



# American Heart Association International **LATIN AMERICA and THE CARIBBEAN**

**Cardiovascular disease (CVD) is the leading cause of death worldwide.** In 2020, approximately

**19.1 million**

people died from CVD – accounting for

**32%**

of global deaths.<sup>1,2</sup>

For nearly 100 years, the American Heart Association has been leading the fight against heart disease and stroke. **In the last 10 years, we've expanded our reach to over 100 countries,** working with organizations around the world to help change policies, implement programs, and strengthen healthcare systems to help improve and save lives.

**We believe that where you live should not limit your health or the quality of your life.**

## The Difference Between Life and Death

Since the 1960s, Latin America has seen a **significant decrease in deaths from infectious diseases.** However, **deaths from degenerative diseases have increased** due to changes like **poor diet, inactivity and smoking, as well as poverty, social inequality and economic instability.**<sup>3</sup>



In 2019, **two million people in the Americas died from CVD;** Haiti, Guyana, Suriname, Dominican Republic and Honduras have the highest CVD mortality rates in the region.<sup>4</sup>



**Hypertension is common across the region,** although **28% of women and 43% of men are unaware.**

Across Latin America, **women who have strokes experience worse outcomes for disability and death compared to men.**<sup>6</sup> Stroke patient care differs greatly in availability and access to stroke units in parts of the region.<sup>7</sup>

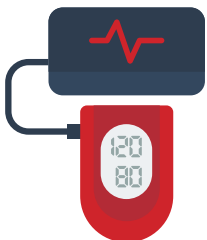
**Ischemic heart disease and stroke are the top two causes of cardiovascular death** in the Americas, diabetes is the leading cause of disability.<sup>5</sup> Puerto Rico, Portugal, Mexico, Spain and Cuba have the highest prevalence of adults with diabetes in Latin America.<sup>6</sup>



## Our Work

### **Better Hearts Better Cities**

A comprehensive program in Brazil supported by the Novartis Foundation to prevent and treat hypertension in low and middle-income countries by educating patients, improving coordination of care, increasing access to medication, and creating healthier living and working conditions.



### **Best Practices in Cardiology Brazil**

Beginning in 2016, the AHA and the Brazilian Society of Cardiology collaborated on this in-hospital quality improvement program. Participating hospitals were measured over three years on their increased adherence to **guidelines-based therapies for Acute Coronary Syndrome, Heart Failure and Atrial Fibrillation patients.**





## Mexico CVD Secondary Prevention in Clinical Practice Pilot

A new program with the Novartis Foundation, the Mexican Society of Cardiology, and the National Association of Cardiologists of Mexico to treat patients with atherosclerotic CVD to help prevent heart attack, stroke or other conditions.



## CPR Month

Event trains non-medical professionals in CPR and Hands-Only CPR (HOCPR) through online and in-person classes, events and social media.

American Heart Association



Our International Go Red for Women® program educates women on the risk factors for and symptoms of heart attack and stroke and encourages healthy behaviors to prevent CVD. To date, there are **13 countries hosting community events, awareness activities and health checks, in this region.**



## Hearts

We are a technical advisor to this program which provides a strategic approach to improving cardiovascular health in countries with the World Health Organization and the Panamerican Health Organization.

## Our Impact

### Better Hearts Better Cities Program

partners across Brazil, Senegal, and Mongolia have collectively:



Engaged more than

# 200

primary care clinics and health centers



Trained more than

# 2,500

primary care professionals and over 800 community health workers



Screened more than

# 1 million

patients

## Best Practices in Cardiology Brazil

Quality of life for heart failure patients increased more than **16 points** over the three-year program (from 45.9 to 62.3).<sup>8</sup>

## CPR Month

Since 2017, nearly **921,000** non-medical professionals have been trained in CPR and HOCPR through classes, events and social media.

