



WORLD **DIABETES** FOUNDATION



**DOCTORS
WITH AFRICA**
CUAMM

IMPROVING DIABETES MELLITUS DIAGNOSIS AND MANAGEMENT IN LUANDA PROVINCE, ANGOLA



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DOCTORS WITH AFRICA CUAMM AND WDF TOGETHER AGAINST NCDs

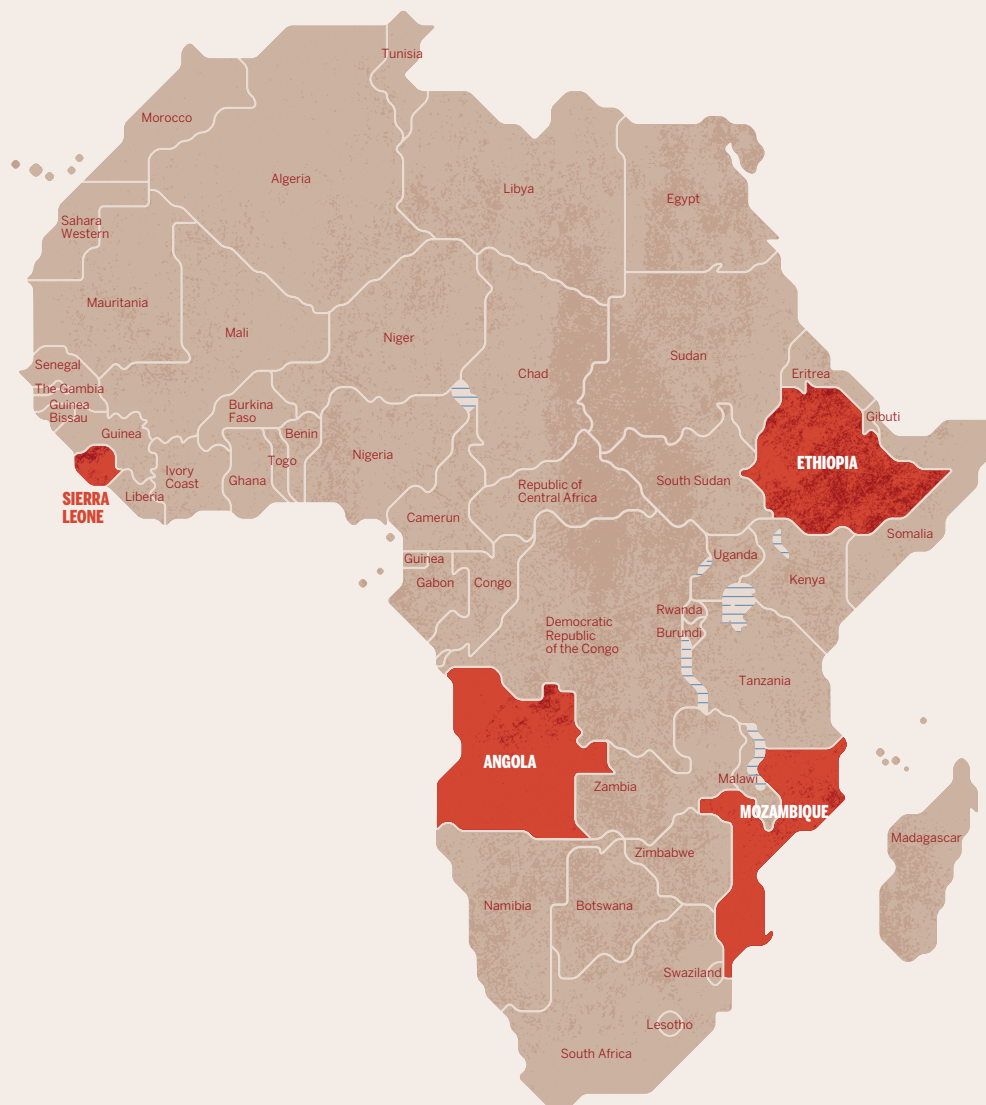
Doctors with Africa CUAMM has been working in **Angola since 1997** when it intervened in Uige province to face the emergency caused by civil war. Since then, CUAMM's intervention has expanded to **Luanda and Cunene provinces**, focusing on strengthening the local health system as well as providing support to health services and technical assistance. In the last few years, Doctors with Africa CUAMM has reinforced the fight against infectious diseases like tuberculosis and HIV/AIDS, and non-communicable diseases such as hypertension and diabetes.

