

The Road to 25×25

Update on WHF CVD Roadmaps



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Aiming to reduce premature mortality from cardiovascular disease (CVD) by 25% by 2025, the World Heart Federation (WHF) has designed CVD roadmaps to help members and partners around the world to work together to achieve this ambitious goal. Synthesizing evidence on the most cost-effective and feasible of strategies to prevent and control CVD, the roadmaps identify common “roadblocks” (barriers to their implementation) and “bypasses” (actions to overcome barriers). Setting the strategic path for achieving 25 by 25, roadmaps provide a framework to enable governments, employers, nongovernmental organizations, health activists, academic and research institutions, health care providers, and people affected by CVD to work together toward this common goal.

The CVD roadmap initiative leverages and supports the global action to address noncommunicable disease (NCD) that was launched in September 2011 when the United Nations (UN) gathered heads of state to secure commitment to act against this fast-growing epidemic. This historic meeting put NCD high on the global health agenda; since then, the World Health Organization (WHO) has worked with member states, civil society, and other stakeholders to develop the WHO Global Action Plan on NCD (WHO GAP) and a monitoring framework based on 9 global targets. WHF’s global CVD target aligns with the broader target for reducing mortality from NCD. The purpose of the CVD roadmaps is to help translate these global goals into national action, providing a platform for developing multisectoral collaboration to reduce premature CVD mortality. Focusing on the top priorities for reducing premature CVD mortality (hypertension, secondary prevention, and tobacco control), each of the original 3 roadmaps charts the path to meet a single global NCD target.

In May 2014, CVD thought leaders from around the world gathered to give input to the roadmap concept at the first Global Summit on Cardiovascular Health. The roadmaps then grew out of a broad consultation with WHF members, partners, and global experts. Roadmaps for GAP targets on hypertension and secondary prevention take the perspective of a patient journey through treatment to recovery, identifying the “roadblocks” or barriers that can disrupt the ideal “route” to a good health outcome. The CVD roadmap on tobacco control is based on the Framework Convention on Tobacco Control; this evidence-based treaty charts the route for an entire country or region to work toward becoming tobacco free.

Roadmap drafts were written by expert groups and revised through broad consultation with WHF members and topic experts. The secondary prevention roadmap was launched in London in February 2015 at the Royal College of Physicians; the tobacco control roadmap was launched in March at the World Congress on Tobacco or Health in Abu Dhabi; and the hypertension roadmap was launched in Geneva at a side event at the World Health Assembly in May. In July, *Global Heart* published these first 3 “flagship” roadmaps in an issue dedicated to WHF roadmaps. In August, the WHF presented the roadmaps to its members at the Second Global Summit on Cardiovascular Health, held at the 2015 European Society of Cardiology Congress.

Topic experts leading activities related to each roadmap include: Dr. Salim Yusuf and Dr. David Wood cochairs of the Roadmap on Secondary Prevention, Dr. Neil Poulter and Dr. Dorairaj Prabhakaran cochairs of the Roadmap on Hypertension; and Dr. Eduardo Bianco and Dr. Ulysses Dorotheo cochairs of the CVD roadmap on tobacco control.

The WHF strategy for 2015 to 2018 uses roadmaps as tools for influencing national policy. To be actionable, they need to be adapted to local systems, capacities, opportunities, and constraints. Pilots of the adaptation process in India and Brazil have organized a vanguard meeting with key stakeholders and a situation analysis using a combination of quantitative and qualitative methods; they examine policies, health systems, and patients’ perspectives to better understand the local context.

In Brazil, the Dante Pazzanese Institute of Cardiology is leading roadmap adaptation, working with the Brazilian Cardiology Society and Aliança de Controle do Tabagismo (ACT), the Brazilian Tobacco Control Alliance. A vanguard meeting was held in April 2015, and a team led by Dr. Alvaro Avezum is conducting a situation analysis to identify priority health system roadblocks to effective delivery of hypertension control and secondary prevention in primary care; ACT is conducting the situation analysis for tobacco control.

In India, roadmap adaptation is being led by Dr. Dorairaj Prabhakaran, of the Center for Chronic Disease Control. The Cardiological Society of India hosted the vanguard meeting at its Second Preventive Cardiology Conference in New Delhi in September 2015. The Center for Chronic Disease Control has conducted a situation analysis of health system capacity for providing hypertension control and secondary prevention in primary care. Health Related Information Dissemination Amongst Youths

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(HRIDAY), cohost of the national tobacco control alliance, is conducting the situation analysis for tobacco control. Initial findings from both countries were presented at the World Congress of Cardiology & Cardiovascular Health (WCC) in Mexico City in June; these will be the bases for subsequent policy dialogues. The WHF has produced toolkits for adapting roadmaps; they will be made available on the WHF web page to help roll out the roadmap initiative in other countries and regions.

In Latin America, the WHF has established a regional alliance to accelerate implementation of CVD roadmaps in the region: members include the American College of Cardiology, American Heart Association, Interamerican Committee for Cardiovascular Prevention and Rehabilitation, InterAmerican Heart Foundation, Interamerican Society of Cardiology, and Latin American Society of Hypertension. A strategy that leverages members' current or planned activities was discussed in Mexico City. The Pan American Health Organization will be advising this regional consortium and is already developing a position paper on how to adapt the CVD roadmap on secondary prevention to the region.

In Africa, the Pan-African Society of Cardiology (PASCAR) has begun working on a regional roadmap for hypertension, under the leadership of Dr. Anastase Dzudie, who presented it at the WCC 2016.

With its initiatives for the top 3 CVD priorities en route, the WHF has begun to chart roadmaps for other means of reducing CVD mortality. These will be based on the models established by existing roadmaps on hypertension, secondary prevention, and tobacco control.

Atrial fibrillation (AF) is an important risk factor for stroke; worldwide, less than one-half of those with AF receive appropriate therapy [1]. The AF roadmap will underline the rising burden of AF, its economic impact, and ways to improve quality of care. Dr. Xavier Jouven and Dr. Carlos Morillo cochair the writing group. The roadmap launch is planned for autumn 2016.

Raised cholesterol is a leading risk factor for myocardial infarction and stroke [2,3]. Cholesterol control is part of the WHO's Total Risk Approach to the prevention of CVD [4], and it figures as an indicator for achieving global NCD targets. WHF has started a roadmap on cholesterol

with the support of experts from around the world; a round table at the 2016 WCC brought some of the experts together to discuss the topic and make progress in this important new roadmap.

Rheumatic heart disease (RHD) affects the poorest of the poor, killing young people in their most productive years and deepening health inequalities. The WHF works closely with allies of the RHDAction Alliance to reduce the burden of RHD. By 2025, the CVD roadmap on RHD aims to reduce deaths from RHD among those younger than age 25 years. Following an RHD roadmap meeting at the 2015 PASCAR conference in Mauritius, Dr. Krishna Kumar and Dr. Ana Olga Mocumbi are leading a writing group developing the global RHD roadmap. The roadmap was released for review at the WCC 2016.

The global commitment to report back to the UN on GAP implementation establishes a clear time frame for registering progress toward the CVD 25 by 25 goal. WHF's CVD roadmap initiative is designed to support and strengthen countries' contribution to the report for the 2018 UN meeting on monitoring progress of the UN Political Declaration and WHO Global NCD Action Plan 2013 to 2020. By uniting the global cardiovascular community in a single voice, in dialogue with many others through global NCD action, the CVD roadmaps are charting the route to have an impact on global cardiovascular health.

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