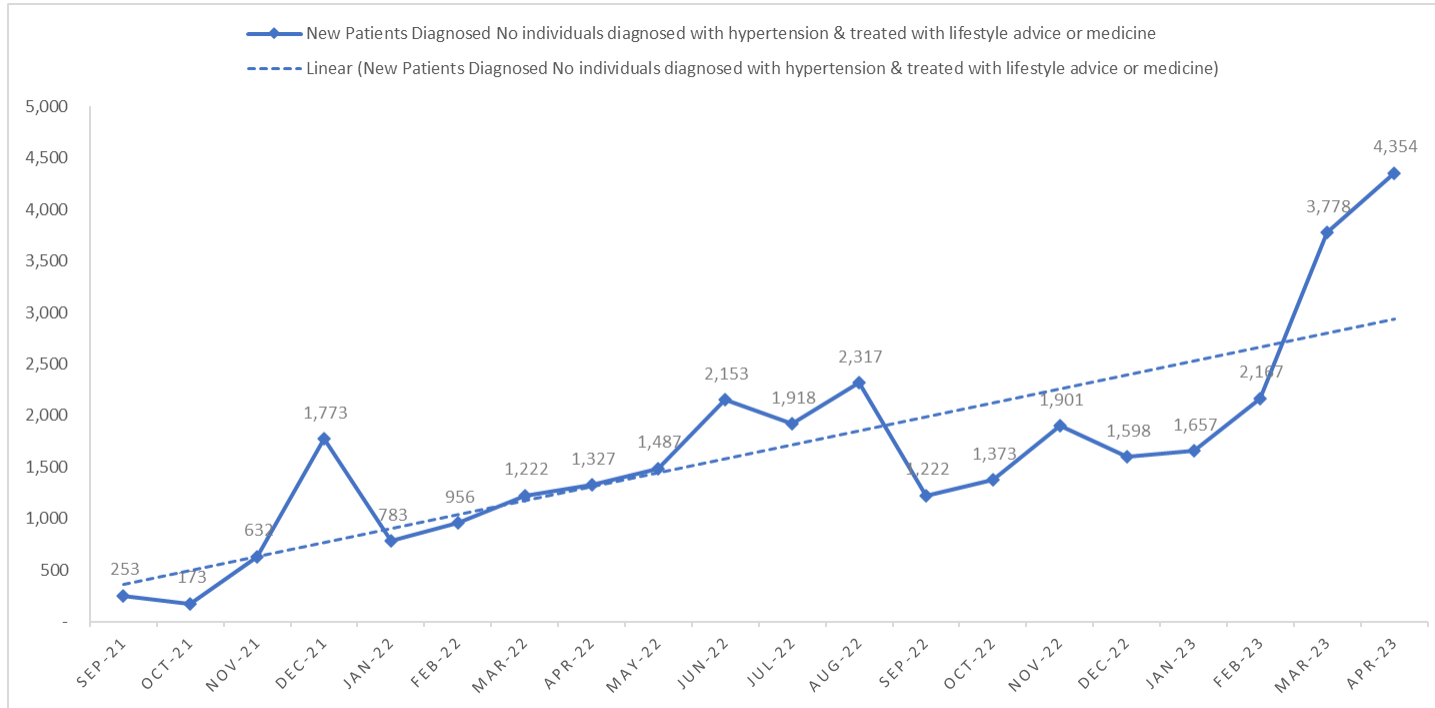
AFRICA CHA PLATFORM



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# Result 2: Trends in HTN Diagnosis





# Results continued...

Achievements  
in Numbers  
(May 21- Apr 23)

Patients	Definition	Total Achieved (May 21-Apr 23)
Patients Screened	# individuals screened for elevated blood pressure	1,408,609
Patients Screened with <u>Elevated Blood Pressure</u>	No of individuals with initial BP reading > or = 140/90 mmHg)	237,899
% Elevated BP	% of individuals with high blood pressure from first reading	16.9%
New Patient Diagnosed	No individuals diagnosed with hypertension & treated with lifestyle advice or medicine	33,044
% New Patients Diagnosed	% patients with elevated BP diagnosed (and treated with lifestyle advice and /or medicine)	13.9%

Data source: HHA-Cote D'ivoire file data

**Our labor is not in Vain: ACHAP receives World Hypertension League (WHL) 2023 Excellence Award**

<http://www.whleague.org/files/142/Awards-Excellence/220/2023-Excellence-Awardees.pdf?preview=1>



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## Key Best Practices

- Utilization of community structures like religious leaders as NCD champions offers a niche in mass awareness and mobilization including at places of worship like churches and mosques
- Institutionalizing a CHW screening desk at all entry points of HHA Sites optimizes Facility HTN screening and linkages



Conducting 5- minutes health talks during before prayers



CHW screening tent at the entry point of one HHA site



# Lessons



Leveraging community owned resource persons like faith leaders as NCD champions in awareness creation and mobilizations is a sustainable approach to community hypertension programming



Enabling monitoring of blood pressure outside of health care facilities, through community blood pressure monitoring sites (outreaches), as well as patient support by community health workers and others, can further increase control rates.



Continuous capacity building of HCPs (HCW & CHWs) is key in bridging the knowledge gaps in HTN interventions



Utilizing Low-cost innovations like Setting up CHW screening desks at entry points of hospitals optimizes HTN screening



Hypertension data capture and reporting can be improved through provision of customized data capture tools to compliment the existing ministry of health tools



# Recommendations

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1. Utilization of community owned resource persons like Faith leaders, traditional leaders as NCD champion contributes to positive social behavioral change with a higher total reach
2. Continuous capacity building of Health care providers (HCW and CHWs), through on job mentorships, coaching and supportive supervision is key in ensuring sustainability of NCD interventions
3. Functionalizing of CHW screening desks at entry points optimizes screening and community-facility linkages
4. Integration of community outreaches with routine health services increases community demand and uptake of NCD screening





# Merci! Thank You!

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