CONTRIBUTIONS OF THE WORLD HEALTH ORGANIZATION IN CABO VERDE 2016-2019

Promoting health, keeping the world safe and serving the vulnerable

Universal Health Coverage  Health Emergencies  Promotion of health and well-being
CONTRIBUTIONS FROM THE WORLD HEALTH ORGANIZATION IN CABO VERDE, 2016-2019
Promoting health, keeping the world safe and serving the vulnerable

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CONTRIBUTIONS OF THE
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IN CABO VERDE 2016-2019

Promoting health,
keeping the world safe and
serving the vulnerable

The WHO Country Office in Cabo Verde dedicates this publication to the people of Cabo Verde for the results achieved over the years in the field of health and expresses its recognition for the courage and determination with which Cabo Verde has always faced health challenges at all stages of its development.

This report is also dedicated to Dr Richard Valery Mouzoko Kiboung, WHO epidemiologist, who died in an attack during his mission to support the response to the Ebola epidemic in the Democratic Republic of Congo. Dr Kiboung represents two of the maximum values that are intrinsically linked to universal health coverage: commitment and service spirit. Honour and glory to Dr Mouzoko Kiboung!
ACRONYMS

AAR After Action Review
AfDB African Development Bank
AFP Acute Flaccid Paralysis
AIDS Acquired Immunodeficiency Syndrome
ART Antiretroviral Therapy
BFH Baby-Friendly Hospital
DALY Disability-Adjusted Life Years
DRHS Demographic and Reproductive Health Survey
DU Drug Users
ECOWAS Economic Community of West African States
EPI Expanded Program on Immunization
ERIS Independent Health Regulatory Entity
FCTC Framework Convention on Tobacco Control
GIEA General Inspection of Economic Activities
GVAP Global Vaccine Action Plan
HAN Dr Agostinho Neto Hospital
HiAP Health in All Policies
HIC High Income Country
HIV Human Immunodeficiency Virus
ICD International Classification of Diseases
ICE Special Tax
IDSR Integrated Disease Surveillance and Response
INE National Institute of Statistics
IPV Inactivated Polio Vaccine
LIC Low Income Country
LMIC Lower-Middle Income Country
MAVP Multi-Annual Vaccination Plan
MMR Measles-Mumps-Rubella
MSM Men who have Sex with other Men
MSSS Ministry of Health and Social Security
MTCT Mother-to-Child Transmission
NGOs Non-governmental Organizations
NHD National Health Directorate
NHP National Health Policy
NMCP National Malaria Control Program
Peds Strategic Plan for Sustainable Development
PHEIC Public Health Emergency of International Concern
PSW Professional Sex Workers
RSPI Regional Strategic Plan for Immunization
SDG Sustainable Development Goals
SIDS Small Island Developing States
TDV Tetanus-Diphtheria Vaccine
TV Tetanus Vaccine
UHC Universal Health Coverage
UMIC Upper-Middle Income Country
VL Viral Load
WHO World Health Organization
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FOREWORD

It is with great pleasure that, as representative of the World Health Organization in Cabo Verde, we recognize the excellent partnership relations and cooperation based on common values and in great harmony regarding the objectives of Cabo Verde in the construction of a health system for all.

Equal thanks to all WHO staff in Cabo Verde, for the level of attention and response they gave which allows us to feel that everyone, those of our Organization and everyone in the Ministry of Health, are all part of a large and dedicated team.

The World Health Organization, through its Praia Office, has been consolidating an enriching relationship of partnership and complementarity with the Ministry of Health, and with other public institutions, aiming to materialize the objective of Universal Health Coverage in Cabo Verde.

In fact, over the years of intense labour and cooperation, the WHO has had the enormous privilege of supporting Cabo Verde in the various development sectors of its national health system, namely:

- The leadership and strategic governance of the health sector through the establishment of the Independent Health Regulatory Entity (ERIS).
- Political dialogue in health and multi-sectoral collaboration for health in all policy strategy.
- Technical and financial assistance in various topics, with emphasis on fighting Zika.
- The Essential Package of Health Services in 2016 and the protocols and technical guides, national programs of public health, plans for the elderly, cancer control, vaccination and the health of women and children;
- Access to quality medicines and vaccines.
- Health financing and protection against financial risks in access to healthcare.
- The reinforcement of the logistical capacity of the laboratory of virology and entomology.
- Training and education of human resources from the most specialised levels to the closest to people's needs.

