

**CDC/IUHPE Annual Seminars for Cardiovascular Health Promotion  
and Chronic Disease Epidemiology in Sub-Saharan Africa: External  
Evaluation**

Prepared by

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# Executive Summary

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The **Annual Seminars for Cardiovascular Health Promotion and Chronic Disease Epidemiology in Sub-Saharan Africa** were designed to help sub-Saharan Africa build the capacity to promote population-based cardiovascular health and prevent and control heart disease and stroke, while fostering a better understanding of the increasing burden of chronic diseases and risk factors in the region.

Based on document review and post-test only evaluation surveys with core faculty members, team leaders, and seminar participants, there appears to be some evidence that the underlying objective of instilling a population perspective on health regarding cardiovascular disease rather than a clinical-treatment only perspective has been embraced in word and in practice among some seminar participants.

Despite competing demands placed on participants practicing in acute care settings or working in non-medical environments, the majority of Annual Seminar survey reported that participants learned new information or strengthen their existing knowledge about population health and developing, implementing, and sustaining solid population health programs. Seminar participants reported discussing population health concepts and CVD risk reduction with patients, community members, leaders, and stakeholders. Many teams were able to develop and implement small projects and pilot programs that reflected information they learned at the Annual Seminars. Faculty members and team leaders demonstrated their commitment to the goals and process of the Annual Seminars through their continued participation and desire for continued contact with seminar participants as individuals and as team members.

While these preliminary observations would benefit from a more rigorous pre-post evaluation design and limited in their generalizability, the following recommendations are based on the observations made to date.

## *Recommendations*

1. Conceptually and practically restructure the Annual Seminars to begin prior to and continue after the two week in-person meeting.
2. Establish clear expectations among Team Leaders regarding opportunities and limitations of IUHPE support of activities associated with the Annual Seminars.
3. Reconceptualize the Annual Seminars format to promote the Integrated chronic disease prevention and control (WHO 2008a). By using the IUHPE's experience, expertise and leadership as a model approach to capacity building in Sub-Saharan, modifications to current program content areas would lay a solid foundation of integrated chronic disease prevention and control with the potential to elaborate specific conditions such as obesity, diabetes, cancer, and hypertension.
4. Incorporate ongoing process, impact, and outcome evaluation measures for the Annual Seminars specifically.