The burden of **non-communicable diseases** (NCDs) in Sub Saharan African countries is rapidly rising, specifically **diabetes** has a more rapidly increasing prevalence¹. In particular, the World Health Organization (WHO) estimates a diabetes prevalence of 5.6% in

Angola² which is experiencing a double burden of communicable and non-communicable diseases due to changes in lifestyle and diet. So, **NCDs are challenging the already overwhelmed Angolan health system** which needs to improve the availability and accessibility to NCDs related services. In order to achieve this purpose, **Doctors with Africa CUAMM** has worked with the **World Diabetes Foundation (WDF)** to fight together against NCDs in Angola as well as in Ethiopia, Mozambique and Sierra Leone. In Angola, CUAMM and WDF have implemented the project **"Improving Diabetes Mellitus Diagnosis and Management in Luanda Province"** since 2018, in continuity with a previous joint intervention. The project aims to strengthen diabetes control through the **improvement of prevention, early diagnosis and management of the disease.**



All Sub-Saharan African countries where Doctors with Africa CUAMM and WDF are strongly committed to tackle non-communicable diseases (NCDs).



1 World Health Organization. WHO Global Action Plan for the Prevention and Control of Noncommunicable Diseases 2013–2020. (2013). http://www.who.int/nmh/publications/ncd_action_plan/en/
2 World Health Organization. Angola Diabetes Country Profiles. (2016). https://www.who.int/diabetes/country-profiles/ago_en.pdf?ua=1

SPECIFIC OBJECTIVES



Provide continuous support to the National Directorate of Public Health of the Angola Ministry of Health to promote the development of the national plan for the control of diabetes.



Promote and develop diabetes early diagnosis and data collection system in six targeted health facilities³ in the province of Luanda.



Raise awareness among Luanda's population on NCDs, particularly diabetes, through sensitization activities on prevention and early diagnosis.

3 Centro de Diagnóstico 4 de Fevereiro (Luanda Municipality);
Centro de Saúde do Benfica (Talatona Municipality);
Centro de Saúde Progresso (Cazenga Municipality);
Centro de Saúde Viana II (Viana Municipality);
Centro de Saúde do Kilamba (Belas Municipality);
Centro de Saúde do Malanjinho (Kilamba Kiaxi Municipality)

PROJECT ACHIEVEMENTS

The project adopted a **participative approach** aiming at involving all the stakeholders and assure the ownership and sustainability of the project's outputs to reach a wider impact in the prevention and control of diabetes in Angola.

- Tested **more than 13,000** for diabetes
- Supported the structuring process of the Diabetes National Program and the elaboration of **Diabetes Manual for health professionals** to be distributed at national level
- Elaborated the **“Practical Guide for the Diagnosis and Management of Diabetes Type 2”** managed by the Provincial Health Department of Luanda
- Strengthened 6 health facilities³ through **capacity building activities** in particular about the early diagnosis and management of diabetes, and carried out **282 supervisions** in the health facilities
- Supported the partnership between the Provincial Health Department and the **College of Family Medicine** to promote screening, high quality of care and to expand the number of health facilities providing services for NCDs
- Trained **93 health care workers** (HCWs) of the six facilities on new protocols and tools
- Sensitized **3,100 people** through **advocacy and awareness-raising meetings**, in particular the World Diabetes Day, to bring NCDs into the public and political agenda
- Conducted **research** and realized a **scientific publication** about the research outcomes: “Diabetes and pre-diabetes among adults reaching health facilities in Luanda, Angola: prevalence and associated factors”



KEY LESSONS LEARNED

PATIENTS ARE AT THE CENTRE OF CARE.

DIABETES DIAGNOSIS AND MANAGEMENT MUST BE ACCESSIBLE TO PATIENTS.

HEALTHCARE WORKERS' SKILLS AND MOTIVATION NEED TO BE SUPPORTED.

DATA QUALITY IS THE CORNERSTONE FOR A SUCCESSFUL PROJECT.

COMMUNITY AWARENESS IS THE BEST WAY TO IMPROVE PREVENTION.

ADVOCACY WORKS BETTER IF IT IS PARTICIPATIVE AND EVIDENCE-BASED.

KEY ACHIEVEMENTS

13,000 PEOPLE TESTED FOR DIABETES

3,100 PEOPLE SENSITIZED THROUGH AWARENESS-RISING ACTIVITIES

93 HEALTH CARE WORKERS TRAINED

282 SUPERVISIONS IN THE HEALTH FACILITIES



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