

USE TO FIGHT TO BEAT W

END OF YEAR REVIEW 2020



The World Heart Day logo was projected on one of the fountains of Zagreb, Croatia

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Message from the President and CEO

Dear Friends,

A year like no other is behind us. The entire world – our governments, economies, and societies – has been tested like never before in our lifetimes. Faced with a global threat and many unknowns, we spent the past ten months fighting the virus and protecting the cardiovascular health of people everywhere. We came together as one community, a knowledgeable and caring world heart.

COVID-19 created a "perfect storm" for heart disease. We realised this at the very beginning of the outbreak, and we built an entire support system and knowledge platform to provide the latest information, advice, and communications to our Members, Partners and the larger cardiovascular community. We mobilised resources, skills, and most importantly our unwavering commitment to heart health, to ensure that the most vulnerable among us are protected and are able to access the care and treatment they need to survive this crisis.

We had our first-ever entirely digital World Congress of Cardiology, jointly with our Members the American College of Cardiology, which brought the latest cardiovascular science and education straight to your doorsteps. We then turned the attention of the wider world to our thought-leadership series: **Rethinking the Future of the Cardiovascular Workforce**, which explored the potential of digital health and artificial intelligence. Once again, our role was to ensure that as ideas transform into concrete decisions and actions, we are putting the equity of treatment and care at the heart of it all.

We are proud that as the global cardiovascular, memberbased organisation we managed to also embark on a COVID-19 and CVD research journey, mobilising our network to help us better understand the link between cardiovascular disease and COVID-19. In a very short span of just four months we have already reached the milestone of 1000 patients recruited from 22 participating hospitals around the world.

We invite you to take a detailed look at our 2020 universe and see what the major themes for WHF were in a year when global health enjoyed unprecedented public and political interest. The main task before us now is to keep the momentum and make sure that politicians, economists, decision-makers at all levels and the society at large don't forget why we need a stable health system, a satisfied workforce and fair access to treatment and care for everyone, everywhere, regardless of origin and social status. We must leave no disease neglected and put our best efforts for those who need us most.

This year we created a global movement for World Heart Day, which we started already in April, right after the pandemic entered our lives. Called simply USEHEART, our major public event was about using our influence, compassion and network to inspire better choices for society, our loved ones, and ourselves. We use our hearts to beat CVD, and we do this every single day. We want to express our personal gratitude to our Members, Partners, the global cardiovascular community and the WHF staff and Board for their support, innovative ways of thinking, flexibility and passion which empower us to continue our mission to achieve cardiovascular health for all.

We approach the end of 2020 more motivated than ever to connect, lead, and inspire change for the successful prevention and equal treatment of cardiovascular disease in every corner of the world. We look forward to what 2021 will bring and hope that our joint actions will result in stronger health systems and healthier hearts.



Professor Karen SliwaPresident, World Heart Federation



Jean-Luc Eiselé Chief Executive Officer, World Heart Federation

COVID-19 AND CARDIOVASCULAR DISEASE

WHF takes action against the novel coronavirus

As a global organization representing the cardiovascular community, it is our mission to raise awareness, equip our Members and protect those living with heart disease as a particularly vulnerable group. We committed ourselves to offering the latest developments of the COVID-19 outbreak and ensuring everyone was aware of the necessary measures to protect themselves and others in order to slow the spread of the disease and reduce the strain on health systems worldwide.

Access the COVID-19 Resource Hub

COVID-19 Resource Hub

In March, WHF launched a **COVID-19 Resource Hub** with information about the symptoms, signs and transmission pathways of the novel coronavirus and prevention guidelines to protect people with cardiovascular disease (CVD). In April, we launched a series titled 'The Human Side of the Pandemic', which is dedicated to those on the frontlines and people

who have survived the disease. WHF also launched the 'COVID-19 across the spectrum' series, which focused on the measures that countries were taking to deal with the pandemic and their journeys to protect their citizens in an uncertain landscape.