All this, and much more, is the work of a joint effort in which the WHO in Cabo Verde cannot fail to feel rewarded and satisfied by the results and the enormous positive impacts on Universal Health Coverage, centred on people, not leaving anyone out.

Congratulations on the achievements made to date with the Presidency of the Republic, the Government of Cabo Verde, the Ministry of Health and Social Security, and the partners in the development of health.

Health workers and citizens who have courageously exercised their right to health deserve a special mention.

Together, we will continue to promote health, preserving global security and serving vulnerable populations, leaving no one behind as an essential part of Cabo Verde’s sustainable development.

Thank you very much.

Dr. Mariano Salazar Castellon
WHO Representative in Cabo Verde
CONTRIBUTIONS OF THE WHO IN CABO VERDE 2016-2019

GOOD HEALTH AND WELL-BEING

ENSURE HEALTHY LIVES AND PROMOTE WELL-BEING FOR ALL AT ALL AGES
EXECUTIVE SUMMARY

The WHO has worked to support Cabo Verde in its ambition to establish the highest standards of health care delivery by means of several joint initiatives guided by the WHO African region Transformation Agenda to achieve the Sustainable Development Goals. These are grouped into three key areas, in line with the 13th General Programme of Work:

• Universal Health Coverage
• Protection from health emergencies
• Promotion of health and well-being of people

In relation to universal access to healthcare, the WHO’s contribution has provided important achievements in organizing, training and activating management tools, with practical consequences in the provision of infrastructures, equipment, as well as in the training and specialization of frameworks and well-structured actions of people’s care.

Through the support of the WHO, Cabo Verde has strategic documents to guide the health development of each municipality and sanitary region, and the two hospitals of national reference, with an individual and systemic view, as well as the National Health Development Plan with a multi-sectoral approach. These plans are part of the Sustainable Development Goals in health.

However, the country has developed strategic plans that also reflect, in other areas, this multi-sectoral approach with a strong emphasis on promotional and preventive actions for health.

This is the case of the National Strategic Plan for the control of Cancer 2018-2022, of the National Strategic Plan for Active and Healthy Ageing 2017 – 2021, the Presidential Initiative “More Life, Less Alcohol”, the National Campaign for the Prevention of Road Accidents, the National Program of Physical Activity 2018-2022, the National Strategic Plan for Tobacco Control 2019-2023 and the National Action Plan to Combat Antimicrobial Resistance, 2018 – 2022.

In the area of health emergencies, the use of the multi-sectoral approach is also present. The country is working to consolidate the approach of “Single Health” and in 2018 established a national coordination, which brings together representatives of Agriculture, Livestock, Environment, Water and Sanitation, Meteorology and Public Health.

The WHO supported the country particularly in response to the Dengue epidemic in 2009 – 2010, Zika in 2015 – 2016 and Malaria in 2017. In 2019, it successfully concluded the implementation of the Tripartite Agreement between the African Development Bank, the Government of Cabo Verde and the World Health Organization, entitled “Emergency assistance to support Cabo Verde in the preparedness and response plan to combat the Zika virus outbreak.” In addition, Cabo Verde is working on a proposal for “pre-hospital emergencies” which aims to review the national system of emergency care and health emergencies.

In relation to health promotion, the WHO in Cabo Verde, together with the Ministry of Health and Social Security and local partners, has contributed to actions to promote health and well-being for the development of healthy environments and lifestyles in the areas of prevention of abusive alcohol use, healthy eating, practicing physical activity, promotion of mental health, prevention of tobacco use and road safety.
The WHO and its partners have developed different forms of alliances and technical and financial cooperation, supporting a variety of national actors committed to health development:

- The Presidency of the Republic, the National Assembly, the Ministry of Health and Social Security and more than half of the government ministries promote healthy lifestyles by implementing different initiatives to reduce the specific risk factors associated with climate change, inadequate nutrition, sedentary lifestyle, unsafe sex, arterial hypertension, tobacco and alcohol consumption, inadequate water for human consumption, sanitation and hygiene, teenage pregnancy and road safety.

