



# CARDIO4DAKAR

Funded by the Novartis Foundation and led by IntraHealth International, CARDIO4Dakar is a three-year project (2022–2024) that partners with the government of Senegal to treat and manage hypertension in the city of Dakar. The project aims to decrease acute cardiovascular events, such as strokes, among adults in Dakar by 10% by 2024. CARDIO4Dakar's objectives include:

- **Improve early access to screening** for cardiovascular disease risk factors at the community level and to hypertension management at health facilities in four health districts in Dakar.
- **Help patients manage their hypertension** through data-based approaches and digital technology.
- **Strengthen multisectoral collaboration** to address cardiovascular diseases.

To reach the objectives, CARDIO4Dakar implements these five interventions:

1. **Launch SAYTU Tension**—a new digital solution that helps health workers and clients track hypertension—with the Senegalese consortium BAAMTU (HealthTech) and ByFilling (Marketing).
2. **Improve data availability** in DHIS2, a global public tool that transforms health information management around the world.
3. **Optimize early detection** of hypertension through the private sector and public health facilities.
4. **Refocus community outreach** activities to accelerate detection, referrals, and clients lost to follow-up.
5. **Develop eLearning modules** for health workers to build their skills in hypertension care.



Noncommunicable diseases (NCDs) cause more than 40 million deaths every year.



Eighty percent of premature deaths linked to NCDs happen in low- and middle-income countries.



In 2018, according to the WHO, 18% of deaths before the age of 70 in Senegal were attributable to NCDs.

## THE CARDIO APPROACH

In partnership with Senegal's Ministry of Health, IntraHealth implements the **CARDIO** Approach using these six pillars:

1. Improve the quality of **care**. The CARDIO4Dakar team supports urban health workers in the referral process, promotes the latest protocols for hypertension diagnosis and management, and helps health systems provide high-quality, proactive services that target cardiovascular risk indicators.
2. Expand early **access** to care. Through systematic screening processes at primary health centers and support for at-home self-screening, CARDIO4Dakar helps people living with cardiovascular risks identify danger signs early so they can get the care they need fast.
3. Establish and **reform** policies. CARDIO4Dakar partners with national- and city-level decision-makers to implement policies that are proven to protect and improve cardiovascular health within populations, such as tobacco taxes, financial incentives, and expanded access to medicines.
4. Use **data** and **digital** technology to improve health. Healthcare technology innovations—digital tools, data dashboards, and other resources to improve efficiency in the health system—can help patients and health workers overcome obstacles to cardiovascular population health. They are also integrated into the health system's wider data ecosystem.
5. Promote **intersectoral** collaboration for better health. The CARDIO4Dakar team forges connections among stakeholders within and outside of the health sector to foster engagement at all levels. This creates sustainable and efficient implementation of proven strategies for scale-up, helps to (re)adjust the cardiovascular population health roadmap, and allows for advocacy to increase resources for population health.
6. Support local **ownership**. By partnering with local government, health workers, and other stakeholders, CARDIO4Dakar works to make sustainable improvements to cardiovascular health services, including helping high-risk patients and under-represented groups meaningfully engage in health policy reform and quality of care management.

*CARDIO4Dakar builds on the success of the Better Hearts Better Cities program and is part of the CARDIO4Cities initiative pioneered by the Novartis Foundation. Monitoring and evaluation support is provided by the Swiss Tropical and Public Health Institute.*

### CONTACT

Joseph Barboza, MD  
Country Representative, Senegal  
jbarboza@intrahealth.org