

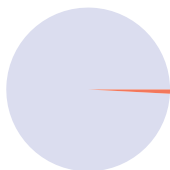
# Each year, more than 6 million people die prematurely from cardiovascular disease.

But it doesn't have to be this way. Effective, inexpensive and safe prevention and treatment options exist.

Resolve to Save Lives works to end preventable death from cardiovascular disease by providing assistance and targeted investment to governments and civil society, with a focus on three interventions proven to prevent deaths from heart disease:

- Improving treatment of high blood pressure
- Eliminating trans fat from the global food supply
- Reducing salt intake

If implemented, these interventions could save 100 million lives in the next 30 years.



Less than 1% of the \$35 billion spent each year on global health assistance is for cardiovascular disease prevention.

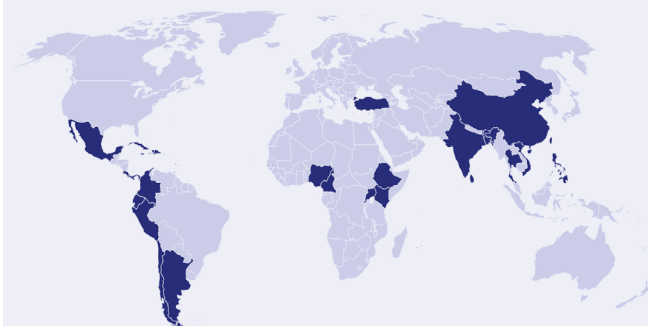
## Strategic interventions can prevent premature death from cardiovascular disease.

Cardiovascular disease strikes down those in the prime of their life. Among those age 30-69 years old:<sup>1</sup>

- Improving hypertension control from 15% to 50% would save more than 640,000 lives each year.
- Reducing salt intake by 30% would save more than 720,000 lives each year.
- Eliminating trans fat would save more than 250,000 lives each year.



## Where We Work



We work primarily in low- and middle-income countries, where the burden of preventable cardiovascular disease is highest and three-quarters of deaths from cardiovascular disease occur.



Visit [LINKS](#), a global community of cardiovascular health professionals

LINKS is an online community of more than 1,300 health professionals from 105 countries working to improve cardiovascular health around the world. LINKS offers an online toolkit of curated, evidence-based resources on hypertension control, sodium reduction, and trans fat elimination, as well as regular webinars, communities of practice and funding opportunities for members. LINKS is a collaborative effort of the World Health Organization (WHO), the U.S. Centers for Disease Control and Prevention through the CDC Foundation, and Resolve to Save Lives.

<sup>1</sup> Kontis, V., Cobb, L. K., Mathers, C. D., Frieden, T. R., Ezzati, M., & Danaei, G. (2019). Three Public Health Interventions Could Save 94 Million Lives in 25 Years Global Impact Assessment Analysis. *Circulation*.

## Three Proven Strategies to Prevent Cardiovascular Disease and Save Lives

### 1. Treat High Blood Pressure



Improve global rate of control of high blood pressure from 14% to 50%

High blood pressure, or hypertension, kills more people than all infectious diseases combined— approximately 10 million people every year. Treatment is low-cost, safe, simple and can be integrated into existing health programs. We support countries to choose a simple, proven treatment protocol, implement community-based care and task sharing, ensure regular supply of medications, support patient-centered services that reduce barriers to adherence and use information systems to improve patient care.

#### Resolve's work in action:

- We supported the development and implementation of evidence-based hypertension control programs in Bangladesh, China, Ethiopia, India, Nigeria, the Philippines, Thailand, Turkey, Vietnam and 12 countries in the PAHO region.
- More than 2 million individuals have received hypertension care and treatment in these programs since the launch of Resolve to Save Lives.
- During the COVID-19 pandemic, we supported our partners as they pivoted their delivery of care to ensure that patients could continue to receive the lifesaving medications and routine follow-ups necessary to manage their blood pressure.

### 2. Eliminate Trans Fat



Trans fat free by 2023

Artificial trans fat, a compound used in foods, fats and oils, increases the risk of heart attack and death but it can be removed from foods without changing taste or increasing costs. We helped create and support WHO's REPLACE initiative to eliminate artificial trans fat from the global food supply by 2023 and help countries reach their trans fat elimination goals.

#### Since the REPLACE initiative started:

- 30 countries enacted best-practice trans fat elimination policies, protecting an additional 2.3 billion people: Thailand, Saudi Arabia, Turkey, Brazil, 23 European Union countries that didn't already have policies in place, Singapore, Paraguay and India.
- Bangladesh and Nigeria issued draft regulations for public comment, and a policy is advancing in the Philippines. Enactment of these policies is anticipated in 2021.
- Mandatory trans fat limits are currently in effect for more than 2.9 billion people in 56 countries, of which 38 are best-practice policies (covering 1.15 billion people).

#### Resolve's work in action:

- We supported the development of WHO's REPLACE strategy and action package—a step-by-step guide for the elimination of artificial trans fat from the global food supply.
- We work with governments to develop and implement best-practice policies to eliminate exposure to artificial trans fats and encourage replacement with healthier fats.

### 3. Reduce Sodium Intake



Reduce sodium intake by 30% globally

High sodium intake raises blood pressure, and high blood pressure is the leading risk factor for heart disease and stroke. Reducing sodium in food will save lives and money. We work with countries to substantially reduce population salt consumption by supporting strategic policies and communication campaigns, and at a global level to develop resources for implementation of sodium reduction programs and policies.

- We collaborated with WHO to create resources to support development of policies to reduce sodium, including the [Action framework for developing and implementing public food procurement and service policies for a healthy diet](#), which supports governments in setting nutrition criteria for food served and sold in public settings, and the [WHO Global Sodium Benchmarks for Different Food Categories](#), to guide countries and industry to reduce sodium in packaged food.
- We are supporting the development of the evidence base for front-of-pack labeling policies in Ethiopia, India, China and Thailand and advancement of public food procurement policies in Nepal, Philippines, Togo and Uganda.

#### Resolve's work in action:

- We partnered with China, Vietnam, Ethiopia and other countries to develop and support evidence-based mass media campaigns and promote specific strategies for reducing salt consumption.