



Investment in health is our greatest wealth

Is it?

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Inspire Conference 2021, Africa Get Ready

Brief Personal Profile

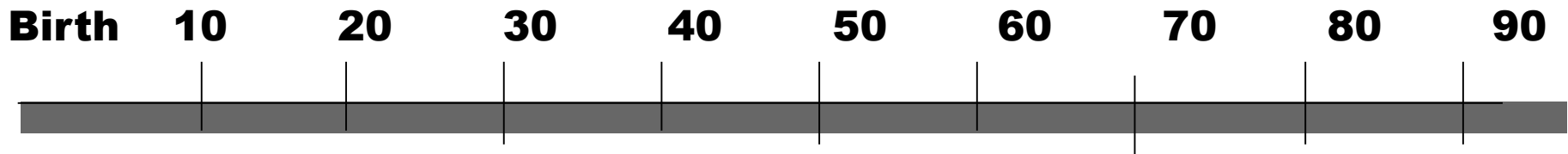
Christian, Husband, Father, Researcher, Teacher & Academic Editor



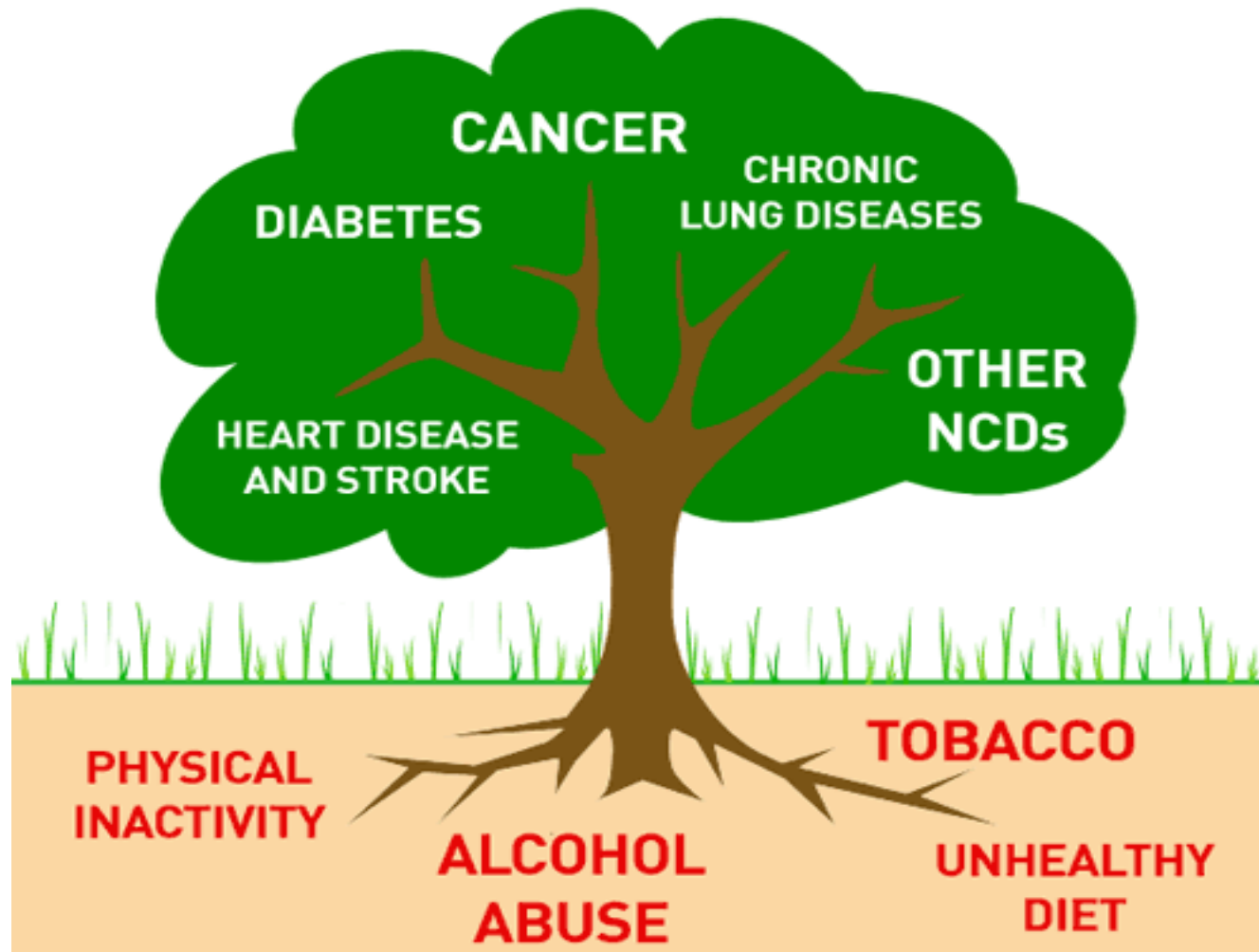


Practicum

