

Expanding Non-Communicable Diseases services to remote population of Vanuatu through mass screening and referral

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Introduction

- Non-communicable disease is one of the silent killers in Vanuatu.
- **Cardio vascular disease risk assessment (CVD)** helps to identify fatal and non-fatal risk consequences in 10 years and helps to manage high risk people for NCD further to reduce NCD caused pre-mature death and disability
- **Hypotheses:** Evidence shows that the implementation of **Cardio vascular disease risk assessment** and risk-based management with catalytic funding works in the Pacific which helps further to reduce and stop development of NCDs
- In 2019, MOH in collaboration with Shefa and Tafea Health Offices and WHO has organized the CVD risk assessment in the population of two provinces

Methods

- Eligible population from Tanna and Efate Islands aged 25 years and above
- The trained teams organized first awareness on this campaign with village communities and agreed on the proposed dates for actual screening programme.
- Specially devised forms for screening, tally sheet and referral forms were used

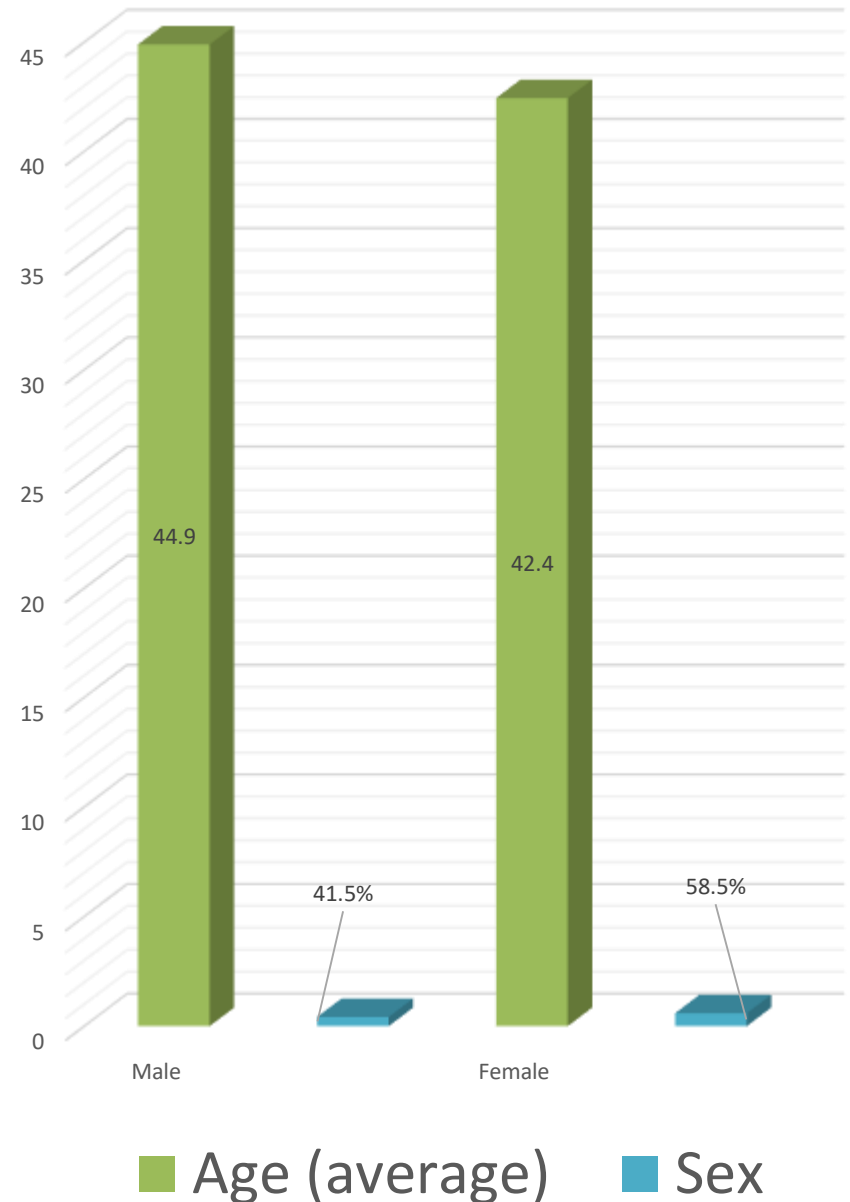
Results:

