



IC-HEALTH

SUSTAINABLE PROGRAMS FOR THE CONTROL OF CARDIOVASCULAR
DISEASE AND DIABETES IN DEVELOPING COUNTRIES

What is IC Health?

- Initiative for Cardiovascular Health Research in Developing Countries
- Partnership with WHO and the World Heart Federation
- Supported by the Global Forum for Health Research with funds from the World Bank

Mission

- To help low- and middle-income countries reduce their burden of cardiovascular disease and diabetes through :
 - Policy-relevant research
 - Development of research capacity
 - Strengthening of research institutions

Why research?

- Current knowledge about the control of cardiovascular disease and diabetes is based on research in high-income countries
- Models of prevention and care unaffordable, even for middle-income countries
- Which interventions should be prioritised?
- How should these be delivered?
- What are the barriers to implementation?

Priority

- Developed after multiple consultations with stakeholders from all regions and potential sponsors
- The development and evaluation of **primary health care programs** for the control of cardiovascular diseases and diabetes.

Challenge

- To formulate prevention programs that:
 - Are affordable
 - Can be delivered largely through existing staff and infrastructure
 - Result in minimal disruption to other services
 - Can be reliably targeted to those at highest risk
 - Positively influence health promoting behaviors
 - Are accessible to lower socioeconomic groups
 - Are acceptable to recipients and providers

Programs & Projects

- Prevention programs delivered through primary health care:
 - Control of blood pressure, cholesterol and diabetes in very high risk individuals (2003)
 - Smoking cessation (2004)
 - Nutritional interventions (2005)
- Macroeconomic consequences of cardiovascular disease and diabetes (2003)

Andhra Pradesh Rural Health Initiative

- Diabetes and cardiovascular disease rapidly escalating through many parts of rural India
- 115 villages (population: approx 100,000)
- Phase 1: mortality surveillance system
- Phase 2: risk factor survey and prevention program targeting those with existing cardiovascular disease or diabetes
- Byrraju Foundation, CARE Hospital Group, Centre for Chronic Disease Control (Delhi), The George Institute

Thai Primary Cardiovascular Health Care Project

- 1 in 10 Thai adults has diabetes, coronary heart disease or cerebrovascular disease
- 50 primary health care centres
- Phase 1: Risk factor survey (2001-2002)
- Phase 2: Prevention program targeting individuals with diabetes and others at very high risk of cardiovascular diseases
- Thai Ministry of Health, Thai Health Promotion Foundation, Mahidol University, The George Institute

Macroeconomic Consequences of Cardiovascular Disease

- Phase 1: economic analyses utilizing existing data (2003-2004).
- Phase 2: new data collection from several low and middle income countries (2005-2007)
- Earth Institute (Columbia University), Australian Health Policy Institute, Centre for Chronic Disease Control

Capacity Building and Institutional Strengthening

- Enhance capacity for health research in disease prevention and control
- Enhance capacity to develop and promote evidence-based health care policy and practice
- Integral to all projects and programs
- Special initiatives

Funding – “Catch 22”

- Research funding for low and middle income countries is ***not*** available for studies of the control of cardiovascular disease or diabetes
- Research funding for the control of cardiovascular disease or diabetes is ***not*** available for studies in low and middle income countries

Sponsorship Goals

- IC Health has begun major program to attract sponsorship
- Multilateral and bilateral donors/funders
- Pharmaceutical company foundations
- Other private foundations
- \$20 million over 5 years

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 - Modest, but probably implausible



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