



**WORLD  
HEART  
SUMMIT**

# **6TH WORLD HEART SUMMIT**

# **TIME TO ACT ON OBESITY**

**22 November 2021**  
**PrideInn Paradise Beach Resort**  
**Mombasa, Kenya**

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**WORLD  
HEART  
FEDERATION**

In collaboration with:



*Moving NCD Care Forward*

# TIME TO ACT ON OBESITY



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## OBJECTIVES AND EXPECTED OUTCOMES

**The objectives of the Summit are to:**

1. **Convene** and mobilize advocates in cardiovascular health
2. **Coordinate** stakeholders and policymakers around shared goals
3. **Campaign** for heart health with a collective voice and a clear message
4. **Catalyse** action for circulatory health through civil society and policy engagement

**These objectives lead directly to the intended outcomes of the Summit, namely to:**

- Foster greater **connectedness** between participants
- Issue **collective calls to action**
- Discuss **concrete next steps** for programme implementation

## ABOUT THE WORLD HEART SUMMIT

The World Heart Federation (WHF) convenes leaders and innovators who drive action for cardiovascular health at the annual **World Heart Summit** (previously called the Global Summit for Circulatory Health). Running since 2016, the Summit is an exclusive event where government, civil society, industry, and academia share, learn and decide what is next for the prevention and control of cardiovascular disease at a global level.

**Previous editions have explored key issues** such as access to essential medicines, innovations in technology, and the role of the workforce in cardiovascular health.

## FORMAT OF THE 6<sup>TH</sup> WORLD HEART SUMMIT

The **theme of the 2021 World Heart Summit** is “**Time to Act on Obesity**” because **preventing and controlling obesity can be a gamechanger for cardiovascular health.**

This year the Summit is convened as a hybrid event, with five global and regional webinars held between October and November culminating in a half-day event in Mombasa, Kenya, on 22 November.

In Mombasa, we will be accessing a wealth of perspectives and expertise from a continent where urbanization, shifting diets, decreased levels of physical activity, and increased economic growth made **obesity a looming public health crisis.**

**The Summit** will have three plenary sessions that outline the factors contributing to rising obesity rates in Africa, showcase what people living with CVD and obesity can teach the cardiovascular community about managing complex conditions, and break down how health systems on the continent can shift from managing communicable diseases to preventing and managing non-communicable diseases.

# PROGRAMME – 22 NOVEMBER

**08:30-09:00**

## Registration

**09:00-09:10**

## Welcome and introduction

Fausto Pinto, World Heart Federation

**09:10-09:20**

## Highlights from the global webinars

Liesl Zuhlke and Amam Mbakwem, Co-Chairs of the World Heart Summit

**09:20-10:35**

## Opening plenary

Africa, the new ground 0 of the obesity epidemic: how did we get here and what can the cardiovascular community do about it?

**Moderator:** Liesl Zuhlke, Co-Chair of the World Heart Summit

### Panellists:

- Githinji Gitahi, CEO, Amref Health Africa
- Gerald Yonga, NCD Alliance Kenya
- Erick Njenga, Diabetologist
- Albertino Damasceno, Eduardo Mondlane University, Mozambique
- Roseanne Nyaberra, Cardiac Nurse
- Stephen Ogweno, Stowelink Inc
- Nabil Chuadhry, Cardiologist and Diabetes Reversal patient (TBC)

**10:35-10:45**

## Tea break

**10:45-11:45**

## Panel discussion

In their shoes: What can people living with CVD and obesity teach the cardiology community about preventing and managing CVD and obesity?

**Moderator:** Alvin Wachira, Machakos County

**Keynote presentation:** Manal Rostom, Surviving Hijab

### Panellists:

- Edward Ligondo Konzolo, Stroke Association of Kenya
- Reuben Magoko, Kenya Defeat Diabetes Association
- Daniel Katombo, Diabetes Reversal patient
- Catherine Karenzi, NCD Alliance Kenya
- Ellos Ellard Lodzeni, IAPO and Patient and Community Welfare Foundation of Malawi
- Ali Ibrahim Toure, PASCAR Governing Council
- Nabil Chuandry, Diabetes Reversal (TBC)

**11:45-13:00**

## Panel discussion

Shifting patterns of disease, still health systems? How can healthcare delivery keep up with the increased prevalence of non-communicable diseases on the continent?

**Moderator:** Mohamed Jeilan, Aga Khan University Hospital

### Panellists:

- Augustin Odili, University of Abuja, Nigeria
- Johnpaul Omollo, Health Research and Development, PATH
- Bernard Gitura, Kenya Cardiac Society
- Zipporah Ali, NCD Alliance Kenya
- Elizabeth Onyango, Ministry of Health (TBC)
- Ana Mocumbi, Eduardo Mondlane University, Mozambique (TBC)

**13:00-13:15**

## Closing remarks and call to action

**Leads:** Liesl Zuhlke and Amam Mbakwem, Co-Chairs of the World Heart Summit

# TIME TO ACT ON OBESITY



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