

PREVENTION OF CARDIOVASCULAR DISEASES

Recommendations from WHO

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WHO AFRO

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WORLD CONGRESS OF EPIDEMIOLOGY 2024

📅 24 - 27 SEPTEMBER 2024



SYMPOSIUM



**SEPT
27
2024**

**12H00
13H00**

**PRIMORDIAL
PREVENTION OF
CARDIOVASCULAR DISEASE
AND BEYOND IN THE AFRICAN
CONTINENT : OPPORTUNITIES AND CHALLENGES**

📍 **VENUE: MEETING BLOCK 1.61-1.64**

INSERM IS PROUD TO HOST A SYMPOSIUM AT THE WCE2024 CONFERENCE, DEDICATED TO ADDRESSING THE CRITICAL NEED FOR PRIMORDIAL PREVENTION OF CARDIOVASCULAR DISEASE ACROSS THE AFRICAN CONTINENT. JOIN LEADING EXPERTS AS THEY EXPLORE BOTH THE OPPORTUNITIES AND CHALLENGES IN PREVENTING CARDIOVASCULAR DISEASES BEFORE THEY BEGIN, FOCUSING ON INNOVATIVE APPROACHES TAILORED TO THE UNIQUE CONTEXT OF AFRICA.



NCDs & Risk factors

- Noncommunicable diseases (NCDs) cause over **70% of global deaths**, killing 41 million people annually.
- **Cardiovascular diseases**, cancers, respiratory diseases, and diabetes account for nearly 80% of all NCD deaths.
- **77%** of NCD deaths occur in low- and middle-income countries.
- **Tobacco use, unhealthy diets, physical inactivity, Air pollution, and harmful alcohol use** are major behavioural risk factors for NCDs.



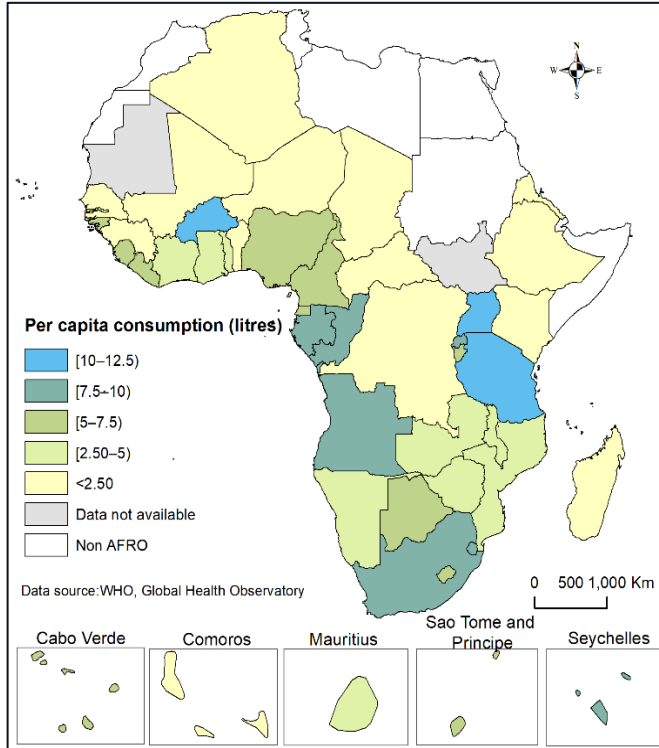
Cardiovascular Diseases

- Cardiovascular diseases (CVD) are the **leading cause of death globally**, responsible for 18 million deaths annually.
- **CVD: Heart attacks, strokes**, Heart failure, RHD.... account for over 85% of all CVD deaths.
- More than **75% of CVD deaths** occur in low- and middle-income countries.
- **High blood pressure leading risk factor** for this preventable death, including **smoking, obesity**, and physical inactivity are major risk factors for CVD.



