

RESOLVE TO SAVE LIVES, ETHIOPIA: CARDIOVASCULAR HEALTH

**Over
10 MILLION
people in Ethiopia
have hypertension.**¹

That's double the population of Addis Ababa suffering from the single most important risk factor for cardiovascular disease.

16% of the population in Ethiopia **have hypertension**²



**Only
1.5%** of people with hypertension in Ethiopia have it under control³



Average salt intake is

8.3g/day

well above the WHO recommended limit of 5 g/day⁴

**Ethiopia has the
3RD HIGHEST
trans fat burden** in Africa



About Resolve to Save Lives

Resolve to Save Lives' (RTSL) Cardiovascular Health program aims to eliminate artificial trans fat from the global food supply by 2023, increase the global control of hypertension to 50% and reduce global salt intake by 30%. RTSL collaborates with local and national governments as well as global organizations to scale up proven strategies to reach these goals.

Program goals

Improve hypertension treatment and control at the primary health care level in Ethiopia by supporting adoption of evidence-based guidelines and improving access to effective anti-hypertensive treatment.

Support policies and regulatory frameworks that promote healthy diets, including trans fat elimination, front-of-package warning labels and marketing restrictions for unhealthy food and healthy public food procurement

Reduce salt intake through pilot projects such as promoting low-sodium salt and popularizing healthy practices among household cooks

Our work



Hypertension Control

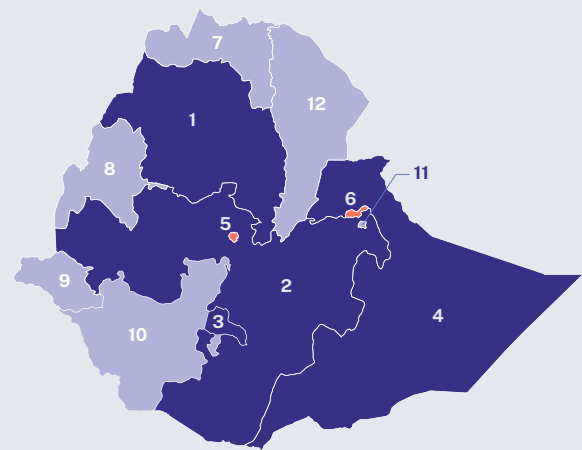
- In collaboration with the Federal Ministry of Health (FMOH) and World Health Organization (WHO), RTSL has supported the **Ethiopia Hypertension Control Initiative (EHCI) since 2019**, now active in 52 health centers and ten primary hospitals
- We provided a start-up supply of blood pressure monitors and medications and helped set evidence-based hypertension control targets.
- We trained more than 600 community health workers to conduct hypertension screening, identify cases and refer patients to health facilities for diagnosis.
- We supported EHCI to pilot differentiated service delivery, which reduces the frequency of follow-up visits and provides longer-term drug refills for patients with controlled hypertension, easing burden on patients and decongesting crowded clinics.
- RTSL's Simple app for smartphones provides critical data to hypertension control program managers in 52 health care facilities. This user-friendly and efficient tool allows health care workers to enter clinical data in less than one minute. Data from Simple can be integrated with the national government's DHIS health information database.



Sodium Reduction

In early 2021, we conducted a mass media campaign with FMOH to increase knowledge of the risks of excess salt consumption and encourage behaviors to reduce daily salt intake.

Where we work



Legend

- | | |
|----------------|----------------------|
| 1. Amhara | 7. Tigray |
| 2. Oromia | 8. Benishangul-Gumuz |
| 3. Sidama | 9. Gambela |
| 4. Somali | 10. SNNP |
| 5. Addis Ababa | 11. Harari |
| 6. Dire Dawa | 12. Afar |

62% of those in care have controlled their blood pressure

80% have remained in care

CONTACT US

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2. Source: World Population Dashboard -Ethiopia | United Nations Population Fund (unfpa.org)
3. WHO Ethiopia STEPS Survey 2015 https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-reporting/ethiopia/steps/ethiopia-2015-steps-report.pdf?sfvrsn=254fca06_2
4. WHO (<https://apps.who.int/iris/rest/bitstreams/1151362/retrieve>)