- The National Association of Municipalities and the main public and private universities in the country promote healthy environments under the paradigms Healthy Islands and Cities, and Healthy Universities.

- The Ministry of Health and Social Security leads the aspects of prevention, elimination and eradication of diseases in the area of vaccine-preventable diseases, the HIV/AIDS epidemic and malaria. With an average vaccination coverage of about 95%, there were no significant outbreaks of preventable diseases due to vaccination in the country in the last 15 years. The country was declared polio-free in 2016 and is on its way to being certified as the first country in Africa to interrupt the vertical transmission of HIV and congenital syphilis, as well as the elimination of malaria, measles and rubella in 2020.

- Non-governmental organizations dealing with specific issues and requiring a multi-sectoral approach due to their intrinsic nature.

Continuing and deepening the lines of cooperation and action within the framework of the universal access to health care policy, Cabo Verde has all the conditions to improve, in the coming years, all the most important health indicators with people at the centre of attention.
WORLD HEALTH ORGANIZATION TEAM IN CABO VERDE

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**State of health and well-being**

<table>
<thead>
<tr>
<th>Country Value</th>
<th>Average</th>
<th>HICs</th>
<th>UMIC</th>
<th>LMICs</th>
<th>LICs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy life expectancy</td>
<td>64.2</td>
<td>53.8</td>
<td>65.5</td>
<td>58.6</td>
<td>52.9</td>
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<tr>
<td>Crude death rate per 1000 population</td>
<td>7.1</td>
<td>9.7</td>
<td>6.7</td>
<td>8.2</td>
<td>10.1</td>
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<tr>
<td>DALYs lost per 1000 population — Total</td>
<td>73.2</td>
<td>352.9</td>
<td>43.9</td>
<td>397.1</td>
<td>343.0</td>
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<td>Due to communicable diseases</td>
<td>180.3</td>
<td>441.4</td>
<td>618.4</td>
<td>630.6</td>
<td></td>
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<tr>
<td>Due to noncommunicable conditions</td>
<td>117.6</td>
<td>234.9</td>
<td>190.6</td>
<td>180.3</td>
<td>170.6</td>
</tr>
</tbody>
</table>

**Implications in achieving SDGs**

- Overall utilization of health and health-related services to reach the SDGs is 56% of what is feasible in the Region, higher than the regional average (48%).
- Country utilization is higher than the regional average across all outcome domains assessed.
- Compared with other lower middle-income countries, the country utilization is higher for all outcome areas assessed.

**Service outcomes**

- Health status on track towards that needed to attain the SDGs.
- Focus on identifying remaining pockets of hard to reach populations, sharing best practices, and exploring alternative institutional service delivery models that improve sustainability for health and well-being.

**System performance and investments**

- Highest performer in the Region for effective demand for essential services and system resilience (together with Eswatini) dimensions of system performance.
- A lower-middle-income country, small island state with system performance similar to an upper-middle-income country.
- Across system performance monitoring domains, relative performance is highest for effective demand and system resilience, while it is lowest for access.
- Tangible system investments are very low compared with the regional average, particularly for health products and workforce.
- Information is suggestive of some effective system processes (service delivery, nancing, governance, information), high ratio of overall performance score to consolidated tangible investments scores.

**Implications for the SDGs**

- Share lessons with other countries in improving coverage of SDG 3 services.
- Accelerate ongoing interventions to address utilization across all the outcome areas focusing on the hard to reach populations.
- Explore areas for sharing lessons in establishing effective system processes and building service demand and system resilience.
- Accelerate strategies improving system resilience specially targeting hard to reach populations.
- Introduce innovative strategies to improve access and quality of care for the whole population, focusing on scaling up investments in the health workforce, products and infrastructure.

