

FIGHTING NCDs IN ETHIOPIA



The global burden and threat of noncommunicable diseases (NCDs) represent a 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. This loss of human life spares no one – rich or poor, young or old – and it imposes heavy economic costs on nations and individuals.¹ In Ethiopia, NCDs are becoming a crucial challenge (see Table 1)² and, among others, diabetes and hypertension prevalence is increasing. A recent survey conducted by Ethiopian Public Health Institute (EPHI) and Federal Ministry of Health (FMOH) estimated that 6% of the Ethiopian population has raised blood glucose and diabetes and 15.6% has raised blood pressure.³

Total population	99.8 million
Total number of death from NCDs	284,000 (39%)
Risk of premature death from target NCDs* *cardiovascular diseases, cancer, diabetes or chronic respiratory diseases	19%

Table 1: Total population and deaths from NCDs in Ethiopia, 2015.

CUAMM'S INTERVENTION TO FIGHT DIABETES AND HYPERTENSION

Doctors with Africa CUAMM has been working in Ethiopia since 1980, in close partnership with the Ministry of Health. In May 2018, CUAMM will launch a vast and innovative 3 years program to **fight diabetes mellitus (DM)** and **hypertension (HTN)** by increasing prevention, access and quality of health care services. The project will focus its activities in 15 hospitals and 45 health centres, reaching about **2 million people**.

MAIN ACTIVITIES

- Establish appropriate consultation and screening for DM and HTN in health centres;
- Screen DM and HTN patients for ophthalmic, cardiac, renal and neurologic complications;
- Conduct mass screening campaigns in the towns where hospitals are located;
- Train health care workers, health extension workers and peer educators on DM and HTN especially on prevention, early detection, treatment and patients follow-up;
- Provide adequate equipment and drugs in hospitals and health centres;
- Strengthen data collection and health management information system;
- Conduct sensitisation and awareness raising activities (commemorative campaigns of the world days, campaign on radio and other media) on the importance of screening, healthy diets, physical activity and reduction of tobacco and alcohol use;
- Produce and disseminate specific Information, Education and Communication material on care and prevention of DM and HTN;
- Strengthen the referral system between hospitals and health centres to decentralize care to the lower level health facilities, closer to where patients reside.

OVERALL EXPECTED RESULTS

- 214,800 people are reached with information, education and communication activities on DM and HTN;
- 45 mass sensitizations campaigns on DM and HTN are implemented;
- 45 DM and HTN screening campaigns are conducted at workplace, facilities and in other congregated settings;
- 18,000 people are screened for DM and HTN during screening campaigns;
- 23,688 DM and 99,008 HTN patients are checked for ophthalmic, cardiac, renal and neurologic complications;
- 15 hospitals and 45 health centres provide screening services for DM and HTN as well as improved, high-quality, integrated health care to patients resulted positive;
- 315 health care workers and 225 health extension workers are trained on DM and HTN;
- 15 Ethiopian diabetic association branch offices are strengthened;
- Improved recording, reporting and use of data for decision making in 60 health facilities;
- Referral system from hospital to health centres is strengthened.

¹ WHO, 2018. *World leaders join new drive to beat noncommunicable diseases*. [Online] Available at <http://www.who.int/mediacentre/news/releases/2018/world-leaders-ncds/en/> [Accessed 6 March 2018].

² WHO, 2017. *NONCOMMUNICABLE DISEASES PROGRESS MONITOR 2017*. [Pdf] Available at <http://apps.who.int/iris/bitstream/10665/258940/1/9789241513029-eng.pdf?ua=1> [Accessed 13 March 2018].

³ Ethiopian Public Health Institute, 2015. *Ethiopia STEPS Survey 2015*. [Pdf] Available at <https://www.ephi.gov.et/images/pictures/download2009/NCD%20Factsheets%20-%20Ethiopia/STEPS%20Fact%20Sheet%20Ethiopia%202015.pdf> [Accessed 15 March 2018].