9,809 adults aged 25 years and above were screened

Average of screened people was **45 years for men** and **42 years for women**

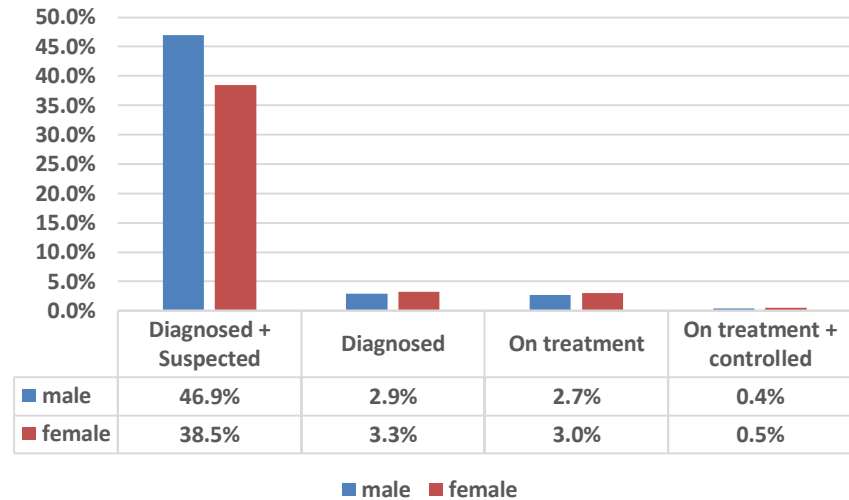
Almost 60% of screened people were women

Age and sex

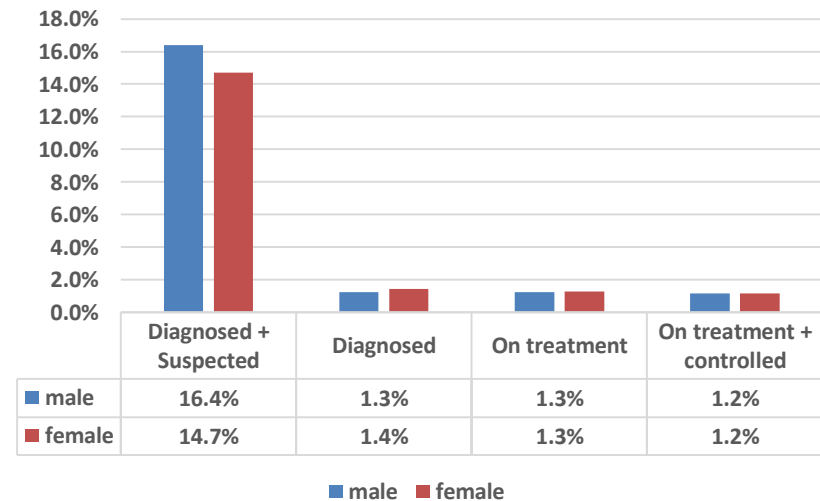


People who are suspected to have **hypertension (40%)** and **diabetes (16%)** for both men and women are not being diagnosed enough at an early stage.

