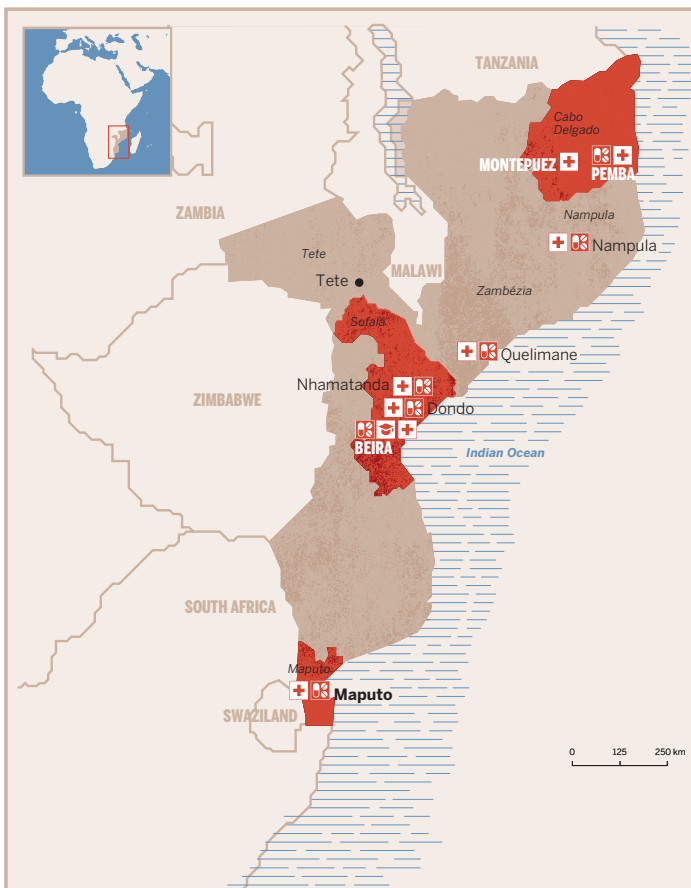


FIGHTING NCDs IN MOZAMBIQUE



BACKGROUND

The global burden and threat of noncommunicable diseases (NCDs) represents one of the major contemporary public health challenge that undermines social and economic development throughout the world. Indeed, for the first time in history, globally more people are dying of noncommunicable diseases than infectious diseases. Diabetes Mellitus (DM), cardiovascular diseases, asthma, trauma, and cancer constitute the main NCDs. In Mozambique, in 2016, about 69.100 people died from NCDs and the risk of premature death from NCDs was 18%.¹

CUAMM'S INTERVENTION TO FIGHT DIABETES AND HYPERTENSION

Doctors with Africa CUAMM has been working in the country since 1978, in close partnership with the Ministry of Health (MoH). In October 2016, thanks to the support of the **World Diabetes Foundation**, CUAMM has launched a **vast and innovative 3 years program to fight Diabetes (DM) and Arterial Hypertension (HTN)** in 3 provinces of Mozambique: Maputo, Sofala, Cabo Delgado. The program was unique as it was the very first of this kind piloted in the country.

The intervention targeted 17 districts, covering 81 health units and 1 central hospital, reaching a population of about 3.600.000 people.

On the one hand, the aim of the program was to strengthen Diabetes and Hypertension care at primary level, **improving access** to services, **training** health staff, raising **awareness**, and improving health **information management**.

On the other hand, the intervention has supported National Authorities in the adjustment of local **policies and programs** for the prevention, screening, treatment and follow up of chronic diseases with the creation of an appropriate and standardized model of care, integrated into the local health system.



¹ WHO, 2018. World Health Organization - Noncommunicable Diseases (NCD) Country Profiles, 2018 – Mozambique. [Pdf] Available at https://www.who.int/nmh/countries/2018/moz_en.pdf?ua=1 [Accessed 17 Feb. 2020].



ACHIEVEMENTS

903.244

people pre-screened and screened for DM and HTN

69.379

follow-up consultations at PHC level

1.251.809

people reached by awareness raising campaigns on DM and HTN through radio broadcasting, SMS, IEC material and community mobilisation

322

healthcare staff trained on DM and HTN

245

community health workers trained on DM and HTN

82

health units equipped for DM and HTN screening, diagnostic and follow up of patients

AMODIA

The Mozambican Diabetes Association AMODIA is a close partner of the initiative, it is the source for awareness activities, the development of training material and it is involved in the operational research. Moreover, AMODIA represents a pole of excellence able to perform second level analyses (such as albuminuria presence and funds) and to guarantee a complete approach in terms of coverage and quality, similar to international standards.

In terms of data, this intervention was the first to collect data on NCDs-related programmes in the Country, a significant gain for the MoH. Several tools were piloted and improved during implementation. This refined data collection approach and tools have now been adopted by MoH for similar PHC projects.

Another significant gain for the sector and MoH has been the design of the **first National “Guidelines for the management of Diabetes Mellitus and Arterial Hypertension”**.

Furthermore, another key success of the project is the strengthened partnership with the Mozambican Diabetic Association (AMODIA), involved in awareness activities, development of training material and operational research. AMODIA’s involvement has been fundamental in order to fill the gap between Health Centres and remote communities. The positive collaboration between CUAMM and AMODIA led to the creation of sub-delegations in Cabo Delgado and Sofala Province.



THE WAY FORWARD

NCDs are a complex phenomenon that requires a multifaceted intervention. This first ever piloted experience on NCDs at PHC level in Mozambique has been a great success and it is serving as base for further projects with the goal to strengthen and scale up the model. Indeed, Doctors with Africa CUAMM is committed to continue its efforts towards expanding and strengthening the integration of NCDs screening and treatment into quality existing services, in collaboration with the Ministry of Health and local associations.