Global Study on COVID-19 and CVD

In April, WHF launched a global prospective cohort study in order to describe cardiovascular outcomes and identify cardiovascular risk factors associated with poor prognosis in patients with COVID-19. The study was supported by the WHF Science Committee and led by Professor Karen Sliwa, Professor Dorairaj Prabhakaran and Professor Pablo Perel. With our Members' support, we have so far recruited more than 1000 patients from 22 participating hospitals around the world in four months. The patients come from Argentina, Bosnia and Herzegovina, Colombia, Ghana, India, Iran, Japan, Kenya, Mexico, Nigeria, Pakistan, Portugal, South Africa, Sudan and Zambia. The global study will continue in 2021 to reach the recruitment target of 5000 patients.



Professor Fausto Pinto and the research team at University Hospital Sta Maria in Lisbon, Portugal



Professor Ahmed Suleiman and team at the Fedail Hospital in Khartoum. Sudan

THE HEART IN THE TIME OF COVID-19



To help make sense of the sea of rapidly emerging new data and evidence, we launched "The Heart in the Time of COVID-19" blog, in which our Emerging Leaders summarized the most important current articles on the link between the virus and CVD.

We also published a **series of recommendations** on COVID-19 prevention
for vulnerable populations and those living in
poor regions. Global Heart, our official journal,
invited researchers to submit papers related
to CVD and COVID-19, particularly welcoming
results based on data in low-resource settings.

COVID-19 and Chagas Disease

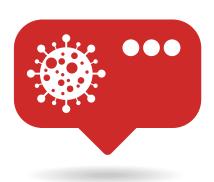
Out of concern for COVID-19's potential impact on the seven million people living with Chagas disease, a group of multidisciplinary experts developed a set of preliminary recommendations for care of people living with Chagas disease during the pandemic.

Published in Global Heart in October, the paper discusses prevention and care for both diseases, documents guidance for different drug applications and includes recommendations for screening and testing for persons with Chagas disease.



Global Coalition webinar series on COVID-19

WHF and the Global Coalition for Circulatory Health launched a three-part webinar series to provide a global perspective on the circulatory risk factors and outcomes associated with the virus. In addition, on 27 August, WHF President Karen Sliwa and WHF President-Elect Fausto Pinto hosted a webinar exploring ways in which the COVID-19 pandemic had disrupted health systems in different parts of the world.





WORLD HEART DAY: USE HEART TO BEAT CVD

WHF launched the 'Use Heart to Fight COVID-19' campaign in late April to showcase the importance of protecting ourselves and the vulnerable in society during the COVID-19 outbreak.

The campaign incorporated several messaging strands, including the importance of not delaying seeking help for heart-related issues and a call to slow the spread of COVID-19 by taking safety precautions.

On **World Heart Day**, 29 September, WHF urged the world to Use Heart to beat CVD. The campaign incorporated shareable and adaptable material in different languages, a custom poster builder and an Instagram filter. Health care providers, people living with heart conditions and those passionate for heart health came together to create an unprecedented global campaign – a global movement throughout seven months, spanning six continents and reaching millions of people.





Pakistan Cardiac Society celebrated World Heart Day in Hyderabad, Pakistan

"

The theme Use Heart to Beat CVD was so fitting, especially during the pandemic that has been affecting everyone across the world. With healthcare workers feeling the huge brunt of the pandemic, it really takes heart to best meet the needs of our patients in these trying times.

Georgetown Public Hospital Corporation



Uganda Heart Institute designed t-shirts with our official slogan for World Heart Day



The Department of Health in Panama celebrated World Heart Day wearing red

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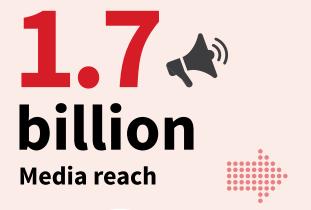
Since the birth of my daughter with a heart ailment, I know how it feels to heal a heart. I use heart to care, empathise, learn and share. Let's be more inclusive and less intrusive."