CVD risk factors in Africa

Harmful Use of Alcohol



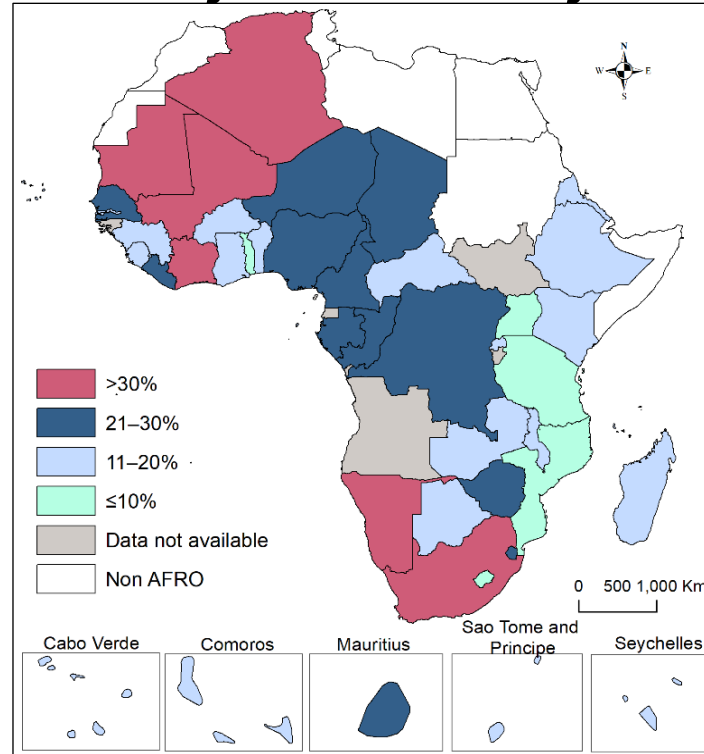
The total alcohol consumption per capita among adults aged 15+ in the WHO African Region was **4.83L** of which **7.86L** for men and **1.89L** for women in 2019

In the WHO African region, half of the countries recorded more than 5 liters of pure alcohol consumed per person, higher than the regional estimate.

Alcohol consumption among drinkers increased from 17.2 L in 2010 to 18.4 L in 2016

The proportion of deaths due to the harmful effects of alcohol consumption is 4 times higher in men (81.22%) than in women (18.78%).

Physical inactivity

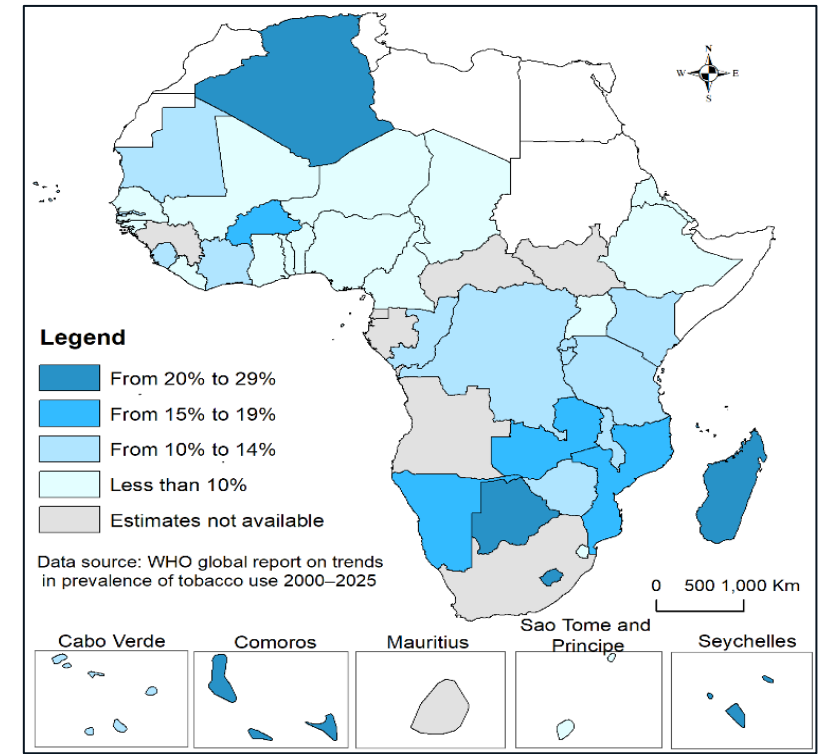


In the African Region, the prevalence of physical inactivity among adults aged 18 years and above was estimated at 22.1% and is alarmingly high at 85.4% among in-school adolescents (11-17 years)

The prevalence of physical inactivity varies considerably and is above 40% in Mali and Mauritania, and above 20% in 21 Member States

It is higher among women compared to men.

