



# AHN NEWSLETTER

19th edition, September 2010

Dear Friends in Heart Health,

The 26th of September is World Heart Day. This is the 10th World Heart Day and we can certainly celebrate some progress in heart health but we still have a long way to go! If we look at the alarming statistics of deaths as a result of cardiovascular disease on our wonderful continent, Africa, and throughout the world and remember that most of these deaths are preventable we have to get our message out so that the global burden of heart disease and stroke is reduced. The theme this year is *I Work with Heart* and on World Heart Day we call on everyone to take responsibility for their own heart health and that includes you! Perhaps you need to re-examine your dietary choices, become more physically active and/or stop using tobacco containing products. The Workplace Wellness initiative aims to use the workplace to create awareness for employers, employees and their communities.

There is plenty of material for you to use to promote World Heart Day. Visit the World Heart Federation's website [www.world-heart-federation.org](http://www.world-heart-federation.org) for ideas to encourage everyone to take cognisance of their risk for cardiovascular disease and to make the necessary lifestyle changes.

We are looking at revamping this newsletter and making it relevant so would value your input. Aspects to be considered include format, frequency, length, contributors (at this stage it is the same people who regularly supply articles and others have to be arm wrestled!) and what would interest you. Please provide constructive feedback and ideas to [shan@heartfoundation.co.za](mailto:shan@heartfoundation.co.za)

Walk our talk,



**Shân Biesman-Simons**  
**Director of Nutrition and Education**  
**The Heart and Stroke Foundation SA**  
[shan@heartfoundation.co.za](mailto:shan@heartfoundation.co.za)



## Message from the AHN President

It is with great pleasure that I announce the celebration of the 10<sup>th</sup> Milestone of World Heart Day Anniversary in September. World Heart Day has indeed come of age! The World Heart Federation with the support of its members has been able to use the activities of World Heart Day to build core awareness about the prevalence of high incidence of heart disease and related issues. With an ever expanding number of hospitals, clinics and government ministries joining the celebrations, the media reach has continued to grow and our messages have emphasised the need to prevent cardiovascular disease. Workplace Wellness has been chosen as a theme for 2009/2010.

Without a doubt, the just concluded congress of cardiology in China was a huge success. The main objective of the Scientific Programme featured globally relevant topics in the diagnosis, management and treatment of cardiovascular disease, including basic clinical and population Research. The WCC Scientific sessions featured the 3<sup>rd</sup> International Conference on Women Heart Disease and Stroke and participants highlighted CVD as the leading cause of mortality of women globally killing more women than all cancers, tuberculosis, HIV/AIDS and malaria combined.

At the same time, Member Organisation Children's programme has registered tangible progress as World Heart Federation organised another workshop in July 2010 in Geneva, Switzerland in an effort to spread good practices and inspire other members who wish to start the same project. The Executive Secretary of African Heart Network, Mrs. Bola Ojo was in attendance to inspire and ensure that member African countries benefit from the project.

This project on Children healthy lifestyles started in 2008, when the World Heart Federation collaborated with Medtronic and UEFA to support this project. Following the initial phase, the World Heart Federation organised a Workshop in 2009 where members were able to meet and exchange ideas on best practices about children healthy lifestyles programme. The project is now entering its third phase with the production of a toolkit that will be accessible to all members.

And as the United Nations General Assembly for the first time ever holds a Non-Communicable Disease (NCD) Summit involving Heads of State, in September 2011, to address the threat posed by NCDs to low- and middle-income countries, we in Africa congratulate this decision and believe the outcome will be for the best for Africa.

Sincerely,

**Dr Kingsley K Akinroye**  
**President, African Heart Network**  
**kkakinroye@yahoo.co.uk**



## From the desk of the executive secretary

**Welcome to this edition of the AHN newsletter.**

The AHN scheduled its annual meeting and workshop to co-incide with the World Congress of Cardiology held in Beijing, China 16-19<sup>th</sup> June 2010. The theme was “Strengthening Heart Foundations in Africa”. The arrangement provided a unique opportunity for AHN members to multi task in a most effective way! Over the four days, in addition to the AHN annual meeting and workshop, members attended the scientific sessions and the World Heart Federation members’ workshop. The AHN meeting and workshop provided a forum to share skills and experience, plan and agree ways to increase the influence and visibility of AHN and its members with regard to CVD prevention and reduction in Africa.

