



NEWS ITEMS

Global prevention news update

Global Prevention News Update is produced by ProCOR, an electronic health communication network promoting cardiovascular health in developing countries and other low-resource settings. We welcome you to participate in global knowledge sharing and discussion by joining ProCOR's electronic community via email (procor-join@healthnet.org) or online (www.procor.org). *Brian Bilchik, MD, Director, ProCOR.*

Contributors to this update: Joaquin Barnoya, MD, MPH; Brian Bilchik, MD; Norman Campbell, MD; Catherine Coleman; Robert Goldberg, PhD; Carlos Mendoza Montano, PhD; Juan Ramos; Karen Sliwa, MD, PhD.

Contact information: Catherine Coleman, Editor in Chief, ProCOR (ccoleman5@partners.org).

ProCOR (www.procor.org) is a program of the Lown Cardiovascular Research Foundation, 21 Longwood Avenue, Brookline, MA 02446, USA. Tel.: +1 617 732 1318/fax: +1 617 734 5763.

Barbados: Movement Fest 2007

The Heart and Stroke Foundation of Barbados hosted a "Movement Fest 2007" at which hundreds of people participated in events encouraging awareness of healthy living and fitness. Staff and volunteers administered over 400 blood pressure checks and CPR demonstrations to attendees, and distributed leaflets and posters promoting future events by the Foundation. Other activities included kayaking, miniature golf, swimming, snorkeling and diving. *Heartline Magazine.* http://www.hfob.org/heartline/april_june_2007/aj2007_9b.html

China: Second-hand smoke exposure

Second-hand smoke exposure is common in public places in China, according to a study of vapor-phase nicotine concentration measurements. Samplers were placed for seven days in hospitals,

secondary schools, city government buildings, train stations, restaurants and entertainment establishments in Beijing and rural areas of three provinces. Time-weighted average airborne concentration of nicotine was measured by gas chromatography. Airborne nicotine was detected in 91% of the locations sampled. Beijing had the highest and Chengdu had the lowest nicotine concentrations in most indoor environments. Restaurants, entertainment establishments, government buildings, and train stations had the highest nicotine concentrations.

"Second-hand tobacco smoke in public places in urban and rural China" *Tobacco Control* 2007;16: 229–234. <http://tobaccocontrol.bmj.com/cgi/content/abstract/16/4/229?etoc>

Ethiopia: Smoking among adolescents

Prevalence of adolescent smoking in Ethiopia is lower than in many other African countries; however, there is a need to strengthen anti-tobacco messages among this group. Data from the Global Youth Tobacco Survey 2003 were used to determine smoking prevalence, determinants, and attitudes to and exposure to tobacco advertisements among adolescents. Of the 1868 respondents, 4.5% males and 1% females reported being current smokers. Smoking was strongly associated with having friends who smoked, being male, and having a parent who smoked. Young people who perceived that smoking is harmful were less likely to smoke.

"Prevalence and determinants of adolescent tobacco smoking in Addis Ababa, Ethiopia" *BMC Public Health* 2007;7:176. <http://www.biomedcentral.com/1471-2458/7/176/abstract>

Ghana: Promoting heart-healthy traditional foods

Ghana Food @ 50 recently held a food festival in Accra celebrating the country's 50th anniversary

of independence. At the festival, Hajia Ramatu Mahama, the wife of the Ghanaian vice-president, called for Ghanaians to eat local food, stressing the health benefits of Ghanaian food and recognizing the responsibility of the government, industry, private sector and consumers to demand high standards of food preparation. Ghana Food @ 50 is part of a movement by Cook Art Ghana to revitalize Ghanaian cooking, help revive "lost and forgotten nutritious Ghanaian dishes," and encourage Ghanaians to "eat what they grow and grow what they eat."

The Daily Graphic, 12 July 2007

Grenada: FCTC

On August 14, 2007 Grenada became the 149th party to the World Health Organization's Framework Convention on Tobacco Control (FCTC) and the 134th country to ratify the FCTC.

World Health Organization. <http://www.who.int/tobacco/framework/en/>

India: Anti-tobacco youth activities

Young people in Chandigarh, India led an anti-tobacco campaign at a "Youth Parliament" on 28 July 2007. The gathering reassessed the smoke-free Chandigarh initiative and debated the issues of pictorial warnings on tobacco products, hooka bars, tobacco use in movies and the problem of tobacco in rural areas. The session was followed by a month-long reality check activity wherein the youngsters will keep a watch on the enforcement and compliance of smoke-free guidelines in Chandigarh.