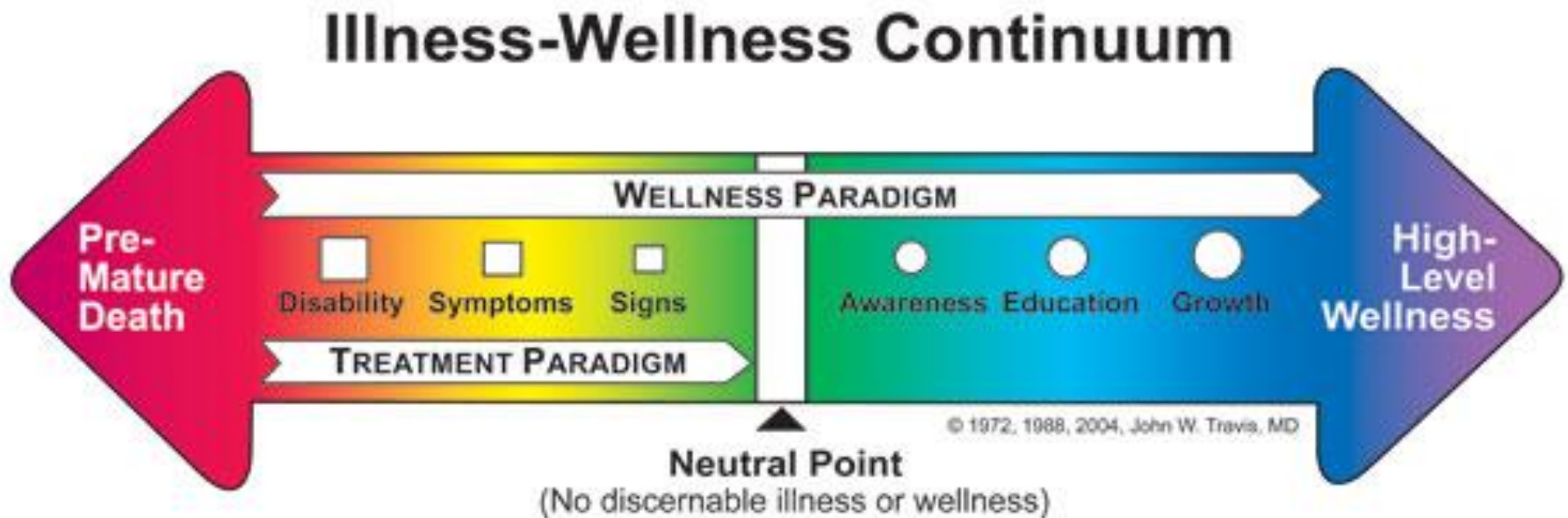
Factor	Attributable No.	
Smoking 2 packs of cigarettes a day	8	
Drinking alcohol 3 or more ounces a week	10	
Overeating (more than 2500 calories per day)	5	
Eating too much fat in your diet	5	
Eating lots of sugar	8	
Not exercising at least 3 times a week	10	
Being overweight	10	
Having lots of stress in your life	7	
Total	63	



