

EACH YEAR, MORE THAN 18 MILLION PEOPLE DIE FROM CARDIOVASCULAR DISEASE.

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



Although heart disease accounts for almost one in three deaths worldwide, 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 among people 30-69 years old.

- 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.



LINKS

Visit linkscategory.org 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 routine webinars, communities of practice and other 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.

¹ 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



High blood pressure, or hypertension, kills more people than all infectious diseases combined.

Treatment is low-cost 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 21 countries in the PAHO region, which have treated more than 6 million people.
- During the COVID-19 pandemic, we supported our partners as they ensured that patients could continue to receive the lifesaving medications and routine follow-ups necessary to manage their blood pressure.

2 Eliminate Trans Fat



Artificial trans fat—a compound used in processed foods, fats and oils—increases the risk of heart attack and

death, but can be replaced with healthier options without affecting taste or increasing costs.

Resolve's work in action:

- We supported the development of WHO's REPLACE initiative and action package to eliminate artificial trans fat from the global food supply by 2023.
- We work with governments to develop and implement best-practice policies to eliminate exposure to artificial trans fats and encourage replacement with healthier fats.

Since the REPLACE initiative started:

- Mandatory trans fat limits are currently in effect for more than 3.4 billion people in 59 countries, of which 39 are best-practice policies (covering 2.5 billion people).
- 33 countries enacted best-practice trans fat elimination policies, protecting an additional 2.3 billion people.

3 Reduce Salt Intake



High salt intake raises blood pressure, the leading risk factor for heart disease and stroke.

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.

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.
- We collaborated with WHO to support the development of policy guidance to reduce sodium, including the [Action framework for developing and implementing public food procurement and service policies for a healthy diet](#), and the [WHO Global Sodium Benchmarks for Different Food Categories](#).
- We are supporting the development of the evidence base for front-of-pack labeling policies in Ethiopia, India and China and the advancement of public food procurement policies in Nepal, Togo and Uganda, Nigeria, and the Philippines, where our grantee successfully advocated for nutritional standards for food purchased, prepared, or served by the Quezon City Government.