

The Healthy Heart Africa Programme (HHA) : AstraZeneca SSA's patient-centric programme

Presented at the International Society Of Hypertension 2018 scientific meeting (Hypertension Beijing 2018) September 20th-23rd 2018 Beijing,China (Encore Presentation)

High Burden of Prehypertension in Kenya: Results from the Healthy Heart Africa (HHA) Program

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Background:

- Hypertension is the leading cause of global morbidity and mortality.
- The global burden of prehypertension has been previously described.
- Africa has a high and rising prevalence, with very poor awareness, treatment and control rate.
- There is scanty data on the burden of prehypertension in Africa.
- Prehypertension is characterised by high transition rates to overt hypertension and is an independent risk factor for CVD morbidity.
- To adequately address blood pressure associated morbidity, the prehypertension population must be addressed.

Methodology:

- Data from the Healthy Heart Africa (HHA) program in Kenya.
- Healthy Heart Africa(HHA), an AstraZeneca-sponsored program is a comprehensive population hypertension control program developed to collaboratively and sustainably reduce the burden of hypertension.
- Activities include screening for hypertension in health facilities and in the community e.g. markets, workplaces, places of worship.
- BP was measured by digital sphygmomanometers using standard techniques.
- Prehypertension was defined as a BP of 120-139/80-89 mmHg.
- Screening data were captured using standardized tools developed in collaboration with the Kenya Ministry of Health (MoH).
- Implementation partners digitized and submitted anonymized patient level data to the HHA Central Database which serves as a nationwide hypertension registry.

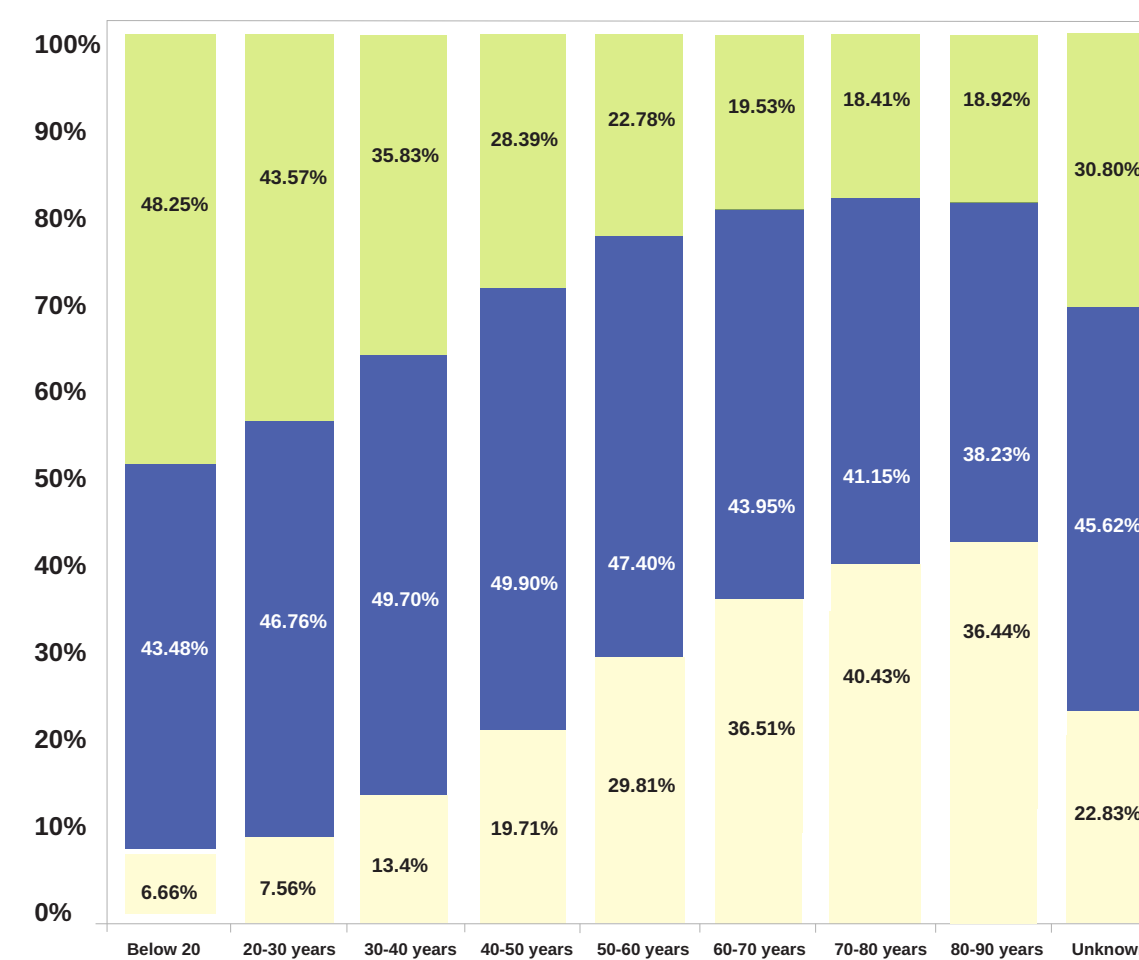
Results

- We report data from **4.62 million** subjects screened.
- Prevalence of prehypertension was **47.3%** (**males 50.6%, females 45.5%**).
- There is a progressive rise with age, with a peak in the age group **40-50 years**.
- The subsequent decline in prehypertension is associated with a rise in hypertension reflecting transition to hypertension.