## Who We Work With

- Argentina Federation of Cardiology (FAC)
- Argentine Society of Cardiology
- Heart & Stroke Foundation of Barbados
- Brazilian Society of Hypertension (SBH)
- Cardiovascular Society of the State of São Paulo, Brazil
- Chilean Society of Cardiology and Cardiovascular Surgery
- Colombian Heart Foundation
- Dominican Society of Cardiology
- Ecuadorian Society of Cardiology
- Guatemala Association of Cardiology
- Instituto Tellus, São Paulo, Brazil
- Interamerican Society of Cardiology
- IQVIA, São Paulo, Brazil
- The Heart Foundation of Jamaica
- Mexican Society of Cardiology
- Mexican Academic Consortium
- National Association of Cardiologists of Mexico (ANCAM)
- Novartis Foundation, Basel, Switzerland
- Pan American Health Organization (PAHO)
- Paraguayan Society of Cardiology
- Portuguese Heart Society
- Spanish Heart Foundation
- Trinidad and Tobago Heart Foundation
- Venezuelan Society of Cardiology
- World Health Organization
- World Heart Federation
- World Stroke Organization

## Our Commitment

As champions for health equity, by 2024, **we will advance cardiovascular health for all**, including identifying and removing barriers to health care access and quality. Since 1995, we've had a presence in Latin America and the Caribbean, and continue to prioritize the health of the region by creating a network of **7,462 instructors** helping save lives through resuscitation and First Aid training for over **338,000 people** at more than **739 training centers and sites** in this region.



1 Tsao CW, Aday AW, Almarazooqi ZI, Alonso A, Beaton AZ, Bittencourt MS, Boehme AK, Buxton AE, Carson AP, Commodore-Mensah Y, Elkind MSV, Evenson KR, Eze-Nliam C, Ferguson JF, Generoso G, Ho JE, Kalani R, Khan SS, Kissela BM, Knutson KL, Levine DA, Lewis TT, Liu J, Loop MS, Ma J, Mussolino ME, Navaneethan SD, Perak AM, Poudel R, Rezk-Hanna M, Roth GA, Schroeder EB, Shah SH, Thacker EL, VanWagner LB, Virani SS, Voecks JH, Wang N-Y, Yaffe K, Martin SS; on behalf of the American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2022 update: a report from the American Heart Association [published online ahead of print Wednesday, January 26, 2022]. *Circulation*. doi: 10.1161/CIR.0000000000001052

2 WHO, 2021 Fact Sheet on Cardiovascular Disease [https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-\(cvds\)](https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-(cvds))

3 Calazans JA, Queiroz BL. The adult mortality profile by cause of death in 10 Latin American countries (2000–2016). *Rev Panam Salud Publica*. 2020;44:e1. <https://doi.org/10.26633/RPSP.2020.14>

4 PAHO. The burden of cardiovascular diseases in the Region of the Americas, 2000–2019. Pan American Health Organization. 2021.

5 Leading causes of mortality and health loss at the regional, subregional, and country levels in the Region of the Americas, 2000–2019. Pan American Health Organization; 2021.

6 L Sinisterra-Loaiza, A Cardelle-Cobas, AG Abraham, MN Calderon, MA Espinoza, LG González-Olivares, M Gotteland, A Pazos-Sierra, S San Martin, A Cepeda, JJ Gagliardino. The IBEROBDIA Project Group. Diabetes in Latin America: Prevalence, Complications, and Socio-Economic Impact. *International Journal of Diabetes and Clinical Research*. 2019, 6:112. doi: 10.23937/2377-3634/1410112

7 Antonio Arauz, MD, PhD; Fabiola Serrano, MD, MSc; Sebasti\_an F. Ameriso, MD; Virginia Pujol-Lereis, MD; Alan Flores, MD; Hern\_an Bayona, MD; Huberth Fern\_andez, MD, MSc; Alejandro Castillo, MD; Rosa Ecos, MD; Jorge Vazquez, MD; Pablo Amaya, MD; Ang\_elica Ru\_iz, MD, MSc; Minerva L\_opez, MD; Carlos Zapata, MD; Luis Roa, MD; Juan Manuel Marquez- Romero, MD; Eugenia Morelos, MD; Marco A. Ochoa, MD; Carolina Leon, MD; Felipe Romero, MD; Jos\_e Luis Ru\_iz-Sandoval, MD; Abraham Reyes, MD; Miguel A. Barboza, MD, MSc; Sex Differences Among Participants in the Latin American Stroke Registry J Am Heart Assoc. 2020;9:e013903. DOI: 10.1161/JAHA.119.013903.

8 Taniguchi, FP, et al (2020). Implementation of a Best Practice in Cardiology (BPC) Program Adapted from Get With The Guidelines® in Brazilian Public Hospitals: Study Design and Rationale. *Arquivos Brasileiros de Cardiologia*, 115(1) :92-99. DOI: <https://doi.org/10.36660/abc.20190393>