



# American Heart Association International **SUB-SAHARAN AFRICA**

**Cardiovascular disease (CVD) is the leading cause of death worldwide.** In 2020, approximately

**19.1 million** deaths were attributed to CVD

**32 %** of global deaths.<sup>1,2</sup>

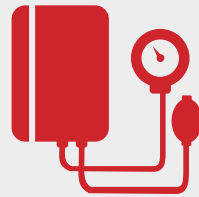
For nearly 100 years, the American Heart Association has been leading the fight against heart disease and stroke. **In the last 10 years, we've expanded our reach to over 100 countries,** working with organizations around the world to help change policies, implement programs, and strengthen healthcare systems to help improve and save lives.

**We believe that where you live should not limit your health or the quality of your life.**

## The Difference Between Life and Death



People in Sub-Saharan Africa's 46-country region are experiencing a **rapidly increasing rate of cardiovascular disease.** In 2019 **over 1 million people died** from **CVD-related deaths,** and that rate is expected to double by 2030.<sup>3</sup>



Western influences and urbanization have created lifestyle shifts, leading to an increase in **smoking, processed food consumption, and less physical activity.**<sup>4</sup>

**Hypertension** rates are **equal to or have surpassed** rates in developed countries.<sup>4</sup>

Rheumatic heart disease (RHD) is a leading cause of premature death and disability in **pregnant women and children under 14 years.**<sup>5,6,7</sup>



**Lack of CVD research** to accurately **identify the social determinants impacting health** within the region's countries.<sup>4</sup>



## Our Impact

**Over 40,000** people trained in Resuscitation

**57%**

**year-over-year decrease in deaths in children** under 5 in a district hospital pilot program in Botswana<sup>8</sup>

**over 38,000 healthcare providers** and

**1,587 instructors**

trained in resuscitation, including PEARs (Pediatric Emergency Assessment, Recognition and Stabilization) in Tanzania and Botswana to quickly diagnose and treat children who are in medical distress.

Access to adequate preventative and acute care is a barrier to the prevention of cardiovascular disease and childhood deaths in Sub-Saharan Africa. This is the basis of our focus on these areas to improve people's health and save lives.



## Childhood Interventions

Through Helping Children Survive, we work with partners to help increase survival of children under 5 in Africa by:

- providing ongoing simulation training for frontline providers
- strengthening referral relationships between local/regional systems to expedite care for children
- tracking outcomes to improve the quality of care.



## CVD Prevention & Education



**Prevent and manage rheumatic fever and rheumatic heart disease** – Work with REACH International and others by providing training, technical assistance, necessary medications, technology and other support to frontline healthcare workers and medical facilities.



**Better Hearts Better Cities** – A comprehensive program in Senegal to prevent and treat hypertension in low and middle-income countries by educating patients, improving coordination of care, increasing access to medication, and creating healthier living and working conditions.



Our International **Go Red for Women**<sup>®</sup> – educates women on the symptoms of heart attacks and stroke and encourages healthy behaviors to prevent cardiovascular disease. Together with the World Heart Federation, Go Red programs have been implemented in Ghana, Kenya, Nigeria, Rwanda, and South Africa.

## Improving Systems of Care

**We help strengthen emergency care systems** that serve as the first point of contact for patients, and support the development of quality, timely and accessible emergency care.

**Gold-standard resuscitation training to over**

**40,000**  
**frontline health providers**  
**annually**

**Promotes bystander action** through **first aid** and **CPR training** to individuals, workplaces, schools, and other community organizations.

## Our Commitment

As champions for health equity, by 2024, we will advance cardiovascular health for all, including identifying and removing barriers to health care access and quality. Since 1995, we've had a presence in Sub-Saharan Africa, and continue to prioritize the health of the region by: Creating a network of 1,587 instructors helping save lives through resuscitation and First Aid training at more than 309 sites countrywide.

## Who We Work With

American Academy of Pediatrics  
Baker Hughes Foundation  
Ghana Society of Hypertension and Cardiology  
Kenyan Heart National Foundation  
Kenya Cardiac Society

Laerdal Africa  
Nigerian Heart Foundation  
Pediatric Association of Tanzania  
REACH International  
Resuscitation Council of Southern Africa

Rwanda Heart Foundation  
South Africa Heart and Stroke Foundation  
The Pan-African Society of Cardiology  
World Health Organization  
World Heart Federation

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