Tobacco use



The average prevalence rate of tobacco use in adults aged 15+ in the WHO African Region was **12.7%** in 2020

1 in 10 adolescents use tobacco products in the African Region.

There are over **61 million smokers** in the African Region.

In the WHO African region, 295,094 people died in 2019 due to tobacco use, of which almost 226,038 (76.6%) were men.

WHO strategies to prevent CVD

World Health Organization has developed several strategies targeting risk factors to improve global heart health:

1. Eat Better 

2. Be More Active 

3. Quit Tobacco 

4. Get Healthy Sleep 

5. Manage Weight 

6. Control Cholesterol 

7. Manage Blood Sugar 

8. Manage Blood Pressure 

REPLACE
TRANS FAT

AN ACTION PACKAGE TO ELIMINATE INDUSTRIALLY-PRODUCED TRANS-FATTY ACIDS

REVIEW	PROMOTE	LEGISLATE	ASSESS	CREATE	ENFORCE
Identify sources of industrially-produced trans fats and the landscape for required policy change	the replacement of industrially-produced trans fats with healthier fats and oils	or smart regulatory actions to eliminate industrially-produced trans fats	and monitor trans fat content in the food supply and changes in trans fat consumption in the population	assessment of the negative health impact of TFAs among producers, suppliers, and the public	compliance with policies and regulations



S Strengthen restrictions on alcohol availability

A Advance and enforce drink-driving counter measures

F Facilitate access to screening, brief interventions and treatment

E Enforce bans or comprehensive restrictions on advertising, sponsorship, and promotion

R Raise prices on alcohol through excise taxes and pricing policies

S SURVEILLANCE
MEASURE AND MONITOR SALT USE

H HARNESS INDUSTRY
PROMOTE THE REFORMULATION OF FOODS AND MEALS TO CONTAIN LESS SALT

A ADOPT STANDARDS FOR LABELLING AND MARKETING
AND ACCURATE LABELING AND MARKETING OF FOODS

K KNOWLEDGE
INCREASE AND COMMUNICATE TO EMPOWER INDIVIDUALS TO EAT LESS SALT

E ENVIRONMENT
SUPPORT SETTINGS TO PROMOTE HEALTHY EATING

mpower

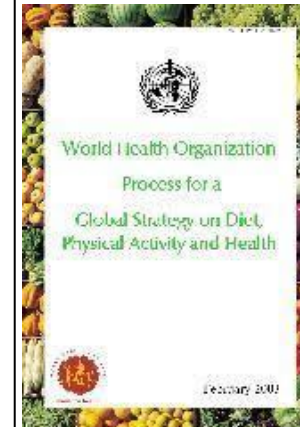
- Monitor tobacco use & prevention policies
- Protect people from tobacco smoke
- Offer help to quit tobacco use
- Warn about the dangers of tobacco
- Enforce bans on tobacco advertising, promotion, & sponsorship
- Raise taxes on tobacco

NCDs Best Buys refer to a set of **evidence-based**, **cost-effective**, and **high-impact public health interventions** recommended by the **WHO** to prevent and control NCDs.



WHO strategies to prevent CVD

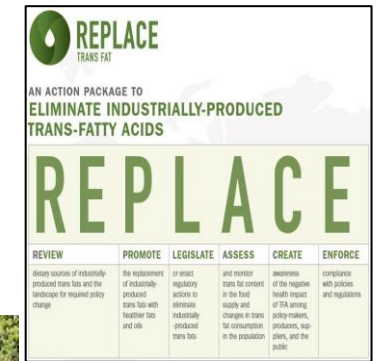
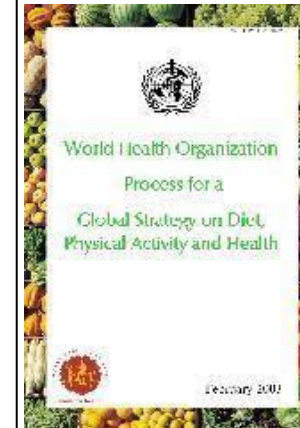
- **Healthy Diet :**
 - **Global Strategy on Diet:** Promotes **healthy eating** habits by encouraging the:
 - reduction of salt, sugar, and unhealthy fats
 - while increasing the intake of fruits, vegetables, and whole grains.
 - Policies like front-of-pack labelling, restricting marketing of unhealthy foods, and food reformulation are key strategies.