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**Health Status in Cabo Verde**

The health situation in Cabo Verde is distinguished by a process of demographic and epidemiological transition and a favourable global evolution and its determining principles. The demographic transition is characterized by the existence of a "Demographic dividend" that places various aspects associated with the quality of life and social integration of young people, including health in a holistic perspective, as a priority for government. In the epidemiological transition, the emergence of noncommunicable diseases and injuries, as well as the decrease in communicable diseases, stand out from the perspective of the distribution of years of life lost due to global causes. The threat of epidemics is present mainly in mosquito-borne diseases, especially those related to the plasmodium and arbovirus families, and others that, due to their geographical position, could be imported mainly from Brazil, Europe and the African continent. The presence of various risks that increase the likelihood of disease or injury development influences the country's morbidity and mortality profile and challenges the development of health-promoting lifestyles and environments.

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**Source**

The State of Health in the WHO African Region: An analysis of the health situation, health services and health systems in the context of the sustainable development goals where we are where we need to go. Brazzaville: World Health Organization, WHO Regional Office for Africa, 2018.
CONTRIBUTIONS OF THE WORLD HEALTH ORGANIZATION
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#HealthForAll
Universal Health Coverage
Health partnership

Cabo Verde has made great progress in improving access to healthcare at both primary and hospital levels. This is in various fields such as health promotion, disease prevention, curative care and the extension of the health infrastructure network. The current WHO Universal Health Coverage index for Cabo Verde is 62.

WHO’s contribution to Universal Health Coverage has been made in several areas of intervention and partnerships.

In the leadership and strategic governance of the health sector, through the support and technical assistance for the elaboration of a set of important strategic documents, such as the National Health Development Plan 2017-2021, the National Health Promotion Plan 2018-2021, and the Strategic Plans for the development of Health Regions and the Development Plans for Central Hospitals, among many others.

These strategic documents have strongly supported more effective and efficient management of the health sector as they provide a comprehensive and articulated view of the management and development tools of the Health Sector in Cabo Verde.

In the creation of the Independent Health Regulatory Entity (ERIS), a crucial instrument for strengthening the regulatory capacity of this sector.

In the Political Health Dialogue and multisectoral collaboration through the promotion of partnerships and cooperative actions with government structures.
Health financing and protection against financial risks

In health financing and protection against financial risks in access to health care, the WHO has been providing international technical assistance in developing a set of instruments:

- Implementation of the Health Financing Study, with development of strategies and objectives.
- Elaboration of the study on Prescription Charges and their impact on access to health care available for publication by the end of the first half of 2019 completing the WHO – Cabo Verde Cooperation Framework on this item.

- Publication of the 2014 National Health Accounts and preparation of the 2015 and 2016 National Health Accounts, scheduled for publication by the end of the second half of 2019.

The National Health Accounts prepared by the INE and the Ministry of Health constitute an important contribution to the knowledge and analysis of the structure of health expenditures, both public and individual and household expenditures, thereby supporting government policies and actions.
In the **training and qualification of human resources for health**, a crucial area of quality care, the gains are evidenced by the increasing level of responsiveness of the National Health System which resulted from several actions:

- **Implementation of the National Strategic Plan for the Development of Human Resources in Health (2015-2020).**
- **Training and specialization reinforcement of technical staff through short courses, workshops, forums, technical meetings, seminars and conferences which constituted a variety of training options as part of this training package.**
- **Training activities developed by the Ministry of Health, both at the central level of services, as well as decentralized services, in the Health Regions and Municipalities of the country.**
- **Short training courses abroad, as well as participation in international seminars and conferences.**

**Providing people- and community-centred health care** through national and international technical assistance for the generation of modern tools with technical guidance for strengthening health service skills and capacities, such as:

- **Essential Package of Health Services and Protocols and Technical Guides to manage various thematic areas – Diabetes; Cancer health care and diagnosis; Malaria, Zika, HIV / AIDS, and the communicable diseases.**
- **Strategic Plans of National Public Health Programs – Plan for healthy ageing; the Cancer Control Plan.**
- **Complete Multiannual Vaccination Plan.**
- **Women’s and Children’s Health Plan.**
- **Support in improving immunization coverage in the country, including campaigns and WHO National Vaccination Days observances.**

As a result of these interventions supported by the WHO, Cabo Verde is today facing the challenge/perspective of eliminating a set of communicable diseases, namely malaria, measles, rubella, neonatal tetanus, mother-to-child HIV and congenital syphilis.