Hypertension

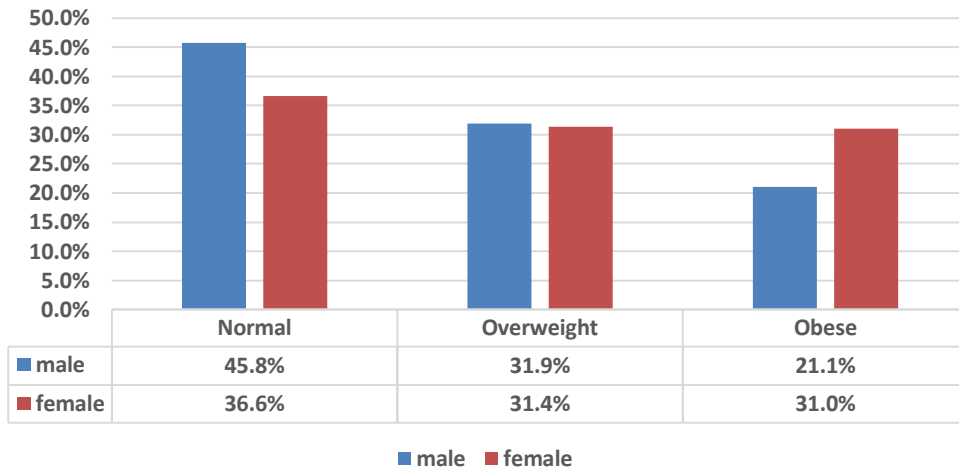


Diabetes

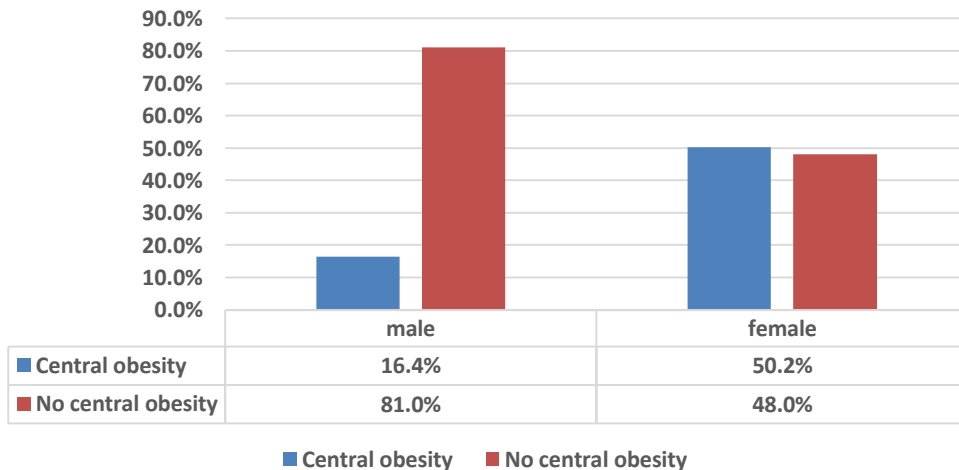


Around 60% were overweight and obese, especially high in women

BMI

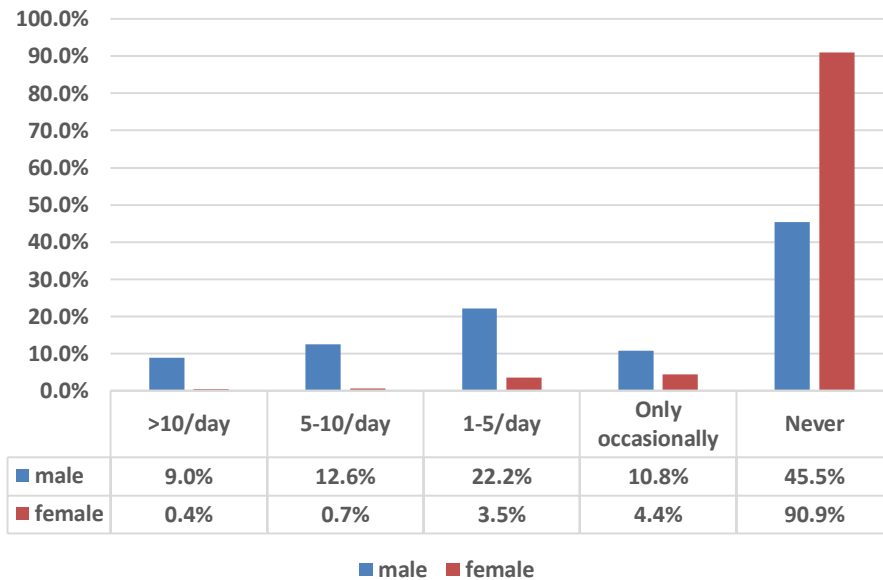


Abdominal circumference

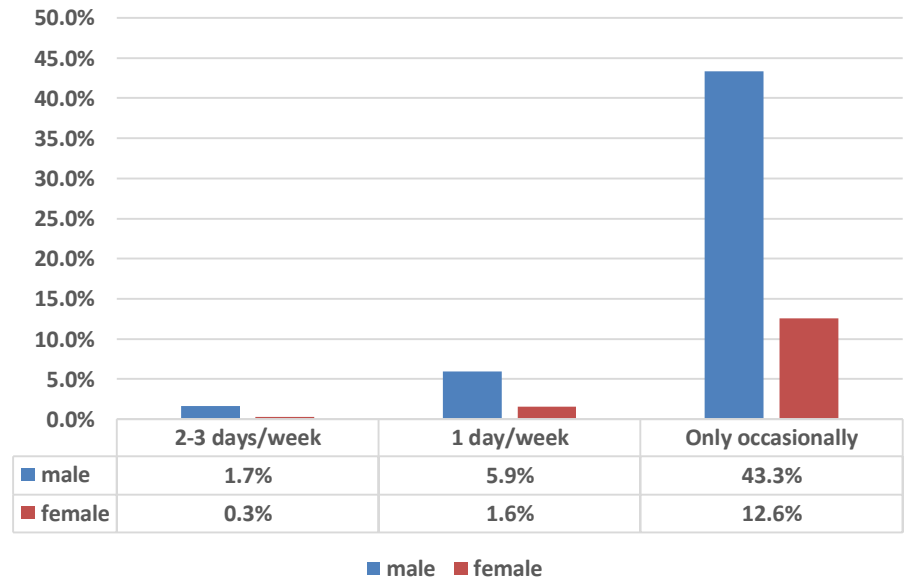


Risk factors: tobacco and alcohol use

Tobacco use

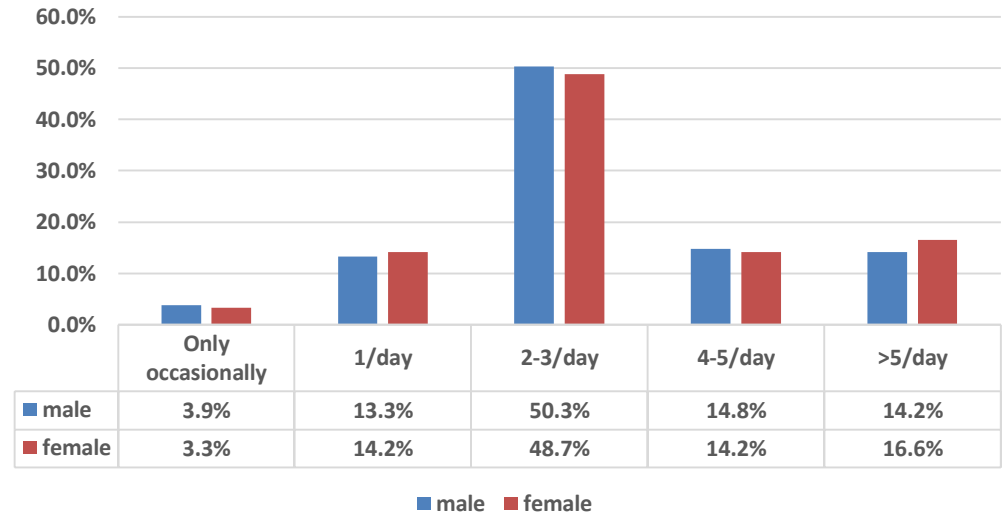


Alcohol use

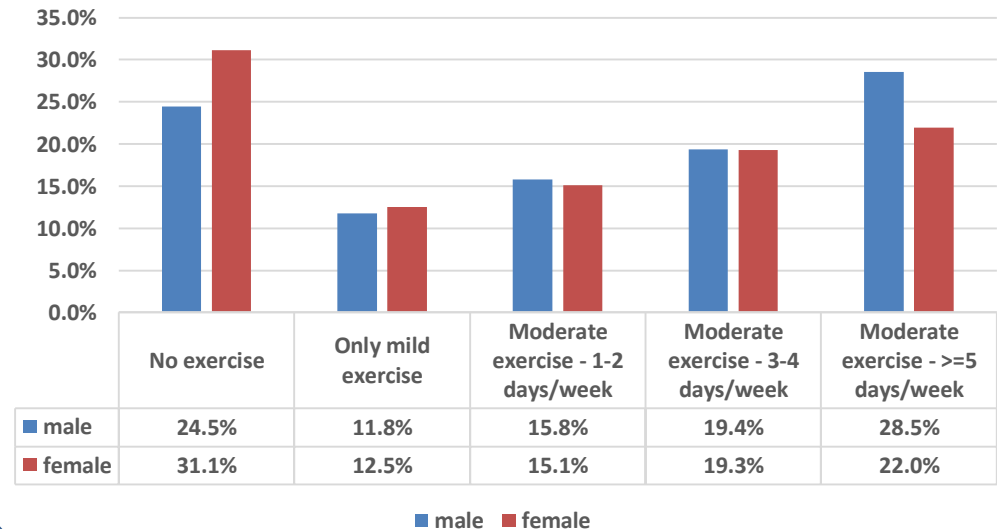


Risk factors

Fruits and vegetables