Yahoo News India. <http://in.news.yahoo.com/070727/139/6iokx.html>

Mexico: Concurrent overweight and stunting

Combined prevalence of overweight and obesity is $\geq 20\%$ in children living in impoverished areas of rural Mexico, as is the prevalence of linear growth retardation (stunting). Prevalence of concurrent overweight or obesity and stunting was approximately 5% in non-indigenous children, and over 10% in indigenous children 24–60 months. Simultaneous prevalence of overweight or obesity and stunting has been noted in many countries undergoing nutritional transition.

"Overweight with Concurrent Stunting in Very Young Children from Rural Mexico: Prevalence and Associated Factors" *European Journal of Clin-*

ical Nutrition 2007;61:623–32. <http://www.nature.com/ejcn/journal/v61/n5/abs/1602558a.html>

New Zealand: Effect of smoke-free legislation on exposure in bars

Comprehensive smoke-free legislation enacted in New Zealand in 2004 may have reduced exposure of bar patrons to second-hand smoke (SHS) by about 90%. Researchers measured cotinine levels in saliva of non-smoking volunteers before and after three-hour visits to 30 randomly selected bars in three cities before and after the smoke-free law change in 2004. Increases in cotinine correlated strongly with the volunteers' subjective observation of ventilation, air quality and counts of lit cigarettes.

"Legislation reduces exposure to second-hand tobacco smoke in New Zealand bars by about 90%" *Tobacco Control* 2007;16:235–38. <http://tobaccocontrol.bmj.com/cgi/content/abstract/16/4/235?etoc>

Nigeria: Gender disparity in obesity and diabetes

Gender disparity of obesity and abdominal adiposity in females with type 2 diabetes supports the need for obesity management in African women with diabetes as a special at-risk group. In a Nigerian tertiary care clinic, 258 consecutive patients with type 2 DM were evaluated. Despite similar demographics (mean age and duration of diabetes), the prevalence of diabetes was significantly higher in females than men. The prevalence of elevated waist circumference and waist-hip ratio were also significantly higher in women who were obese or overweight.

Nigerian Journal of Clinical Practice vol. 10(1) 2007: pp.52–57. <http://www.ajol.info/viewarticle.php?jid=66&id=34510>

Peru: Low-cost physical activity groups for low-income women

Supervised physical group activity is feasible, low-cost and effective in reducing glucose levels and waist circumference, according to a study of socio-economically marginalized women in Lima, Peru. Study participants totaled 142 Amerindian women aged 25–64 years. Supervised outdoor exercise sessions consisted of a warm-up with stretching, light jogging and flexibility move-

ments, followed by traditional folk and modern aerobic dances for one hour, once or three times per week for six months. The number of training sessions correlated with changes in plasma glucose and waist circumference, but did not correlate significantly with BMI. "Improved metabolic risk markers following two 6-month physical activity programs among socioeconomic marginalized women of native American ancestry in Lima, Peru."

Diabetes Care 2007;30(9):2230–32. <http://care.diabetesjournals.org/cgi/content/extract/30/9/2230?etoc>

South Africa: Heart Awareness Days in Jabulani Mall

Hundreds of community members who shop and socialize in a new 100-store Jabulani Mall in Soweto, South Africa, are also benefiting from heart health screening and education on Heart Awareness Days that take place on the first Friday of every month. In addition to individual screening for body mass index, weight, hip-waist circumference, glucose, cholesterol and microalbuminuria, a highly visible "heart health station" staffed by nurses and dietitians engages passers-by in hourly educational presentations and displays tasty, affordable low-glycemic "recipes of the day." The monthly events are implemented by the "Heart of Soweto" to increase awareness of heart disease and its risk factors, and to promote healthy lifestyles.

Soweto Cardiovascular Research Unit, Chris Hani Baragwanath Hospital, Soweto, Johannesburg, South Africa. http://www.socru.org/heart_awareness_days.php.

Syria: CVD mortality and prevalence rates

CVD accounted for 45% of total mortality reported for a five-year period in Aleppo, Syria (compared with only 20% in developed countries) and about half of these deaths occurred before age 65. Of more than 2000 adult household representatives surveyed (45% men; mean age 35 years) in Aleppo, Syria, CVD prevalence was 5.4% (4.8% heart disease; 1% stroke). Hypertension, smoking and obesity affected about three-fourths of the study population. People with low education had worse risk profiles and smokers generally died about five years earlier than nonsmokers.