One of the major outcomes of the AHN workshop was the emergence of a draft of the first forward strategy five year plan. This followed a full and comprehensive discussion about the strengths and challenges of AHN as well as huge potential for the future especially as the momentum gathers for the UN summit on NCDs to be held in September 2011. The workshop focused on the practicalities of implementation, monitoring and evaluation of the performance of the Network. Members chose to focus on the following five key strategic objectives which are:

- *By 2015, for there to be active Heart Foundations in 80% of African countries*
- *For AHN to be recognized as the voice of Africa on issues related to CVD and its risk factors*
- *For Member organizations to have developed their operational capacity as a result of AHN’s role as facilitator and learning platform and are active members of the network*
- *AHN has developed 4-5 key strategic partnerships which have clear benefits to the Network*
- *AHN actively promotes and helps to disseminate research in Africa*

A series of activities and performance measures will back up each objective which supports AHN’s overarching mission to prevent and reduce CVD’s in Africa. The plan will be available on the AHN website in due course.

**Bola Ojo,**  
**Executive Secretary, African Heart Network**  
[bola@heartfoundation.co.za](mailto:bola@heartfoundation.co.za)





## Update from Asia Pacific Heart Network

APHN was founded in 1996. The current president is Dr.W.S. Santharaj (Sri Lanka) and Vice President is Dr. Akira Matsumori(Japan, President Elect for WHF commencing January 1, 2011) APHN has 19 country members covering from the Middle East (Saudi Arabia, Kuwait),Asia Region, and Oceania (Australia and New Zealand).

Challenges: As our goal is to promote an environment throughout the Asia Pacific Region conducive to the reduction of morbidity from cardiovascular disease however the challenge we face is that the Asia-Pacific Region is vast and diverse, encompassing nations large and small, with both developed and emerging economies. Each nation faces unique health challenges and they share a common and urgent task to turn the tide on the growing burden of cardiovascular disease, the region's leading killer.

### **Message from the APHN Secretariat**

It is a known factor that there are around eight million CVD deaths a year in the Asia-Pacific region. CVD causes 26.2% of deaths (3.9 m) in South East Asia region and 32.1% of deaths (4m) in the Western Pacific region (WHO2002). Some 23 million people worldwide have heart failure, and the prevalence is increasing quickly, with the ageing population in the Asia-Pacific region.

APHN has developed the Asia-Pacific Heart Health Charter in collaboration with the Asia-Pacific Society of Cardiology (APSC) to help stem the growing burden of cardiovascular disease and its social and economic impact on the region's four billion inhabitants. With the diverse demographics of the Asia-Pacific region, the Heart Health Charter is to support all Asia-Pacific nations to develop their own comprehensive national CVD plans and to implement with overarching and integrated national non-communicable disease-policy. With UN NCD summit being held in September, 2011, APHN will be working closely with each country member and with the World Heart Federation.

I met with Mrs Bola Ojo at the WCC 2010 in Beijing for the first time. As APHN secretary I moved to Japan in May, 2010, it was truly inspiring not only to meet her but to share ideas. Learning about the huge potential and challenges that the African Heart Network faces, I hope that we work closely as our goals are ultimately the same, the prevention of CVD and to develop and improve the delivery of prevention programs and services.

**Miki Nakamura**



## Update from Kenyan Heart Foundation

World Heart Federation (WHF) Children's Tool Kit Workshop and the IUHPE Conferences took place in Geneva in July 2010. Elizabeth Gatumia, CEO, Kenyan-Heart National Foundation represented the organisation.

Kenyan-Heart National Foundation (KHNF) was invited to participate in the two-day Children's Tool Kit Workshop by the World Heart Federation (WHF) and also to attend the IUHPE conference in Geneva in July 2010.