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Figure 1. Blood pressure measurements by age groups



BP Classification
Normal Pre-hypertension Hypertension

Discussion

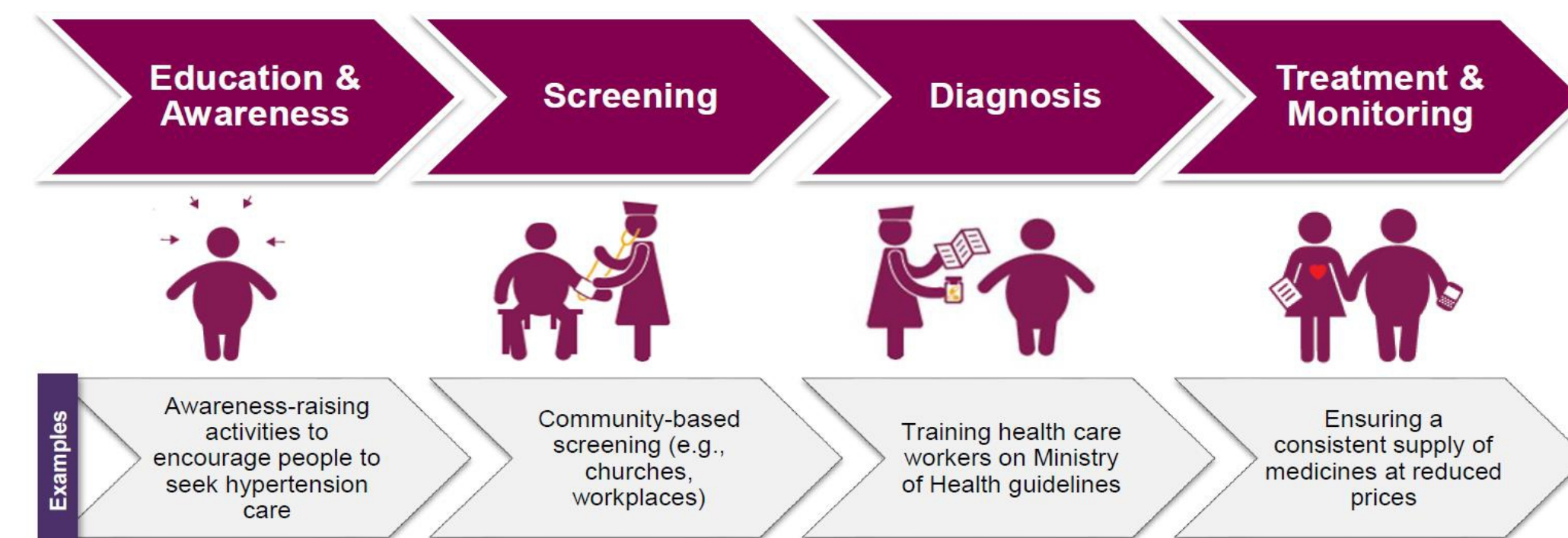
- We have demonstrated a high burden of prehypertension in Kenya through the HHA program.
- This is a population at high risk but doesn't often receive sufficient attention
- Targeted screening programs like HHA are important in identification so that lifestyle measures to reduce CVD risk can be instituted.
- Population-wide measures to shift the BP distribution to the left are equally important in not only reducing the burden of prehypertension but also hypertension and the attendant CVD risk.

Reference

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- Ataklte et al hypertension. 2015;65:291-298
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Healthy Heart Africa (HHA) : a collaborative and integrated approach that aspires to reach **10 million people** with high blood pressure across Africa **by 2025**

Hypertension Patient Pathway



- Partnerships with public, faith-based and private facilities** are helping to integrate hypertension screening and treatment into **routine care** in Kenya and Ethiopia.
- Hypertension is being evaluated as a **new entry point** for treatment of other disease areas, including **HIV/AIDS**. **HIV** screening provides an opportunity for hypertension screening and diagnosis and vice versa



Key HHA Medical plan initiatives update – Q2 2018

1316 HCPs (including 65 in Ethiopia) trained through..



F2F interactions



RT Meetings



CMEs

69 training sessions touching 111 facilities



Level 5



Level 4



Level 3

Congresses

- International Society of Hypertension Congress (ISH)**
Sept 2018
First M&E data (pre-hypertension) accepted at a Global congress as a poster
- Oral Abstract at Kenya Cardiac Society(KCS) on HHA HCP educational activities**

Publications

- Manuscripts update:**
 - Global Heart manuscript – Submitted
 - CVJA manuscript – Submitted
 - In process, to be ready in Q3: Baseline Monitoring data Health Policy impact IHHP manuscript

Global Medical Educators Pilot

- Inclusion of the HHA Medical Advisor team into the Global Educators Pilot – June 2018**
- 2019 – Medical Educator role to be introduced in SSA Medical based on the learnings from HHA Medical**

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