Hina (Pakistan)



Kids and adults alike joined World Heart Day events in Turin, Italy

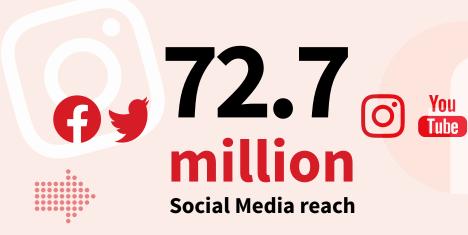




6.7 million

Impressions on WHF's social media platforms





77,000

views of the press release



104,400

impressions of the instagram filter



35,500

downloads of the assets





10,400

unique visitors to the content hub



HEART TO HEART: A DEBATE SERIES ON DRIVING BEHAVIOUR CHANGE



"Heart to Heart" is a new series of debates created by WHF on driving behaviour change related to heart health.

On World Heart Day, we held the first debate in the series, "The World's Most Urgent Heart to Heart", where experts debated the ways to make breakthroughs in individual and societal behaviour to help beat CVD.

On 16 November, to mark World Diabetes Day, we hosted "Why Silos in Healthcare are Killing You" on the silos in healthcare and how they affect people living with diabetes.







LEADERSHIP & ADVOCACY

HEALTHY CHOICES FOR HEALTHY PEOPLE



On 16 October, World Food Day, WHF released a **policy brief** on front-of-pack labelling (FOPL) aimed at creating environments to help consumers make better-informed, healthier food choices.

The brief reviews the latest evidence on different FOPL systems, shares success stories, and concludes with recommendations to enable governments to access tools and select the FOPL system that best meets citizens' needs, along with guidance for developing and successfully implementing an effective FOPL programme, and methods for monitoring and evaluating outcomes.

"

With the increased worldwide consumption of unhealthy, ultra-processed food and beverage products, it is imperative that governments address the problem with mandatory labels to inform consumers about what they are eating.

Beatriz Marcet Champagne, Chair of the WHF Advocacy Committee



Download the Policy Brief



Watch the video



Our FOPL policy brief aims at creating healthy food environments

TOBACCO AND CORONARY HEART DISEASE: ALL YOU NEED TO KNOW



On 22 September, we partnered with the World Health Organization (WHO) and the University of Newcastle, Australia to publish a **new brief** summarising the latest evidence on the link between tobacco use and coronary heart disease (CHD).

Tobacco use and second-hand smoke exposure are responsible for 1.9 million heart deaths every year – approximately 21% of total CHD deaths. The brief advocates for a tobaccofree society, stressing that smokers are more likely to experience an acute cardiovascular event at a younger age than non-smokers. It also highlights the dangers of smokeless tobacco, which is responsible for around 200 000 deaths from coronary heart disease per year.

"

Failing to offer cessation services to patients with heart disease could be considered clinical malpractice or negligence. Cardiology societies should drive advocacy efforts on tobacco control and train their members in smoking cessation.

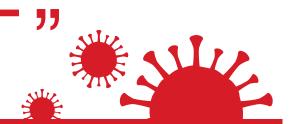


Download the summary



Watch the video

Eduardo Bianco, Chair of the WHF Tobacco Expert Group



LEAVING NO DISEASE BEHIND DURING THE PANDEMIC

This year's World Health Assembly (WHA73) was like no other. During sessions held in May and November, Member States representatives from across 24 time zones discussed strategies to ensure no one was left behind in the fight against COVID-19.

Together with the Global Coalition for Circulatory Health, we submitted two joint official statements applauding WHO's relentless commitment to science and solidarity in fighting this viral storm, and calling for Member States to fund research and focused responses to the relationship between COVID-19 and noncommunicable diseases (NCDs).

"

We are united in our efforts to better understand through scientific enquiry the health impact of this infection and how these can be mitigated through policies to save lives. This pandemic presents an opportunity to reimagine stronger, more integrated healthcare systems.