At the Children's Tool Kit Workshop, (9th-10th July 2010), there was global representation that enhanced very healthy discussions with varying experiences drawn from both developed and developing economies. The ideas shared will be consolidated and the best practices will be adopted.

The World Heart Federation is also in the process of funding, on a micro scale, some of the organisations from developing countries, dealing with prevention of Heart Diseases in Children. The funds are fairly limited but Kenyan-Heart National Foundation hopes that it will be short-listed and considered for this micro-funding. Good Nutrition and Exercise are key to this Children's Project.

The IUHPE Conference, (11th-15th July 2010) kicked off with an urgent call for the reduction of CVD globally. There were thousands upon thousands of participants drawn from all over the world.

Kenya has had a rise in NCDs particularly CVD in the last five years. The increased cost of living has also made CVD diseases of the less fortunate too, whereas they were previously known to be diseases of the affluent. Poor dietary choices due to high cost of foods, very low incomes, ignorance of what constitutes healthy diets, excess usage of cooking fats, leading to obesity and cholesterol complications as well as smoking are some of the factors contributing to the rise of CVD among Kenya's rich and poor.

Kenyan-Heart National Foundation continues to create awareness and educate the masses regarding heart-healthy dietary and regular exercise habits. In the last two months, Kenyan-Heart has facilitated in the training of more cadre of leaders including grassroots leaders. Those trained become ToTs and then join in capacity building in propagating the message of heart disease prevention

**Elizabeth Gatumia**  
**CEO/ Executive Director**  
**Kenyan- Heart National Foundation**





## Update from Nigeria Heart Foundation

### World Heart Day Pre-Event Media Briefing

As the world gets set to celebrate the World Heart Day in September, the Nigerian Heart Foundation has brought together experts amongst whom are the Blood Pressure Group, Chike Okolie Heart Foundation, cardiologists and other stake holders to call on Government employers to put in measures in the work environment to reduce the incidence of Heart Disease and related issues.

The heart experts made the call in Lagos during a press briefing organized by the Nigerian Heart Foundation on the forthcoming 2010, World Heart Day slated for September.

Speaking at the press briefing, chairman of the World Heart Day organizing committee, Dr Jude Duru-Onweni, stated that the role of the work environment in reducing cardiovascular diseases, could not be overemphasised as 'the work place is the ideal setting to promote heart healthy messages and to raise awareness about risk factors of cardiovascular disease'.

Duru-Onweni, who is a cardio-pulmonary medicine specialist, stated that research has shown that workplace programmes have benefits for both employees and employers by improving health, productivity and reducing the risk of heart disease and even stroke, adding that it is known that most of us spend a large part of our day working.

President of Blood Pressure Control Foundation and member of World Heart Day organizing committee, Dr. Jacob Nwachukwu noted that apart from the fact that cardiovascular diseases kill about 17.1 million people worldwide, they were becoming some of the leading cause of low productivity capacity of nations and organizations. He added that, by maintaining a healthy workforce, companies can significantly reduce absenteeism and correspondingly increase productivity, performance and profits. The medical expert urged Nigerians to maintain healthy lifestyles and to have regular medical checkups at home and hospital as preventive measures to nip heart disease in the bud.

While addressing newsmen, NHF Communications Manager, Ms. Joy Unegbu said the celebrations of World Heart Day will commence in Nigeria on September 18th and would be rounded up with a dinner on the 26th where some government functionaries are expected to be guests. Other programmes, according to Joy, will include health screening, heart walk, road show, Seminars etc. And to ensure a national coverage for this year's celebration, part of the World Heart Day events will be held in Lagos while others will be in Abuja, because this year is special as World Heart Federation and its members are celebrating the 10th Anniversary of World Heart Day Celebrations, Joy said.





## Update from The Rwanda Heart Foundation

### **Mission**

The Rwanda Heart Foundation (RHF) is committed to the prevention of cardiovascular diseases (CVD) in Rwanda. We, of course, are convinced that CVD, mainly hypertension and rheumatic heart disease are gradually becoming a significant cause of morbidity and mortality in Rwanda as elsewhere in Africa. The majority of the premature deaths and suffering it causes are preventable through lifestyle changes.