Drivers of the NCD Profile



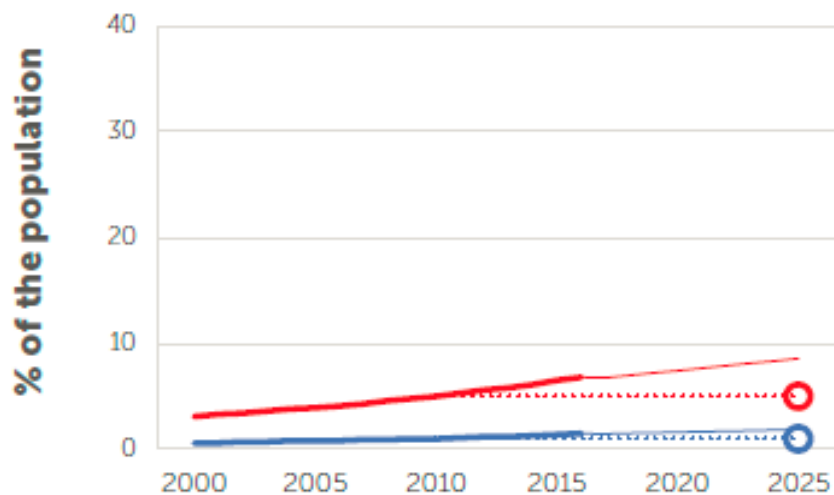
The illness wellness paradigm



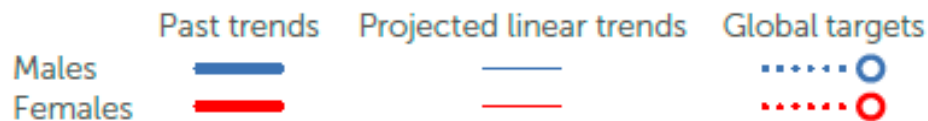
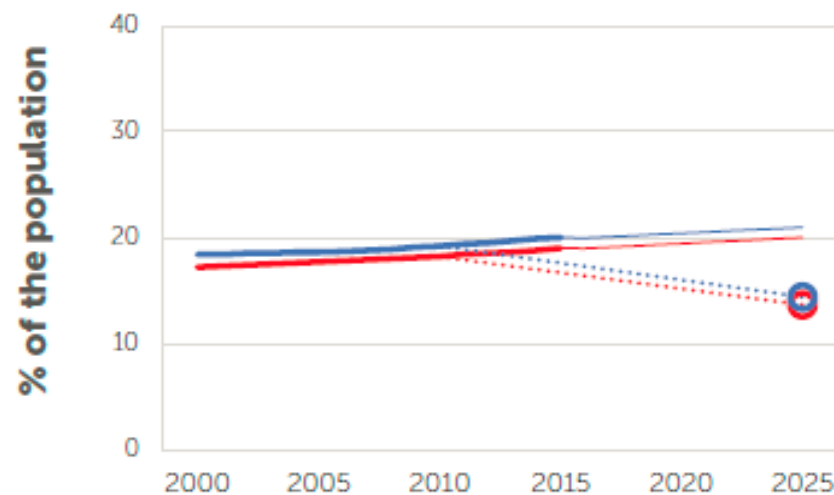
- a. Many people function below the wellness midpoint.
- b. Many of the choices we make on a daily basis affect our position on the health continuum.