For some of these diseases, **Cabo Verde will be the first country in the WHO African Region** to be declared / certified by WHO as a country free of it. For others, Cabo Verde is among a restricted group of countries in the process of elimination.

The partnership between the WHO and the Ministry of Health in capacity building for the pharmaceutical sector has made the following instruments available:
• Action plan for the fight against antimicrobial resistance.
• Curricular plan for the degree of pharmacists and training of pharmacy technicians.
• National list of medicines.

Universal Health Coverage

Vaccination coverage and elimination of vaccine preventable diseases

Cabo Verde has made great strides in improving and maintaining a high rate of immunization coverage, with a real impact on achieving the goals set:

• High national immunization coverage rate, greater than 90% for over 10 years (95-98%).
• Zero cases and zero deaths from vaccine-preventable diseases since the Rubella epidemic in 2008.
• Last measles epidemic in 1997 and polio in 2000.
• Preparation of the Multiannual Plan of the 2018-2022 EPI, and respective annual plans.

• Introduction of new vaccines: Hepatitis B at birth; Pentavalent (Diphtheria-Tetanus-Pertussis-Hib-Hep.B); MMR (Measles-Mumps-Rubella).
• Replacement of tetanus vaccine by tetanus-diphtheria vaccine in 2016, expanding the vaccination to risk groups.
• IPV campaign in April 2017.
• Introduction of Yellow Fever Vaccine in routine immunization program in June 2018.

Cabo Verde is eligible to declare Neonatal Tetanus elimination, with implementation of new WHO guidelines on tetanus vaccination

Elimination of HIV transmission from mother to child

Cabo Verde was the first country in the West African region to begin the validation process of the joint elimination of mother-to-child transmission (MTCT) of HIV and Syphilis.

In 2018, Cabo Verde received a joint technical assistance mission from the WHO and its partners to form the National Validation Committee for the Elimination of Mother-to-Child Transmission of HIV and Congenital Syphilis to advise on global criteria and processes for validation and the way forward towards elimination of MTCT from HIV and congenital syphilis.
Maternal coverage of antiretroviral therapy

- In 2017, of the total of 68 pregnant women (52 in Leeward Islands and 16 in Windward Islands) 63 initiated or continued ART, i.e. coverage rate of 92.6%.
- In 2018 this rate went to 93%, i.e., of the 60 pregnant women in this situation 56 initiated or continued ART.

Reinforcement of logistic capacity

In recent years Cabo Verde has dealt with the Dengue, Zika and Malaria epidemics, and the country has relied on the WHO’s contribution to strengthen its logistical capacity to respond to these health emergencies.

Our partnership has resulted in the following:

- Support in the creation and development of the Virology Laboratory and the Entomology Laboratory, including the acquisition of laboratory equipment and the hiring of technical personnel.
- Supply of 7 vehicles and 18 motorcycles within the framework of the Zika WHO-AfDB project, which has considerably strengthened the operating and response capacity of Cabo Verde’s Health Centers and Posts.
- Extension of the medicines cold chain and warehouse facilities.
- Purchase of medicines, vaccines, equipment and consumables.
Health is a human right. No one should get sick or die just because they are poor or cannot access the services they need.

Dr Tedros Adhanom Ghebreyesus, WHO director-general

Key challenges

To consolidate and develop its health system for all, Cabo Verde has some crucial challenges:

• Funding for the implementation of the multi-annual plan for the introduction of new vaccines.
• Strengthening of human resources and life-long training.
• Improved management and data quality through computerization of the system.
• Maintaining the Polio Free Country title achieved in 2016.
• Certification of elimination of various communicable diseases: Malaria, Measles, Rubella, Neonatal Tetanus, Mother-to-Child HIV, Congenital Syphilis.
CONTRIBUTIONS OF THE WHO IN CABO VERDE 2016-2019

II

HEALTH EMERGENCIES
Emergency response

Cabo Verde, as a Small Island Developing State (SIDS) of volcanic origin, is particularly vulnerable to outbreaks and public health epidemics caused by climate change and other weather and environmental factors.

