



American Heart Association International MIDDLE EAST and NORTH AFRICA

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.^{1,2}

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



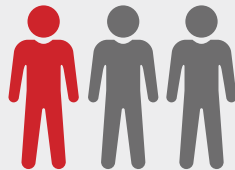
It is estimated that CVD accounts for **more than 45% of all deaths** in Saudi Arabia.³



48%

The total number of CVD deaths in the Middle East has **risen by 48%** in the last 30 years.⁴

CVD in the Middle East is responsible for more than one third of all deaths, or **1.4 million people every year.**⁴



In the Middle East, death from **stroke is expected to double** by 2030.⁵



Our Work

Quality Improvement

For several decades, the American Heart Association has worked with hospitals across the United States to improve patient outcomes from cardiovascular disease through our Get With the Guidelines (GWTG), certification and quality improvement programs. The Middle East has been at the forefront of our global expansion of these lifesaving programs.



We offer all five GWTG modules (Stroke, Afib, Coronary Artery Disease, Heart Failure and Resuscitation) in the UAE and Saudi Arabia.



Through a collaboration with the Emirates Cardiac Society, we're offering Primary and Comprehensive Chest Pain Center Certification to hospitals in the UAE.



We're working with the Middle East North Africa Stroke Association to offer Primary and Comprehensive Stroke Certification in the UAE and Saudi Arabia.



A simulation-based in-hospital training platform, when paired with GWTG-Resuscitation, provides a complete quality system of resuscitation care.

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 15 countries in MENA hosting community events, awareness activities and health checks.



We're working with the Dubai Health Authority to help improve out-of-hospital response times to cardiac arrest by training people in CPR and installing AEDs throughout Dubai.



Last held in 2019, this event trained non-medical professionals in CPR and Hands-Only CPR in classes, events and on social media. In 2020, the program shifted to a virtual campaign due to COVID.

Our Impact



Annually screened more than
12,400

women for high blood pressure in malls in the Middle East; participants represented 46 different countries.



In Dubai, more than
23,000
people have been trained in CPR and **10,000 AEDs have been installed throughout the city.**



During Heartsaver Month, more than
487,000
non-medical professionals were trained in CPR and Hands-Only CPR, in-person and virtually. The 2020 program resulted in 1.16 million completed views of online Hand-Only CPR videos.

Who We Work With

- Angels Initiative
- College of Physician and Surgeon Pakistan
- Dubai Health Authority
- Emirates Emergency Society
- Emirates Cardiac Society (ECS)
- (EMAT) Emergency Medicine Association Turkey
- Gulf Heart Association
- HeartSafe Cities
- Heart & Health Foundation of Turkey (HHFT)
- Jordanian Nurses Council
- Kuwait Oil Company (KOC)
- Lebanese Society of Cardiology
- Middle East North Africa Stroke Organization (MENASO)
- Ministry of Health and Prevention, UAE
- Ministries of Health in the MENA
- Ministry of Health Oman
- Ministry of Health (Saudi Arabia)
- Ministry of Presidential Affairs (MOPA)
- NCD Alliance
- Oman Medical Specialty Board (OMSP)
- Oman Society for Petroleum Services – OPAL
- Pakistan Cardiac Society (PCS)
- Registry of Stroke Care Quality (RES.Q)
- Safe Implementation of Treatments in Stroke (SITS)
- Saudi Arabian Oil Company (ARAMCO)
- Saudi Basic Industries Corporation (SABIC)
- Saudi Health Council / National Heart Center
- Saudi Society of Emergency Medicine
- Turkish Society of Pediatric Intensive and Emergency Care
- UAE Genetic Disease Association
- Update in Cardiology and Cardiovascular Surgery (UCCVS) (Turkey)
- World Cardiology Congress
- World Health Organization
- 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 the Middle East North Africa region, and continue to prioritize the health of the region by creating a network of **5,343** instructors helping save lives through resuscitation and First Aid training for over **247,000** people at more than **400** sites across the area.



1 Tsao CW, Aday AW, Almarzooq 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 Fact Sheet on Cardiovascular Disease World Health Organization, <https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-cvds>. Accessed 28 Feb. 2022.

3 Alhabib, K.F., Batais, M.A., Almigbal, T.H. et al. Demographic, behavioral, and cardiovascular disease risk factors in the Saudi population: results from the Prospective Urban Rural Epidemiology study (PURE-Saudi). BMC Public Health 20, 1213 (2020). <https://doi.org/10.1186/s12889-020-09298-w>

4 Middle East & North Africa™ World Heart Federation, <https://world-heart-federation.org/where-we-work/middle-east-north-africa/#:~:text=Cardiovascular%20disease%20is%20the%20number,Oman%20to%2010%25%20in%20Somalia>. Accessed 28 Feb. 2022

5 Tran, J., Mirzaei, M., Anderson, L., Leeder, S.R. (2010) The epidemiology of stroke in the Middle East and North Africa. Journal of the Neurological Sciences, 295 (1-2), pp.38-40 DOI:10.1016/j.jns.2010.05.016