Projected trends of selected profiles

OBESITY



RAISED BLOOD PRESSURE

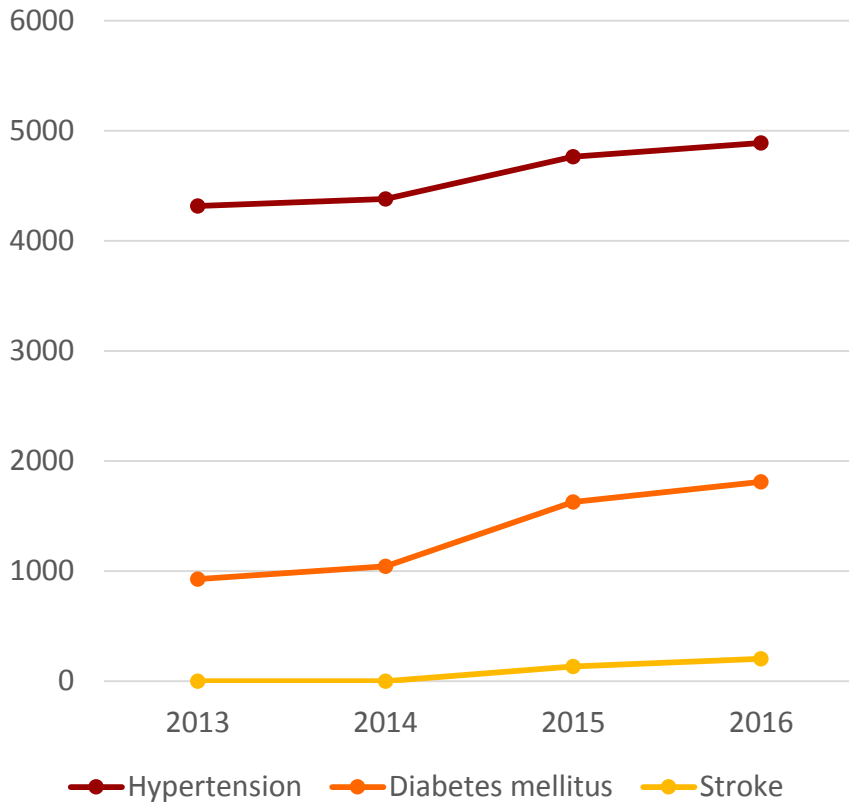


WHO NCD Profile 2018

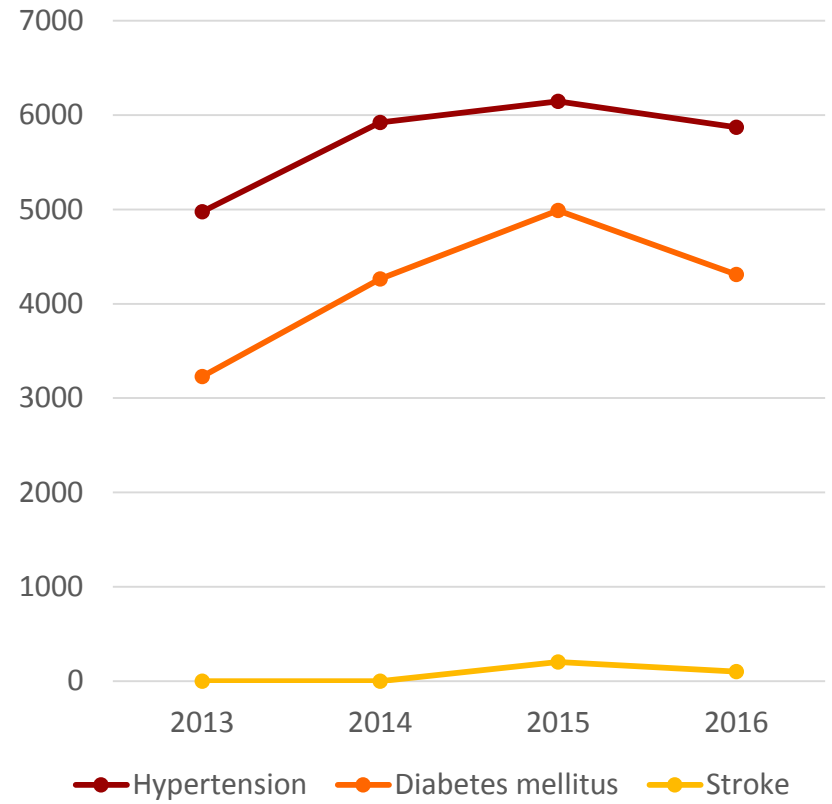


CVD trends in Mukono and buikwe districts (2013-16)

Mukono



Buikwe



What is health?

- “A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”

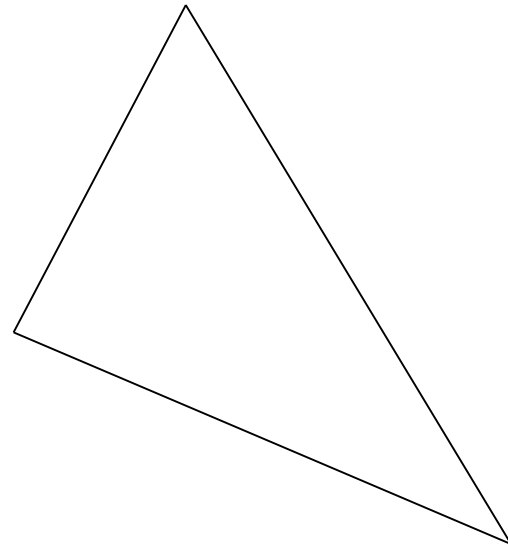
(1948 WHO definition)

- The health triangle
 - Physical Health
 - Mental/emotional health
 - Social health



How do the 3 elements of health tie into the health triangle?