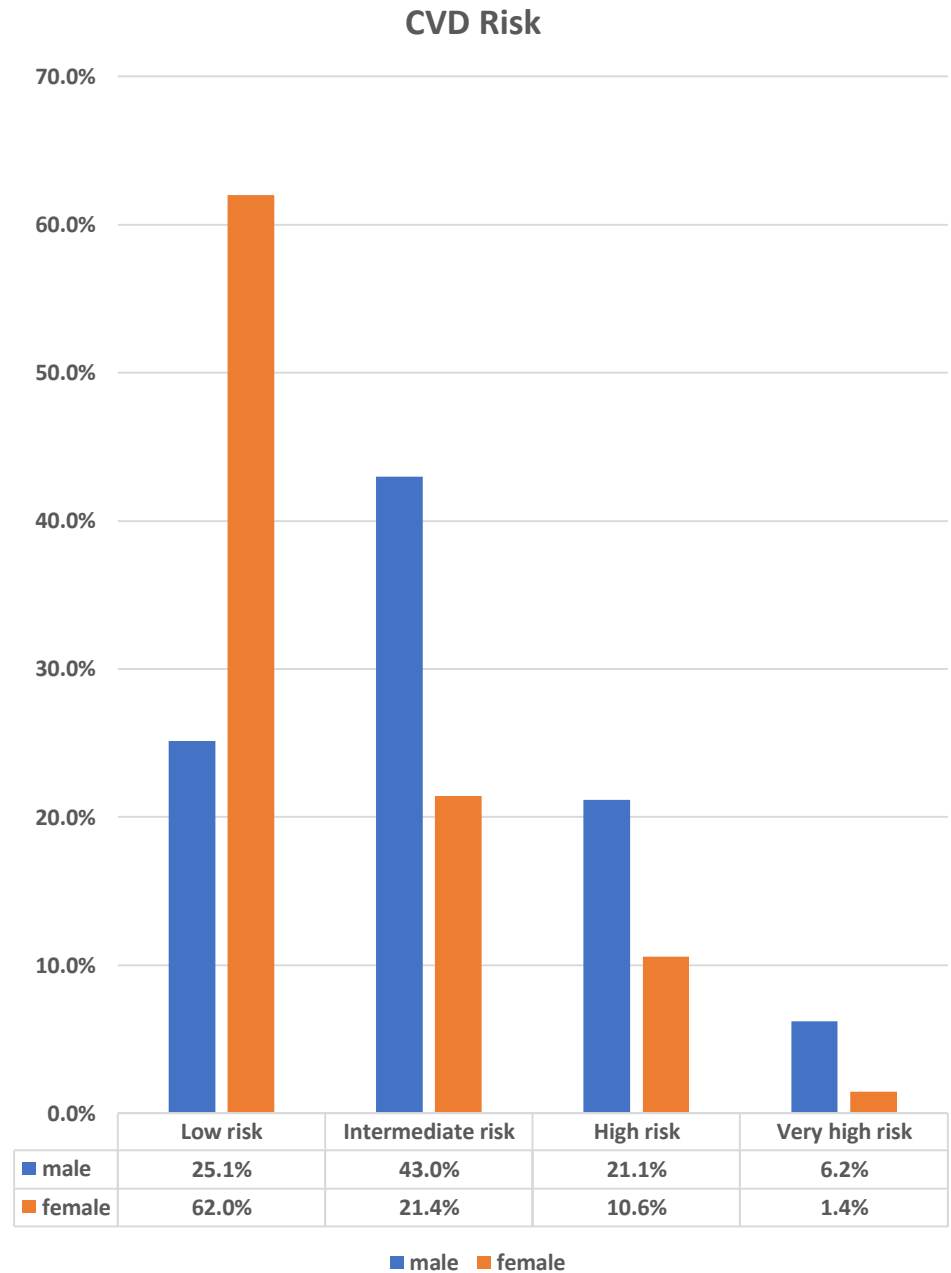


Physical activity



Over 90% of all screened people were with any risk for CVD

3% of all screened people were referred for further treatment



Conclusion

- Community and local leaders appreciated this activity organized by Ministry of Health and Shefa and Tafea Health Offices.
- The team was able to reached out to remote communities to identify NCD high risk people with CVD risk 30% and above, increased blood pressure and blood sugar with referral for a proper treatment
- The authors hope that with limited available data on NCDs, these data from two provinces will help decision-makers to plan and implement NCD actions to reduce the number of high-risk people ultimately to reduce NCD morbidity and mortality in Vanuatu

Actions

MOH strategically equipping staff with essential skills on CVD risk assessment and management and supplying the essential equipment and supplies