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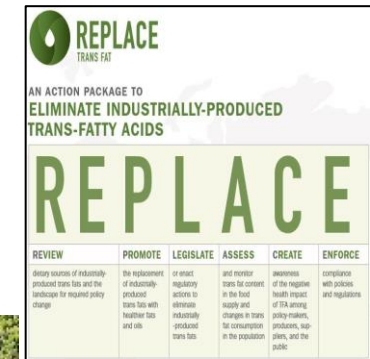
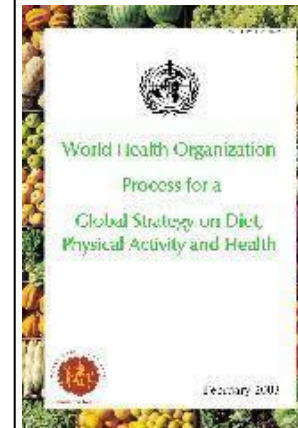
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- **Physical Activity:**

- **Global Action Plan on Physical Activity 2018-2030:** Aims to reduce physical inactivity by 15% by 2030. It promotes:
 - active lifestyles through urban planning (e.g., bike lanes, parks),
 - workplace wellness programs,
 - and community-based initiatives.



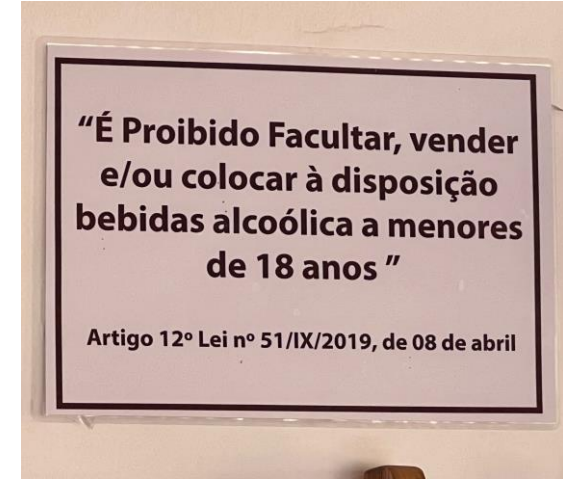
Country Support: Cabo Verde

WHO guidelines and strategies:

- **National Survey (WHO STEPS 2007- 2020)**
- **Salt Reduction:** Limit salt in processed foods and run public awareness campaigns.
- **Healthy Food Subsidies:** Subsidize fruits, vegetables, and whole grains.
- **Physical Activity:** National guidelines, active transport infrastructure, school programs, workplace wellness, and community initiatives.
- **School Nutrition:** Ensure healthy meals in schools.
- **Tobacco Control:** Taxation, smoking bans, plain packaging, advertising restrictions, and cessation programs.



Country Support: Cabo Verde



Additional efforts needed in addressing NCD risk factors in addition to WHO policies and strategies:

- **Sustain policy action with on-ground implementation:** Ensure that national NCD policies are consistently translated into tangible, local actions with well-established monitoring mechanisms.
- **Strengthen the promotion of individual, community, and national level actions:** Raise awareness and empower individuals through education campaigns, community-based interventions, and nationwide programs that encourage healthier lifestyle choices.
- **Enhance cross-sectoral collaboration:** Engage multiple sectors, including health, education, agriculture, and urban planning, to ensure coordinated and holistic approaches to NCD prevention and control.
- **Invest in capacity building at all levels:** Provide training and resources for healthcare workers, community leaders, and policymakers to effectively implement and scale up NCD interventions.
- **Improve access to affordable diagnostics and treatment:** Strengthen healthcare infrastructure to ensure equitable access to essential diagnostics, medicines, and treatment for NCDs at all levels.
- **Monitor progress and adjust strategies as needed:** Implement robust data collection systems to track progress, evaluate impact, and adjust interventions based on emerging evidence and challenges.

Implementation

- Developing policies, strategies, and plans is a strong foundation.
- Adopting these measures is an important step forward.
- Creating a supportive environment for implementation is essential.
- Real success comes from **implementing** these policies in **communities and society**.
- However, focus more energy on **adaptation, integration**, and applying **behavioural science** to enhance effective implementation is lacking



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World Health
Organization