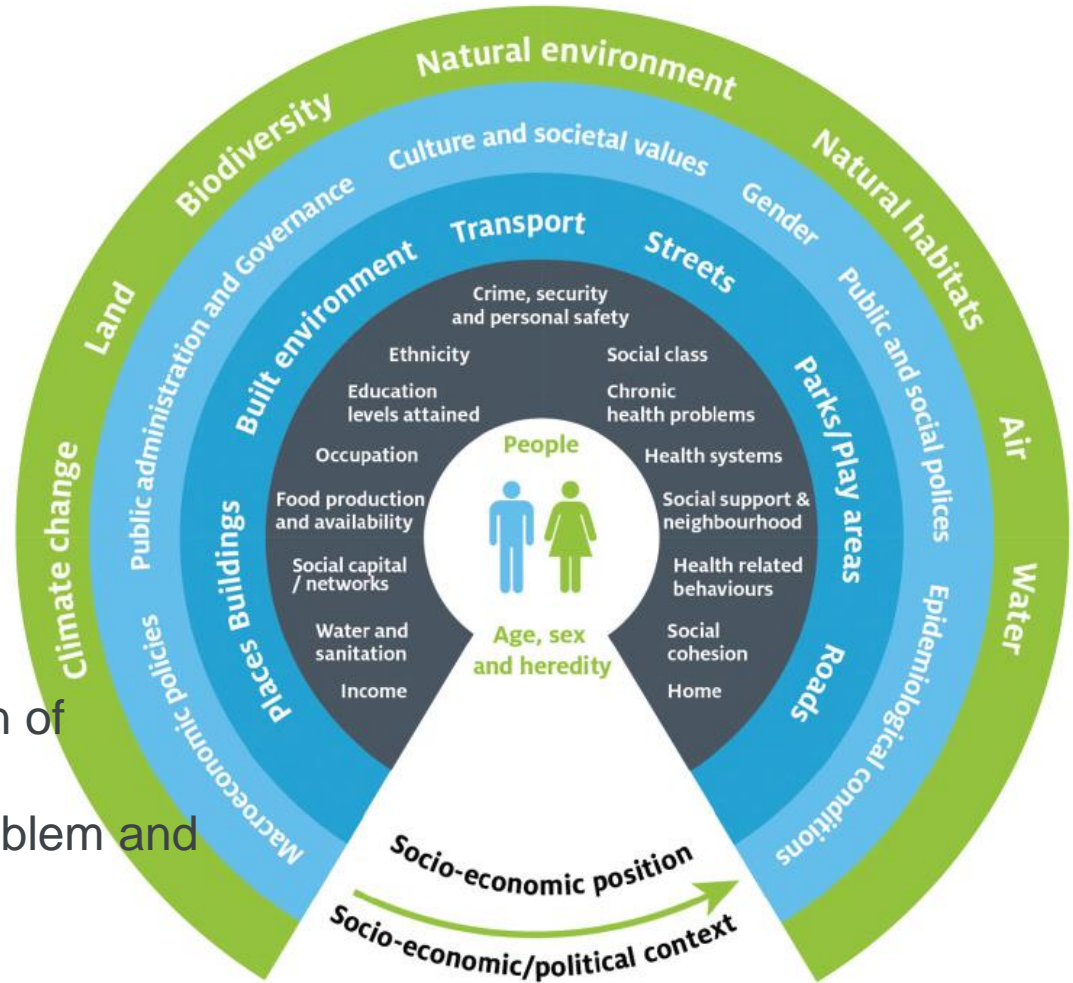
- When one side receives too much or too little attention, the other sides change as well. The triangle can become lopsided. To be truly healthy you need to try to keep all 3 sides balanced



Determinants of health

The WHO

1. improve daily living conditions
2. Tackle the inequitable distribution of power, money, and resources
3. Measure and understand the problem and assess the impact of action



Closing the gap in a generation: health equity through action on the social determinants of health