The WHO’s support for the gradual creation of technical and material conditions, notably for the National Centre for Emergency Operations in Public Health, will provide important results to reinforce the national preparedness and response capacity, strengthening the health system to combat outbreaks and epidemics in the country.

In recent times, Cabo Verde has experienced a Zika (2015-2016) and Malaria (2017) outbreaks, which received strong support from WHO to implement a national response to control and combat them.

To fight the epidemics, African Development Bank (AfDB) donated Cabo Verde 1 million dollars through the Tripartite agreement AfDB, Government of Cabo Verde and World Health Organization (WHO) “Emergency Assistance to Support the Preparedness and Response Plan to fight Zika Virus Outbreak”. This project was implemented through a interinstitutional committee coordinated by the Ministry of Finance with a strong engagement from the Ministry of Health and Social Security and technical assistance from WHO, thus improving the country’s responsiveness in three areas:

- Legislation, coordination and social capacity-building
- Prevention, preparedness for a timely detection
- Response to Zika virus and other Arbovirus outbreaks

Main results

<table>
<thead>
<tr>
<th>Capacity building</th>
<th>Prevention, preparedness for a timely detection</th>
<th>Response to Zika virus and other Arbovirus outbreaks</th>
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<tr>
<td>802</td>
<td></td>
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</tr>
<tr>
<td>Health professionals</td>
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<td>Journalists</td>
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<td>NGOs</td>
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<tr>
<td>Civil society</td>
<td></td>
<td></td>
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<tr>
<td>Others partners</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Legislation on transport of human biological samples
- Creation of the National Center for Public Health Emergency Operations
- Consolidating the use of One Health concept
- Procurement of Personal Protection Equipment (PPE), Huston pumps, motorcycles, pick up collective vehicles

100% programmatic execution

85% from the project budget
ZIKA response

In November 2015, the Cabo Verden Ministry of Health officially declared the Zika virus outbreak, becoming the first African country to report a Zika virus epidemic.

7,613 confirmed and suspected cases were reported, in the country comprising the islands of Santiago, Fogo, Maio and Boa Vista.

In February 2016, WHO declared Zika virus microcephaly as a Public Health Emergency of International Importance.

On 14 March, 2016 the first child with microcephaly was born, probably related to the Zika virus. Another 15 other cases were, also recorded during the epidemic.

This epidemic triggered a series of response activities:

- Reinforcement of epidemiological surveillance standards.
- Reactivation and reinforcement of the virology laboratory of the Ministry of Health.
- Organization of reproductive health services for the diagnosis and follow-up of microcephaly cases.
- Reinforcement of the anti-vector fight.

As a result of the responses, suspected case reporting decreased significantly from epidemiological week 53 of the year 2015, maintaining this trend until week 10 of the year 2016, followed by a sporadic case reporting.

The end of the epidemic was declared in October 2016, after two weeks without any suspected Zika cases reported.
Zika virus infection by health stations.
Week 41 of the year 2015 to Week 28 of the year 2016

Source: SVRE/DNS/MS

CONTRIBUTIONS OF THE WHO IN CABO VERDE 2016-2019
Malaria elimination

Cabo Verde is in the process of eliminating malaria by 2020, with WHO support. **WHO recognizes the good results achieved in the fight against malaria**, a priority defined in the government program of this legislature.

For the malaria elimination process, several favourable factors are identified:

- Strong political engagement.
- Willingness for multisectoral collaboration.
- Existence of a regulated health system with good infrastructures.
- Access to equitable and universal treatment with national and international financial resources.
- Strong WHO involvement for elimination in low transmission areas and countries.

The last malaria outbreak was recorded in 2017 in the city of Praia. At that time, a WHO Epidemic Preparedness and Response Plan was implemented, which enabled the following actions:

- Strengthening surveillance in Praia and investigations and laboratory tests for all suspected cases.
- Community-based surveillance through home visits, followed by a visit to the area of any confirmed case.
- Strengthening border control measures, especially at airports.
- Periodic visits and control of mosquito breeding grounds.
- Weekly Situation Reporting (SITREP) by WHO and the Ministry of Health and Social Security, shared with all partners.
Cabo Verde is helping to make history in the fight against epidemics in Africa.