"Cardiovascular health among adults in Syria: a model for developing countries" *Annals of*

Epidemiology 2007;17(9):713–720. <http://www.annalsofepidemiology.org/article/PIIS104727970701500/abstract>

Taiwan: Community-based walking programs for elderly

A person's perception of his or her ability to achieve a goal is an essential component of a successful community-based walking program for older Taiwanese hypertensives. The 2004 study of 22 adults found that enjoyment and the sense of achievement in being a regular walker, learning from or sharing experiences with other walkers and sense of well being during a period of regular walking explained the participants' views about initiating and maintaining regular walking as exercise.

"The role of self-efficacy in older people's decisions to initiate and maintain regular walking as exercise: findings from a qualitative study" *Preventive Medicine* 2007;45(1):62–65. <http://www.sciencedirect.com/science/journal/07493797>

Resource Update

Recent resources relevant to the promotion of cardiovascular health.

BioMed Central Open Access and the Developing World Portal

Provides resources about open access and internet technologies in the developing world. Emphasizes benefits of increased internet technologies and open access to research, in hopes of encouraging projects and initiatives, and to showcase research published in open access journals that are of relevance to emerging countries.

BiomedCentral. <http://www.biomedcentral.com/developingcountries/>

Brain Drain of Health Professionals from Sub-Saharan Africa to Canada

Research report on international recruitment and migration of health care professionals to Canada from sub-Saharan Africa based on focus groups conducted at the International Society for Equity in Health conference in Durban, South Africa and interviews with physicians who migrated to Saskatchewan, Canada.

Queen's University. http://www.queensu.ca/samp/sampresources/samppublications/mad/MAD_2.pdf (3.5 MB)

Directory of Grants and Fellowships in the Global Health Sciences

A comprehensive compilation of international funding opportunities in biomedical and behavioral research.

National Institutes of Health. <http://www.fic.nih.gov/funding/globaldir06.html>

European Heart Health Charter

Developed by the European Society of Cardiology and the European Heart Network to prevent cardiovascular disease in Europe. The "Charter Community" provides opportunity to share initiatives on heart health promotion with other stakeholders across Europe.

European Heart Health Charter. <http://www.heartcharter.eu>

Health Indicators of Pakistan: Gateway Paper II

A report by Heartfile created to strengthen the evidence base for health reforms in Pakistan. Offers recommendations to strengthen Pakistan's health information system.

Heartfile. <http://heartfile.org/gwhiop-doc.htm>

Linked By a Common Purpose: Global Efforts for Improving Pediatric Heart Health

Report covers factors in treatment and detection of congenital heart disease in the developing world; rheumatic heart disease and Chagas disease prevention projects; relevance of the United Nations Millennium Development Goals to children's heart disease in the developing world; effect of health worker migration crisis on pediatric cardiac care; results of a web survey of pediatric cardiac care practitioners' views of challenges in treating, detecting, and preventing pediatric cardiac disease.

Children's Heartlink. <http://www.childrensheartlink.org/docs/Global%20Report%205-17.pdf> (2.02 MB)

Model Practice Database

An online collection of effective public health practices that have been implemented with good results. Searchable by topic or by region; topics include chronic disease, access to care, community assessment, community involvement, health disparities, primary care, tobacco, and others. National Association of County and City Health Officials (NACCHO). <http://archive.naccho.org/modelPractices>

Rheumatic Heart Disease Network

Promotes rheumatic fever and rheumatic heart disease control through the use of register-based secondary prevention. Provides register databases, rheumatic fever/rheumatic heart disease guidelines, educational and training materials, available free of charge. Provides an email contact for asking questions and sharing information and experience on rheumatic heart disease control. World Heart Federation. <http://www.world-heart.org/rhd>

Least Developed Countries Report 2007

Intended to increase awareness and enrich policy dialogue toward a new paradigm shift on poverty reduction through productive capacity building. United Nations Conference on Trade and Development: <http://www.unctad.org/Templates/WebFlyer.asp?intItemID=4314&lang=1>

World Health Report 2007: A Safer Future: Global Public Health Security in the 21st Century

WHO report freely accessible online in English, French and Spanish; and overview in Arabic, Chinese, English, French, Russian and Spanish. World Health Organization Online at www.who.int/whr or purchased at www.who.int/bookorders.