Highlights from WHA73



Read our full statement



Global Coalition for Circulatory Health

HEART TALKS: RETHINKING THE FUTURE OF THE CARDIOVASCULAR WORKFORCE

Our 5th Global Summit this year took the shape of a webinar series called **Heart Talks.**

Between 8 October and 19 November 2020, WHF challenged public health experts from policymaking, international organizations, academia, and the private sector, as well as health providers



WHF challenged public health experts and healthcare workers in our webinar series Heart Talks



6 key lessons learned on the future of cardiovascular disease

working on the frontlines, to rethink the future of the cardiovascular workforce. The webinars focused on CVD management in the post COVID-19 era, the role of the health workforce, the impact of telemedicine and AI, and the importance of adequate financing for health in times of economic instability.

Heart Talks: Interactive regional discussions

The Heart Talks regional discussions held in November showcased how health systems and the workforce were being transformed under the combined pressure of the COVID-19 pandemic and the

existing burden of CVD in specific regions. The discussions focused on Africa, Latin America, Europe and North America, and Asia and Middle East.











THE CASE FOR DIGITAL HEALTH



Download the position paper

In November, WHF released a position paper making the case for digitally transforming circulatory healthcare as the field with enormous potential for impact.

Exploring the angles and opportunities of digital heath, the WHF position aims to support policymakers in leveraging technology for better circulatory health and to capture the roles of various sectors in making digital health a tool for everyone.



SHINING A SPOTLIGHT ON NEGLECTED CARDIOVASCULAR DISEASES

In May, we announced the merging of the RHD Taskforce and the Chagas Roadmap Writing Group into the WHF Neglected CVD Expert Group (NCDEG).

The NCDEG provides input on the WHF Strategy 2021-2023 and ensures that our work in this under-resourced area is unbiased and aligned with WHF's mission. The NCDEG is composed of nine experts:

Chaired by **Professor Fausto Pinto** and **Professor Karen Sliwa**,

World Heart Federation

Ana Olga Mocumbi

National Health Institute, Mozambique

Julius Mwita

University of Botswana, Botswana

Peter Zilla

University of Cape Town, South Africa

Andrea Beaton

Cincinnati Children's Hospital, USA

Friedrich Thienemann

University of Cape Town, South Africa

Sergio Sosa-Estani

Drugs for Neglected Diseases initiative, Argentina

Maria-Jesus Pinazo

Barcelona Institute for Global Health, Spain

Krishna Kumar

Amrita Institute of Med Sciences and Research Ctr, India

Adrian Baranchuk

Queen's University/InterAmerican Society of Cardiology, Canada

WHO and WHF commit to working together to end RHD

In January, WHF President Prof Karen Sliwa met with WHO Director-General Dr Tedros to share ambitions and actions which would lead to eliminating **Rheumatic Heart Disease (RHD)** in a generation's time.

"We need to take bold action to accelerate the prevention and control, and improve care for patients living with this devastating disease," said Prof Sliwa.

Ongoing efforts from both organizations, which have resulted in WHO's Global Resolution on Rheumatic Fever and Rheumatic Heart Disease in 2018, are expected to culminate in the next two years. "RHD needs the limelight and WHO is fully supportive of WHF's efforts to achieve its elimination by calling on donors and governments to scale up actions to prevent and manage the disease," said Dr Tedros.



WHO Director-General Dr Tedros meets the WHF team to discuss actions towards eliminating RHD

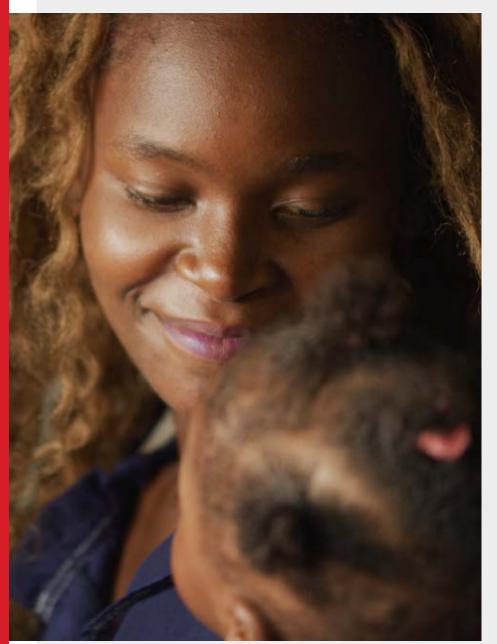
Advocating for universal access to BPG

In 2020, we continued to work towards obtaining a steady and quality-assured supply of benzathine penicillin (BPG).