### **Vision**

Since 2007, the RHF has been aiming to:

- \*Increase awareness of the health professionals and the community about CVD
- \*Promote heart healthy lifestyles in the community, particularly among people at risk
- \*Implement a specific prevention programme (ASAP) for rheumatic fever (RF) and rheumatic heart disease (RHD)
- \*Ensure that all CVD risk factors are clear to the public and related specifically to heart health
- \*To ensure that both policy and legislation promote heart health
- \*Promote research into CVD

### **Achievements in 2010**

#### **February 10th, 2010**

Contribution to a workshop on Non Communicable Disease (NCD) organized in RWINKWAVU, by partners in Heart-Rwanda with the support of the Ministry of Health. The meeting aimed at elaborating a national programme and guidelines for management at the district level, or chronic conditions, including CVD, particularly heart failure and RHD. From that meeting, a specific unit should be created in the MOH to co-ordinate the NCD programme and activities.

#### **September 26th, 2010**

The RHF is preparing for celebration of the World Heart Day 2010 theme: "I Work With Heart". As usual, an awareness week will take place before, including presentations on CVD prevention and free check up of CVD risk factors with TV and radio shows, articles in journals and banners along the major boulevards. The celebration will take place on Sunday at Amahoro stadium where free check ups of weight, height, BMI, blood pressure and blood sugar will be done before the 6-12 km "Walk for the Heart".

**Joseph Mucumbitsi, MD, MPH**  
**Pediatrician/Cardiologist**  
**King Faisal Hospital, Kigali**  
**President of the Rwanda Heart Foundation**





## Update from Europe, the 20th IUHPE World Conference on Health Promotion

In July this year, Geneva hosted the international Union for Health Promotion and Education's world conference on Health Promotion. The 20th conference attracted over 2000 delegates, a mix of health care professionals, policy makers at national and international level, non government groups, advocacy experts and international communities.

The triennial event focused on the theme of "Health, Equity and Sustainable Development". The topics covered during the 4 day conference were as varied as 'rising urbanisation, climate change and pollution to supporting women survivors of abuse within primary care settings to developing the global curriculum in health promotion'.

The conference was delivered in several formats, plenary and sub plenaries, traditional posters, guided poster tours and electronic poster sessions, workshop, oral presentations and symposia. The panel discussion speakers ranged from Dr Zsuzsanna Jakab WHO-Europe and Michael Huber, DG Sanco, European Commission to Dr Sarah Cook, Director UN Research Institute for Social Development, UK Professor Vivian Lin, La Trobe University, Australia and Dr David McQueen, IUPHE President.

AHN is a member of IUHPE and was ably presented at the conference by Elizabeth Gatumia, the member from Kenya and the AHN executive secretary who was a facilitator on one workshop and a speaker at another. WHF had a booth at the conference which provided a base for members.

During the conference, a consortium for non communicable diseases (NCD) prevention and control in sub Saharan Africa (CNCD-Africa) was launched. AHN is in discussion with them about ways of joint working and collaboration.

Further information about the conference and the scientific sessions are available on their website [www.iuhpe.org](http://www.iuhpe.org)

**Bola Ojo**  
Executive Secretary, African Heart Network  
[bola@heartfoundation.co.za](mailto:bola@heartfoundation.co.za)



## Update from The Heart and Stroke Foundation South Africa

### Little Ladies Tea Parties

In celebration of Go Red for Women on the 2, 4 and 6 August, the Go Red for Women held Little Ladies Tea Parties in 3 underprivileged areas namely, Elsies River, Khayelitsha and Gugulethu. The aim of these tea parties was to inform and educate the ladies about Rheumatic Fever which affects young children. The moms were informed of living healthily by our dietician and also had a chance to ask questions and give comments. The kids were treated to a puppet show which included our very own Hearty puppet. The puppet show also served as a way to educate children about Rheumatic Fever.



### World No Tobacco Day, May 31 2010

World No Tobacco Day 2010 was celebrated in the Western Cape with an event organised by the Western Cape Tobacco Control Team. The team, convened by the provincial health department, is a partnership venture including representatives from the city Health Department, the Heart and Stroke Foundation South Africa, the Cancer Association of South Africa and the Belhar Health Forum.

