

Communities for Healthy Hearts

Improving hypertension management and control in Vietnam

Hypertension leads to an estimated 91,000 deaths per year in Vietnam, representing 21 percent of total mortality. A study by the Vietnam National Heart Institute found that 25 percent of adults have hypertension, but fewer than half are aware of their condition and only 11 percent have achieved targeted control.¹ Additionally, hypertension prevalence is significantly higher in urban areas (33 percent) than in rural areas (17 percent).²

The Vietnam government is committed to a National Strategy on Prevention and Control of Noncommunicable Diseases (NCDs), which aims to contain the proportion of adults with hypertension to less than 30 percent by 2025. The Ministry of Health also supports a program to improve hypertension prevention and control. However, the national health system is currently under-resourced to meet the population's current need for hypertension care, particularly at the grassroots level.

A NEW MODEL FOR HYPERTENSION MANAGEMENT AND CONTROL

PATH is collaborating with the Novartis Foundation, a philanthropic organization pioneering innovative health care models, to introduce an innovative health care delivery model designed to improve hypertension management and control in Vietnam. The model is implemented in four districts of Ho Chi Minh City—home to the largest urban population—in collaboration with the Ministry of Health and the Provincial Health Department. The districts cover a population of approximately two million people, and a target population of approximately 700,000 people aged 40 years or older.

The three-year program aims to improve blood pressure control among adults by increasing access to and use of high-quality hypertension services that are sustainable and scalable.



In Vietnam, 25 percent of adults have hypertension, but less than half are aware of their condition. PATH/Matthew Dakin

The objectives of Communities for Healthy Hearts are to:

1. **Increase awareness**, patient engagement, and demand for screening and self-management of hypertension.
2. **Increase quality and availability of patient-centered services** for hypertension reflecting the full continuum of care (prevention, early detection, treatment, and follow-up), both at public and private facilities.
3. **Reduce loss to follow-up** by strengthening referral systems, empowering patients with tools for self-monitoring and managing their hypertension care.
4. **Enable country-level decision-makers** to translate the generated evidence into policy, and scale up the patient-centered model to improve blood pressure control in Vietnam.

OUR APPROACH

Communities for Healthy Hearts aims to create a sense of urgency around the problem of hypertension by increasing awareness of hypertension and its complications, the silent nature of the disease (i.e., lack of symptoms), modifiable risk factors, and the importance of screening. PATH is working to engage local social enterprises to leverage new approaches to increase the number of access points for cardiovascular health education and screening services.

Additionally, collaboration with the public and private health sectors as well as the community aims to strengthen treatment and referral services. Finally, digital health technology will be used to empower patients in self-management and reduce loss to follow-up, while also increasing patient to provider contact. Learnings from this program will be independently evaluated to inform scale-up of hypertension control efforts in Vietnam.



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PATH/Matthew Dakin

REDUCING THE GLOBAL BURDEN OF NONCOMMUNICABLE DISEASE

NCDs, including hypertension, place an enormous health and economic burden on individuals, families, and communities. In 2012, PATH expanded upon decades of work in cervical cancer prevention to initiate a broader, global NCD program and has rapidly become a leader in this arena.

PATH aims to reduce morbidity and mortality by using innovation and technology to increase access to NCD prevention and care. PATH is building on previous successes to bring state-of-the-art approaches to hypertension control in Vietnam.

1. Son PT, Quang N, Viet NL, et al. Prevalence, awareness, treatment and control of hypertension in Vietnam – results from a national survey. *J Hum Hypertension*. 2012;26(4):268–280.
2. Son PT. *Hypertension in Vietnam: From community-based studies to a national targeted programme*. Epidemiology and Global Health, Department of Public Health and Clinical Medicine, Umeå University, Sweden, and Vietnam National Heart Institute, Bach Mai Hospital & Hanoi Medical University. Umeå, Sweden: Umeå University; 2012.

Learn more: For more information about Communities for Healthy Hearts, contact Dr. Kimberly Green at kgreen@path.org.



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www.path.org

PATH is the leader in global health innovation. An international nonprofit organization, we save lives and improve health, especially among women and children. We accelerate innovation across five platforms—vaccines, drugs, diagnostics, devices, and system and service innovations—that harness our entrepreneurial insight, scientific and public health expertise, and passion for health equity. By mobilizing partners around the world, we take innovation to scale, working alongside countries primarily in Africa and Asia to tackle their greatest health needs. Together, we deliver measurable results that disrupt the cycle of poor health. Learn more at www.path.org.

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