Alongside the American Heart Association (AHA), we contributed 30,000 USD to fund inspections of BPG manufacturing plants in China as part of efforts to achieve WHO pre-qualification status in the process

for a safe and high-quality product. We also continued working with WHO to find measures that global procurers can take to ensure a viable BPG market. In January 2021, WHF and WHO will co-host a meeting to discuss strategies for shaping the BPG market, enhancing its sustainability, and securing commitment from key players to purchase a pre-qualified BPG product.





Telling the story of a broken heart

We joined forces with BBC StoryWorks and NCD Alliance to share the experience of millions of people living with RHD (Rheumatic Heart Disease).

In "The Beat of Change: Rheumatic Heart Disease in Mozambique", we follow the daily struggles of Rosa Vasco, a young mother from Mozambique who present us with the stark reality of RHD and the lack of treatment for this preventable disease. The film belongs to the Turning the tide series, an initiative developed by the NCD Alliance to show NCDs as an epidemic which kills 41 million people each year.



Rosa Vasco, protagonist of WHF's short documentary 'The Beat of Change'



Our Chagas Roadmap aims at reducing the global burden of Chagas disease

WHF publishes new Roadmap on Chagas Disease

On 30 March, WHF launched a new roadmap aimed at reducing the global burden of **Chagas disease.**

Developed by WHF in partnership with the Inter-American Society of Cardiology (IASC), the Chagas Disease Roadmap provides essential guidance for anyone involved in the planning, development and implementation of interventions to eradicate Chagas and address the cardiovascular consequences of the disease. The roadmap outlines the ideal pathway of care, identifies potential roadblocks along the way, and offers evidence-informed solutions for healthcare professionals, health authorities and governments.

Chagas disease remains a profound public health issue in Latin America and increasingly on a global scale, yet very little is being done to improve access to diagnosis and treatment. This Roadmap is a timely and necessary intervention, providing concrete solutions to counter barriers to the diagnosis, treatment and management of this deadly disease.

Professor Karen Sliwa, WHF President





Download the Chagas Roadmap



Watch the English video



Watch the Spanish video

WHF and the Chagas Coalition celebrate the first World Chagas Day

For the first time since the first case of Chagas disease was diagnosed 111 years ago, WHF and the Chagas Coalition celebrated World Chagas Day on 14 April.

Officially established last year during the 72nd World Health Assembly, the first World Chagas Day aimed to remember the people affected by the disease, particularly at a time when people living with Chagas are amongst the most vulnerable to the COVID-19 pandemic.



SUPPORTING OUR MEMBERS

Finding solutions in Colombia, Saudi Arabia, Mexico, China and Sweden



On 28 January, WHF and the Colombian Society of Cardiology convened the first roundtable of the year to discuss key treatment barriers to hypertension control and management in Colombia.

Our subsequent roundtables focused on CVD and diabetes, using the WHF Roadmap on Diabetes and CVD as guidance: we hold one on 19 February in Saudi Arabia, in partnership

with the Saudi Heart Association; another on 16 August, in our first virtual roundtable with the Mexican Society of Cardiology, a third one with the Chinese Cardiovascular Association a week later, and a final one on 24 November with Lund University in Sweden.

On 19 November, key stakeholders in the United States shared their perspectives on heart failure care in our first-ever public roundtable in partnership with the National Forum.



Learn more about hosting a Roundtable in your country.

WHF roundtable in Riyadh, Saudi Arabia on CVD and diabetes in 2020



WHF Roundtable in Hanoi, Vietnam on hypertension in 2019



In WHF's new documentary, we uncover the challenges of living with hypertension

Telling the story of how personal loss led to a movement for community change

We went on a journey to uncover the challenges of living with hypertension, a condition that has no warning signs and is a major risk factor for CVD.