The event was held at the Gatesville Hall in Athlone, an area of Cape Town with a high concentration of smokers both male and female, and was organized with the assistance of the Klipfontein Health Forum and Department of Social Development Intergovernmental Forum.

The 80 plus representatives from various sectors heard presentations on the international theme, 'Gender and Tobacco'. These drew attention to the concentrated marketing of tobacco to women as a 'new', potentially expanding market for tobacco consumption and to proposed response by the health department to address smoking, among other risk factors, in pregnancy. The Heart and Stroke Foundation SA introduced their 'Heartcore' Youth team who are being trained to encourage their peers at school not to start smoking and to quit if they do. Visit [www.heartcore.co.za](http://www.heartcore.co.za) for more information.



## **World No Tobacco Day, May 31 2010**

The team also launched a range of materials developed in response to recommendations agreed by participants at a similar event in 2009. These included a comprehensive information package on aspects of tobacco use harm and assist organisation to establish support groups to help smokers to quit.

A representative from the National Department of Health, Ms Verci Phaka, affirmed the undertaking of the department to reproduce the materials for the use of all provinces.

New CEO of the Heart and Stroke Foundation SA, Dr Vash Mungal Singh presented on the shocking tobacco statistics in SA, pertaining to women and girls.

A workshop session invited participants to comment and give direction to the implementation of training. Children and youth were identified as the prioritised beneficiaries and participants made recommendations on accessing the relevant organisation and on the training of facilitators. It was also agreed that the team will provide training of law enforcement officers to orientate them to the objectives, spirit and requirements of the tobacco law.

The seminar was a positive step in the right direction..... and will encourage similar type events in the near future. Following this, The Heart and Stroke Foundation SA press release on WNTD received coverage in the Cape Argus, Cape Town based media, reaching over 334 000 people.

## **Relocation of new offices**

The 15th of July marked the official move of the HSFSA from the Health Park in Observatory to the Cape Town International Convention Centre. Thanks to the generous rental sponsorship by Regus, the staff of The Heart and Stroke Foundation SA now enjoy beautiful modern office space in the Convention Towers at the Cape Town International Convention Centre, situated in the **heart** of Cape Town.



**Dr Vash Mungal Singh**  
**Chief Executive Officer**  
**Heart and Stroke Foundation SA**  
[vash@heartfoundation.co.za](mailto:vash@heartfoundation.co.za)



# AHN NEWSLETTER

19th edition, September 2010

## Contact details for the AHN

### **Committee**

President: Dr. Kingsley  
[kkakinroye@yahoo.co.uk](mailto:kkakinroye@yahoo.co.uk)

Vice President: Dr Habib Gamra  
[hgamra@rns.th](mailto:hgamra@rns.th)

Executive Secretary: Bola Ojo  
[bolabilola@yahoo.co.uk](mailto:bolabilola@yahoo.co.uk)

### **Executive Council**

Elizabeth Gatumia: [kenyanheart@wananchi.com](mailto:kenyanheart@wananchi.com)

Shan Biesman-Simons: [shan@heartfoundation.co.za](mailto:shan@heartfoundation.co.za)

Ashleigh Kuttner: [ashleigh@heartfoundation.co.za](mailto:ashleigh@heartfoundation.co.za)

Daniel Lemogoum: [dlems2002@yahoo.fr](mailto:dlems2002@yahoo.fr)

Dr Francis Kwamin: [tkwamin@yahoo.com](mailto:tkwamin@yahoo.com)



### **Useful websites**

African Heart Network: [www.ahnnetwork.org](http://www.ahnnetwork.org)

Kenya Heart Foundation: [www.kenyanheart.or.ke](http://www.kenyanheart.or.ke)

Heart and Stroke Foundation South Africa: [www.heartfoundation.co.za](http://www.heartfoundation.co.za)

Tunisia Heart Foundation: [www.atcccv.org.tn](http://www.atcccv.org.tn)

World Heart Federation: [www.world-heart-federation.org](http://www.world-heart-federation.org)