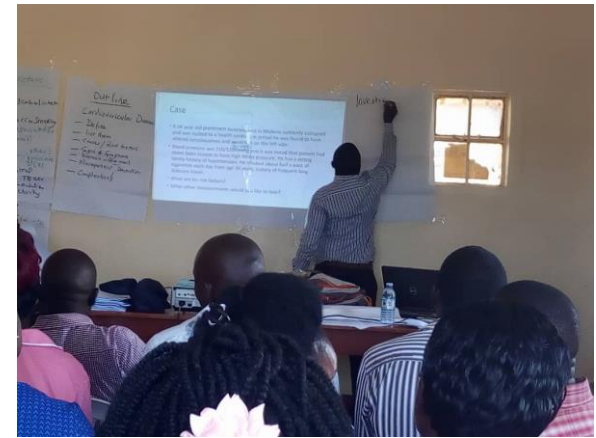
Why invest in Health

- Investing in the health saves lives. We need the health people to make the wealth we are desiring. Individuals, families, community and governments, all have a role to play
- Ill-health impairs productivity, hinders job prospects and adversely affects human capital development
- Essential cost-effective health services should be accessible to the poorest in society to improve productivity and avoid impoverishment
- Health and wellbeing are essential in fostering economic development, poverty reduction and overall social cohesion at the various levels of society.

The SPICES Project – we need to make a contribution

- A cascade for CVD prevention
- Primary healthcare level (HCII, IV and District Hospital)
- Community
- Household level

Strengthening health facilities – Training



Strengthening health facilities – Training

- 13 health facilities – 8 in first cycle and 5 in second cycle
- Number of health workers trained at health facilities

	Attended some modules	Attended all modules	% full attendance
1 st Cycle	163	74	45%
2 nd Cycle	58	42	72.4%
Total	221	116	52.4%

- Lesson learnt
 - Dissemination and certificates award boosted training motivation for second cycle
 - Active mobilisation by the SPICES community health promoters
- Local support of the program

Strengthening health facilities – Equipment

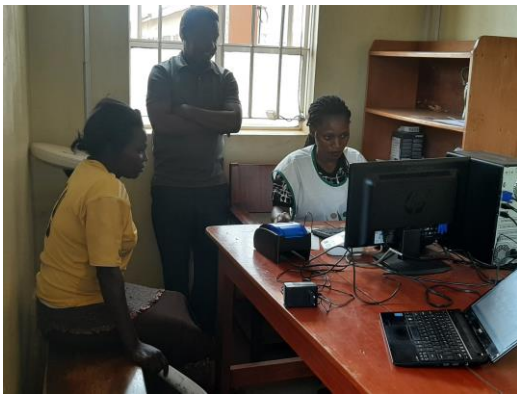
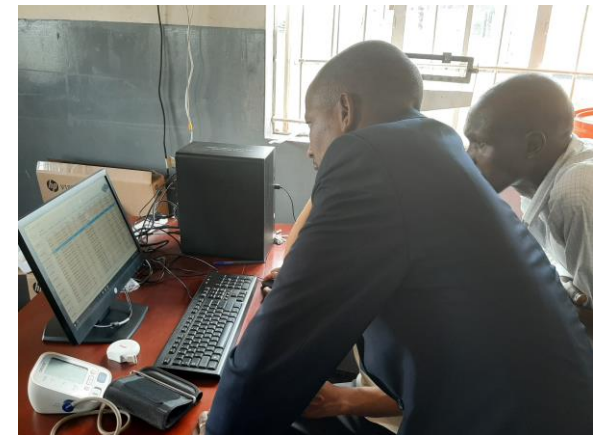
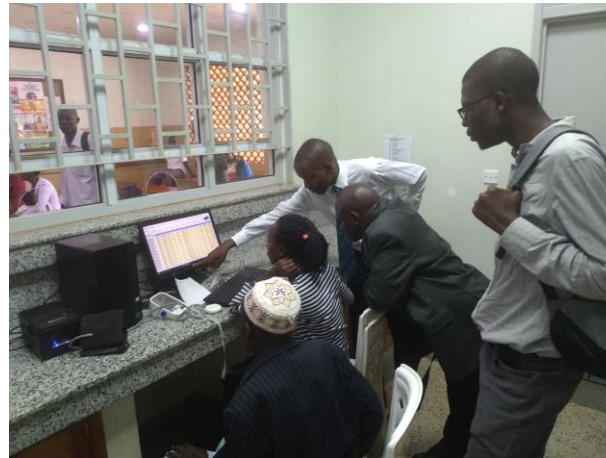


Strengthening health facilities – Equipment

Equipment Provided	No of facilities eligible	Number received
Desk top computers	13	10
Stadiometers	13	13
Measuring tapes	13	13
Glucometers and strips	13	13
Thermal printers	9	7
Mechanical weighing scales	13	13