In "Reforming Rural Healthcare: Hypertension in Kenya," we hear from a doctor, a government official, a nurse and a local inspirational leader about their efforts to improve the detection rate and treatment of hypertension in rural communities. The film is part of the Turning the Tide series, an initiative developed by the NCD Alliance, jointly with the BBC.



Giving support where it's needed

In 2020, WHF awarded a **World Heart Grant** of up to USD 2,000 to 21 WHF Member organizations.

The grants allowed WHF Members to fund a project of their choice to support organizational capacity-building projects, online activities for healthcare professionals, media campaigns and initiatives promoting World Heart Day in their local communities.

For instance, Colombia Heart Foundation (Colombia) launched the "Corazones Responsables" project, an online platform for tobacco discouragement. Eminence Associates for Social Development (Bangladesh) used their grant to fund capacity building of healthcare providers to address CVD during the pandemic, and Philippine Heart Association (Philippines) launched a course on NCDs for primary care physicians.



Slovenian Heart Foundation (SHF)'s awareness campaign, supported by the World Heart Grants Programme

LEARNING & NETWORKING

ACC.20/WCC goes virtual

From 28-30 March, we held our **first ever virtual Congress** in partnership with the American College of Cardiology (ACC), which featured "live" access to 23 education sessions, including Late-Breaking Clinical Trials, Featured Clinical Research, Young Investigator Awards, and Keynotes.

The free ACC.20/WCC Virtual also highlighted original research, such as the new WHF-IASC Roadmap on Chagas Disease. From 1950 to today, the World Heart Federation's World Congress of Cardiology (WCC) has been a key event on the cardiovascular calendar, offering a global perspective on cardiovascular health and bringing together thousands of cardiology professionals from all over the world.

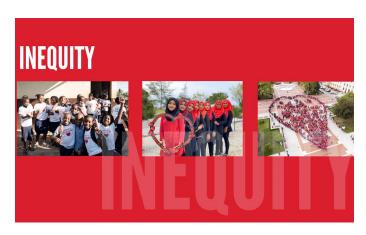
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Partnerships like this one are crucial to achieving our goals. We must continue pushing for global action to tackle cardiovascular disease risk factors and ensure essential medicines for everyone. Joining our forces, we can move another step closer to reaching the United Nations targets.

Professor Karen Sliwa, WHF President

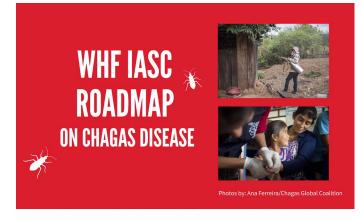


Watch Professor Karen Sliwa
Opening Remarks









Emerging Leaders Dialogues



The Emerging Leaders cohort in Missenden Abbey, UK, last year

The ongoing health crisis led to postponing this year's **Emerging Leaders** event, which would have marked the seventh year of the programme and focused on diabetes and CVD.

In October, we launched our new series "Global Leadership for Heart Health: WHF Emerging Leaders Dialogues," to give our Emerging Leaders an opportunity to connect with each other, exchange ideas and experiences on key themes and engage with WHF activities. The series consisted of three one-hourlong interactive online sessions held monthly.

Global Heart goes open access

Global Heart, the official journal of WHF, became available for free online as of January 2020, with no need for a subscription.

Previously published issues of **the journal** are also freely available under this new scheme.

The journal's Editor-in-Chief,
Professor Diederick Grobbee, said:
"By offering easy and unrestricted
access to the articles published in
Global Heart we will be ensuring a
faster and wider dissemination of its
content, stimulating and inspiring
further research in the areas which
it covers"

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Global Heart Editor-in-Chief, Professor Diederick Grobbee

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Educating health workers on NCD care

In partnership with the
American College of
Cardiology, NCD Alliance
and Pfizer Upjohn, WHF
launched a new online,
on-demand certificate
programme which equips
frontline health workers with

the knowledge they need to effectively manage NCDs in their communities.

NCD Academy features a suite of free online certificate programmes on all the major NCDs, starting with **Cardiovascular Disease and Stroke,** which is now available in English, Spanish and Chinese.