Dr Matshidiso R. Moeti, Regional Director of the WHO Regional Office for Africa
CONTRIBUTIONS OF THE WHO IN CABO VERDE 2016-2019
III

PROMOTION OF HEALTH AND WELL-BEING
Multi-sector partnerships

The WHO has developed partnerships with the health sector and also with other sectors namely:

- Ministry of Education – Healthy Schools.
- Ministry of Sport - Promotion of Physical Activity and Health.
- Ministry of Internal Administration - Road Safety.
- NGOs - Healthcare for people with disabilities.
- President of the Republic - Prevention of abusive use of alcohol.
- Professional unions, civil society - Prevention of the use of alcohol, tobacco.
- Universities – Healthy Universities.
- National Association of Municipalities - Healthy Cities Initiative.

Health Promotion provides the integration of activities through various sectors encouraging multi-sectoral collaboration.
Health promotion throughout the life cycle

Our main contributions were:

- Technical support to the Adolescent Pregnancy Prevention Campaign, in the North Santiago Sanitary Region.
- National Strategic Plan for Active Aging and Elderly Health 2017-2021.
- Training of 20 health professionals in the implementation of the Integrated Health Care Protocol for the Elderly in health structures.
- Technical support in the preparation of the National Strategic Plan for Sexual and Reproductive Health 2017-2021.
Non-communicable diseases and mental health

Non-communicable diseases account for about 60% of the causes of death in Cabo Verde.

Cause of death due to ICD 10, by gender, year 2016 and 2017

Highlights for key actions:

Preventing Alcohol Abuse

- Training of 76 primary health care professionals (physicians, nurses, psychologists, community agents, social workers), in the field of care, counselling, treatment and follow-up of alcohol dependents and support for families.
- Training of 105 agents in preventive oversight and individual and socio-economic consequences of the excessive use of alcohol, with the collaboration of the general inspection of economic activities.
• WHO participation in the coordination team of the presidential initiative “Less alcohol, More life”. This campaign has more than 70 partners, among them, public and private institutions, and NGOs.
• Technical assistance in drafting the updated Alcohol Control Law, approved and published in April 2019, with WHO technical support.
• Raising awareness at national level of 50 union leaders about the harmful effects of alcohol abuse and its relationship with labour activity.

Promotion of healthy diets

• Santa Rita Vieira Regional Hospital and Baptista de Sousa Hospital re-evaluated in relation to the implementation of the Baby-Friendly Hospital Initiative in 2017 and 2018.
• Study on the nutritional profile of 190 processed foods, usually consumed by children, which resulted in the recommendation to ban the advertising of 62% of these foods due to their sugar, salt and fat high content.

Promotion of physical activity

• Participation in two actions to promote physical activity in communities, through the project “Rua Ativa”, with the involvement of more than 500 people, which was within the framework of the national program to promote physical activity and health of the Ministry of Sport.

Promotion of mental health

• Training of 19 nurses, with focal points of mental health in primary health care, therapeutic approaches in psychiatric care, including community engagement in the prevention of suicide.
• Raising awareness among 30 media, health and civil society professionals about the determinants of health and the promotion of mental health.

Promotion of road safety

• Road safety awareness during the Fourth World Road Safety Week under the motto “No speeding. Preserve life!”, with children from the elementary schools of the islands of Fogo, Boa Vista, Santiago and Santo Antão.
• Population of Santiago and Fogo Islands sensitized during the Road Safety Fair.
Reduction of tobacco use

Cabo Verde was selected by the WHO Secretariat for Tobacco Control as one of the 15 FCTC 2030 Project Partner Parties (only five in the WHO African Region) which can be models in the execution of the framework of the overall acceleration strategy for implementation of the WHO Framework Convention for Tobacco Control according to Goal 3.a of SDG 3.