Discrepancy is mainly due to lack of electricity at facility

Digitalising data at health facilities



Data speaks

Innovation



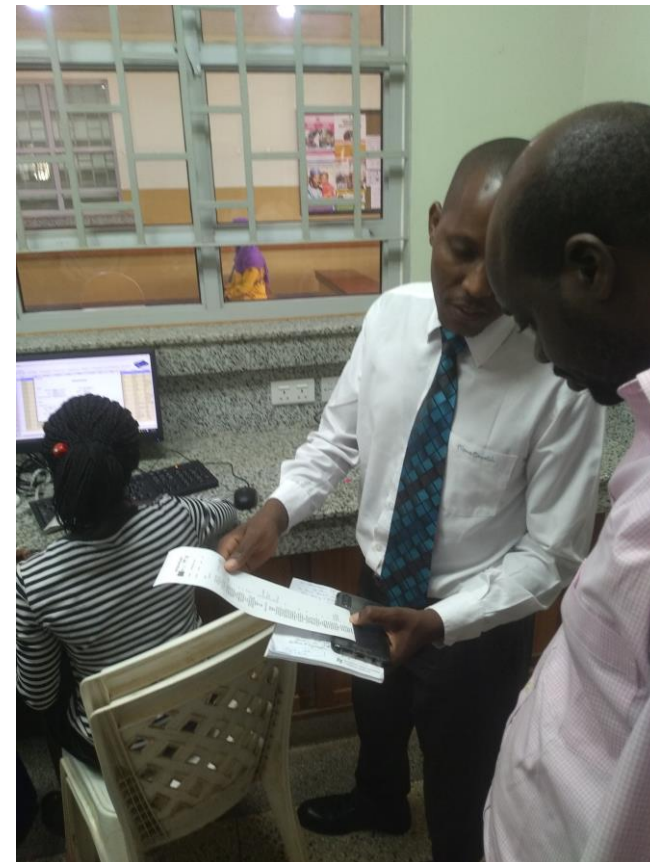
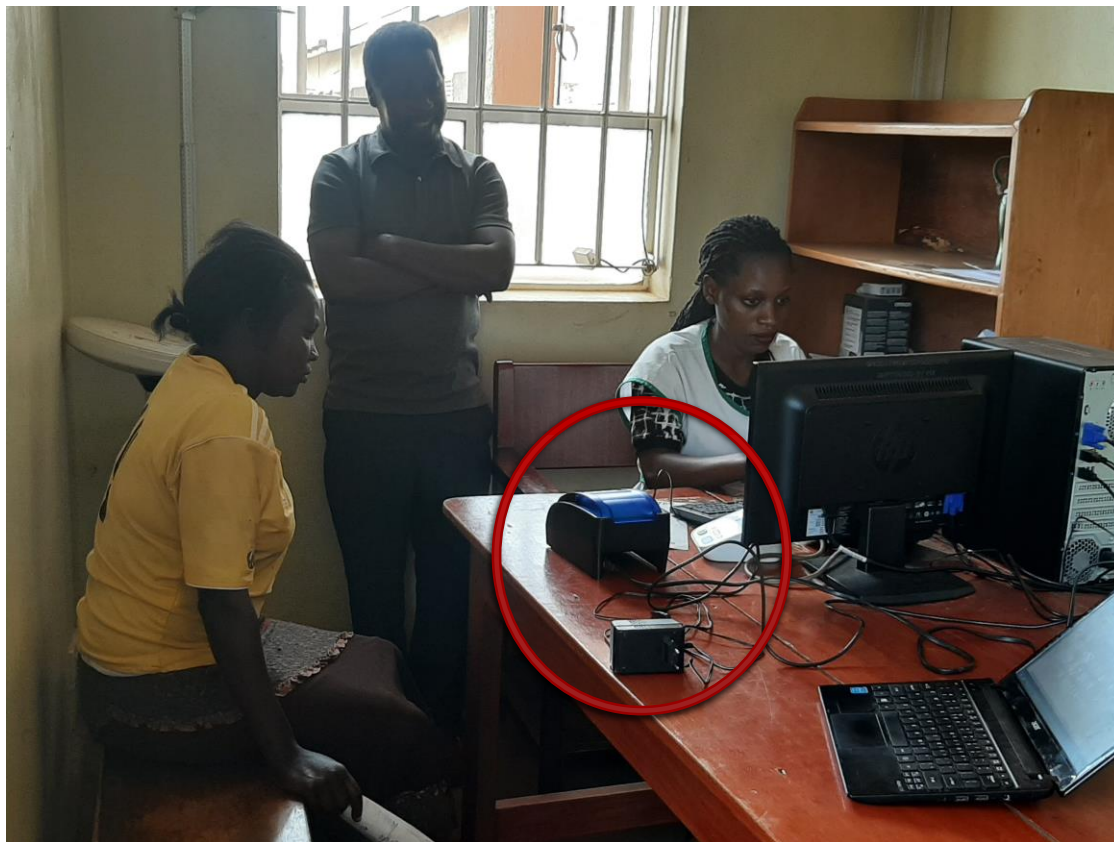
Improving patient data experiences with thermal printers