The NCD Academy train health workers to effectively manage NCDs in their communities



PARTNERSHIPS FOR PROGRESS

Perio & Cardio campaign

Following the Perio-Cardio Workshop held in February last year, WHF and the European Federation of Periodontology (EFP) published in January a report on the link between periodontitis and CVD. In addition, we launched the Perio & Cardio educational campaign in September, a global initiative centred on the perioandcardio.efp.org site, which contains recommendation documents, infographics, an animated film, and other educational materials – all aimed at bringing this knowledge to the dental team, cardiologists, medical professionals, pharmacists, and the public.

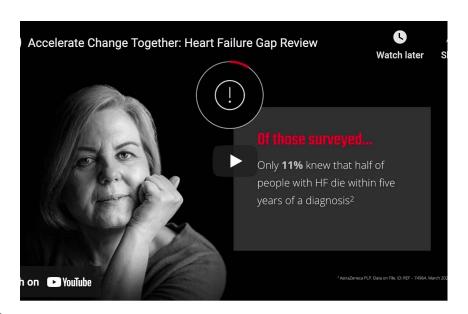
Heart Failure Gap Report

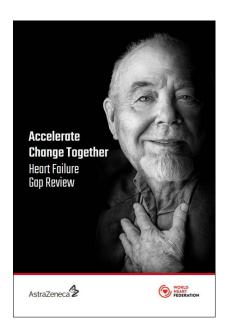
In June, we partnered with AstraZeneca to drive global action to prevent, control and reduce the burden of CVD.

One of the partnership's first outputs, **The Heart Failure Gap Review**, focused on four continents in nine countries (UK, Spain, Italy, Germany, Canada, US, Brazil, Japan and China) to better understand

current levels of awareness of heart

failure (HF) and its impact on health systems. The review revealed that over half of the general public were unfamiliar with heart failure or a definition that describes it.. We will continue working together to increase knowledge of the condition and advance evidence-based policy solutions designed to improve HF prevention, diagnosis and management.





Download the report

WORLD HEART AWARDS



Announcing the World Heart Awards 2020 winners

The World Heart Awards celebrate organizations and individuals who have gone above and beyond in their quest to fight CVD and promote heart health around the world.

The 2020 winners are:

Individual Awards

WHF Lifetime Achievement Award

Prof Henry Blackburn & Prof Pekka Puska

WHF Advocacy Award in Cardiovascular Health

Prof Sania Nishtar & Prof Tom Frieden

Best Global Heart Journal Paper

Prof Peter Zilla for Global Unmet Needs in Cardiac Surgery

WHF Award for Outstanding Contribution to Cardiovascular Health

Dr Kay-Tee Khaw & Prof Jane Somerville

Campaign Awards

Effective Voice of the Year

British Heart Foundation - Nation of Lifesavers

Best Prevention Campaign

Royal Health Awareness Society – The law protects our health... put it out!

Most Creative Campaign

Heart Foundation of Australia - Australia's Worst Serial Killer

Best Video Campaign

InterAmerican Heart Foundation – #StopBigTobacco

KEY DATES IN 2021

18-26 January

WHO Executive Board meeting

26-28 March

JSC / WCC 2021

15-17 May

ACC.21 Scientific Session

24 May-06 June

World Health Assembly

27-30 August

ESC Congress 2021

14-21 September

UN General Assembly

29 September

World Heart Day

13-15 November

AHA Scientific Sessions

Please check the **Events** section of our website for a full list of events.



The law protects our health... put it out!" campaign of the Royal Health Awareness Society

We would like to thank the following sponsors and partners for their support in 2020:

Access Accelerated	Edwards	Novo Nordisk	
Acino	Eli Lilly	Pfizer	
Amgen	Esperion Therapeutics	Philips	
Bayer	Hereaus	Regeneron	
BMS-Pfizer Alliance	IFPMA	Sanofi	
Boehringer Ingelheim	Medtronic	Vifor Pharma	

www.worldheart.org

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YUNSHU WANG ADVOCACY AND POLICY INTERN



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