Main contributions:

• Preparation of the draft law proposal on prevention and tobacco control, which regulates the implementation of the WHO Framework Convention on Tobacco Control.
• First National Strategic Plan for Tobacco Control (2018-2023).
• Adequacy of the national tax policy on tobacco products (with the increase in the ICE – special tax – from 30% to 50% and with the creation of the specific tobacco fee of 20 ECV on each packet), in accordance with the guidelines of Article 6 of the Framework Convention and the recommendations of the ECOWAS Council of Ministers of December 2017.
• Study of the investment case of the Convention in Cabo Verde, which provides a sustainable basis of information for the key decisions for tobacco control policies in Cabo Verde.
• Technical support in the creation of the National Multisectoral Coordination Mechanism for Implementation of the Convention.

Cabo Verde has begun its accession process to the Protocol for the Elimination of Illicit Trade in Tobacco Products. It entered into force in October 2018 as an International Treaty which complements and expands Article 15 of the Framework Convention.

Promotion of Healthy Environments

Healthy cities & islands initiative

• Training of 60 professionals from the health area, the municipal councils, the Ministry of Education, Universities and NGOs, on the WHO healthy city approach, according to the methodology URBAN HEART.
• Mindelo Declaration signed during the Meeting of the International Movement of Healthy Cities in Cabo Verde.
• Elaboration of the statute for the creation of Cabo Verde Network of Healthy Cities and Municipalities.
• Technical cooperation agreement signed between the WHO, the National Institute of Health, Dr Ricardo Jorge and the Portuguese Network of Healthy Municipalities.
“In fact the problem of alcoholism can only be tackled from a global and multisectoral perspective. This will enable the gathering of energies for knowledge-based measures and the broad mobilization of social sectors.”

HE Jorge Carlos Fonseca, President of the Republic of Cabo Verde, awarded the United Nations Prize for the Prevention and Control of Noncommunicable Diseases

Healthy schools

An average of 91,000 Mebendazole tablets per year were distributed to preschool and integrated primary school children (campaign to reduce the prevalence of helminthiasis) from 2016 to 2018.
Way forward

In a mature health system, as is the case with Cabo Verde, there are undoubtedly outstanding challenges to bring Universal Health Coverage to the next level of development and continue to improve the health status of the Cabo Verden population. This can be achieved by strengthening:

- Health governance from an intersectoral perspective of the national health system, health policies and strategies and the regulatory framework, including the development of public-private partnerships.
- Public policies to combat antimicrobial resistance and the effects of climate change on health.
- The country’s preparedness to address the risks and vulnerabilities associated with health emergencies and the full implementation of the International Health Regulations, which cover the necessary standards of capacity for all countries to prevent and respond to acute public health risks.
- The capacities to monitor and assess the national and local health situation, including the reduction of existing inequalities resulting from geographical and financial barriers, the quality and humanization of care and the integration of the various provisions of resolution levels of public and private services.
- The reduction of risk factors associated with climate change, physical inactivity, inadequate nutrition, unsafe sex, high blood pressure, tobacco use, alcohol abuse, inadequate water for human consumption, inadequate sanitation and hygiene and prevention of teenage pregnancy.
- The integration of health in all policies and the development of health promotion environments, focusing on municipal scenarios.
- The production of medicines by the national industry and other medical and non-medical products with the WHO quality label, as well as exploring the possibility of building capacities for national vaccine production.
- The expansion of public and private health insurance, including the possibility of knowing more and having a better understanding of the model of universal health insurance implemented in other countries.
- The production of evidence on the country’s morbidity and mortality profile in close collaboration with the National Institute of Statistics and academic institutions, to simultaneously improve the health information system and the use of georeferencing technologies.
- The incorporation of technological innovations that improve the programmatic and managerial aspects of the institutional and social health response.

WHO and its international community partners will be closely with Cabo Verde to continue to work hand in hand on strategic priorities and interlinked goals that promote healthier living, as well as to foster the well-being of the entire population at all ages, stimulating policy dialogue, providing strategic support, mobilizing technical cooperation and assisting in the provision of services when needed.
CONTRIBUTIONS OF THE WHO IN CABO VERDE 2016-2019