- From a street parking receipt to generating printable data for patients at the OPD in primary healthcare facilities in Mukono and Buikwe



Pictures Monitor and New vision

Improving patient data experiences with thermal printers



Enhancing CVD prevention at the community – Training VHTs



Enhancing CVD prevention at the community – Support supervision



Enhancing CVD prevention at the community – Household visits



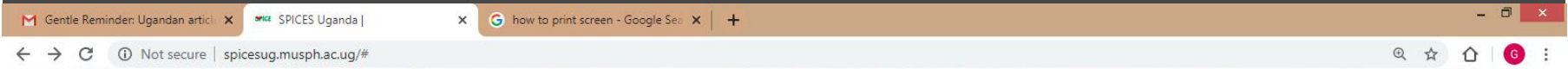
Enhancing CVD prevention at the community

- Educating and supporting groups





Local website – <http://spicesug.musph.ac.ug/#>



Scaling-up Packages of Interventions for Cardiovascular disease prevention in selected sites in Europe and Sub-Saharan Africa.



European Commission

Horizon 2020
European Union funding
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SPICES Uganda – Progress and lessons

Project Impact



Blog – Patient and Civil Society Perspective

Inbox (535) - mgeof@musph.ac... x SPICES PROJECT- Improving NCD... x (29) Spices Project Uganda - Hor... x copying window screen - Google... x +

← → ↻ 🔒 africadiabetesalliance.blogspot.com/2019/12/spices-project-improving-health-centre.html 🔍 ☆ 🏠 (G) ⋮



AFRICA DIABETES ALLIANCE

VISIT PROFILE

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Nurturing a vibrant, engaged, informed and empowered community of people living with diabetes in Africa through increasing access to diabetes education, psycho-social support and advocacy to enable us disarm diabetes daily.

SPICES PROJECT- Improving NCDs health centre capacities and championing community transformation 📌

December 01, 2019

Written by Edith Mukantwari

Attending the SPICES project dissemination workshop on Thursday 29th August 2019, was a truly life altering moment for me, in the best way possible. When I got the call to attend and give a talk on the patient's experience, I was nervous. As always, I had too much to say and didn't really know how to organise my thoughts. I'm always afraid that I'll forget something very important and the pressure is high. When the day finally came though, I was very calm for the first time since I've been attending these events. The event did not disappoint and I am so happy that I get a chance to report about it so that more patients have a chance to know and keep up with ongoing

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MEER INFORMATIE OK

Publications

1. Musinguzi, G., et al., ***An implementation science study to enhance cardiovascular disease prevention in Mukono and Buikwe districts in Uganda: a stepped-wedge design.*** BMC Health Services Research, 2019. **19**(1): p. 253.
2. Ndejjo, R., et al., ***Acceptability of a community cardiovascular disease prevention programme in Mukono and Buikwe districts in Uganda: a qualitative study.*** BMC Public Health, 2020. **20**(1): p. 75.
4. Musinguzi, G., et al., ***Factors Influencing Compliance and Health Seeking Behaviour for Hypertension in Mukono and Buikwe in Uganda: A Qualitative Study.*** Int J Hypertens, 2018. **26**(8307591).
5. Musinguzi, G., et al., ***Cardiovascular Risk Factor mapping and distribution among adults in Mukono and Buikwe districts in Uganda: small area analysis***
6. Ndejjo, R., et al., **Knowledge on cardiovascular disease prevention and associated factors among adults in Mukono and Buikwe districts in Uganda**