

*Scaling-up Packages of Interventions for Cardiovascular Disease Prevention in Select Sites in Europe and Sub-Saharan Africa*


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*SPICES is an acronym that stands for Scaling-up Packages of Interventions for Cardiovascular Disease Prevention in selected sites in Europe and Sub-Saharan Africa. This project aims to implement and evaluate comprehensive cardiovascular disease prevention programmes in sites in Belgium, France, South Africa, Uganda and the United Kingdom. It is an implementation science project funded by the European Commission through the Horizon2020 research and innovation action.*



# Sussex Welcomes New Team Members

■ Elizabeth Ford

**T**he SPICES Sussex team welcomed 02 new team members in January 2020, Dr. Tom Grice-Jackson as Research Fellow and Dr. Catherine Topman as Research Assistant, to replace Dr. Papreen Nahar, former Research Fellow. Tom and Catherine are passionate about co-production and community engagement. Tom previously worked in the civil service (UK government) as a researcher following his PhD in Psychology, and Catherine worked in charity advocacy and policy following training as a medical doctor. As part of our partnership with the National Centre for Behaviour Change, Kendelle Bond, director of the centre, will be co-designing and running the health coaching training with about 25-30 community volunteers in Sussex from April to July 2020. The health coaching training aims to skill up local volunteers on behaviour change, motivational interviewing, and cardiovascular disease knowledge. As part of community engagement, the Sussex team is focused on building trusted relationships with

community organisations to facilitate the sustainability of interventions such as the behaviour change coaching intervention to be delivered by community volunteers. A total of 04 Organisations including; the Crew Club in East Brighton, Sussex Community Development Association in Newhaven, Active Hastings and Education Futures Trust in Hastings have signed up to the SPICES project. Project partnership negotiations are also on-going with Albion in the Community, and Hangleton and Knoll community organisation, both in Brighton. It should be noted that the team is currently engaging with communities to design the exact details of the coaching intervention, such as the number of sessions per group to be delivered by volunteers, as well as setting up screening opportunities to identify people at medium risk of developing a CVD. We aim to have screened about 1000 participants by August 2020.



**From left to right:** Catherin Topham, Kendelle Bond, Elizabeth Ford, and Tom Grice-Jackson outside the Crew Club in East Brighton.

# Nottingham: SPICES Intervention Workshops Begin; Preliminary Baseline Survey Analysis

■ By Almighty Nchafack & Mark Bowyer  
Nottingham Trent University

*Participants filling the informed consent form for the use of their pictures during the SPICES intervention workshop*



*Mark Bowyer, Nottingham SPICES project coordinator (extreme left) showing participants how to use the risk reduction book.*

In November 2019, the SPICES Nottingham site kicked off the 2nd phase of the project with the first intervention workshop at Middle Street Resource Centre in Beeston with a small group of women at medium risk of a heart disease. Led by Mark Bowyer, the project coordinator in Nottingham, participants at this workshop revisited their heart health risk scores from the SPICES Nottingham baseline survey carried out about 6 months ago.

By exploring the behaviours that contributed to their risk score, participants were able to choose 02 smart and achievable goals to work towards healthier lifestyles and reduce their risk of heart disease. These sessions will be held intermittently for the next 18 months within a framework of goal setting and action planning for behaviour change. Subsequent in-depth interviews

with purposively selected participants will aim to identify and understand barriers and facilitators to change, and the impact of risk scoring.

Preliminary analysis from a largely parametric sample of 450 surveys reveals a mean risk in the Nottingham population of 10, which precisely matches the validated population mean of the Interheart instrument. Additional items in the SPICES Nottingham baseline survey included prior understanding and knowledge of heart health and current behavioural intentions, which will in turn, inform the analysis of change at six-monthly stages.



*SPICES risk reduction workbook used by participants during intervention workshops in Nottingham*



# Antwerp Commences Community CVD Prevention Interventions

■ By Naomi Aerts & Prof. Hilde Bastiaens  
Dept. of Primary and Interdisciplinary Care,  
Universiteit Antwerpen, Belgium

In Sept 2019, the SPICES Antwerp team started implementing the community CVD prevention intervention where a 'Plan Do Check Act' cycle was completed with Buurtwerk 't Pleintje in Deurne, an Antwerp based welfare organization. Prior to this, 04 volunteers (members of the target population) and 01 social worker were trained on CVD risk profiling and motivational interviewing. This was followed by a small pilot after which the first profiling event was held where 29 people were profiled. Of this number, 11 people were eligible for the SPICES follow-up coaching (orange group). A total of 05 out of 11 people profiled have consented to participate in the full SPICES program with our SPICES coach.

On the heels of the profiling event, in October 2019, the SPICES team organized a three and half day training of trainers course in collaboration with the Flemish Institute of Healthy Living and attended by 12 enthusiastic multidisciplinary coaches. This course was tailored to the SPICES project and focused on the determinants of health, communicating with vulnerable groups and the self-determination theory. The practical lessons learned were applied in practicing specific behavior change techniques for health coaching in vulnerable populations. The 12 SPICES coaches are expected to follow-up and/or train other coaches in the field.



*First profiling in community setting-SPICES coach interacting with population*



*Profiler toolbox-SPICES cards, tablet and measuring tape*



*Training of SPICES coaches - healthy lifestyle coaching with evidence based behavioral change models and techniques*

## Brest Rolls Out SPICES Community Engagement Phase

■ By the French SPICES team

The SPICES French team has just finished the Inter heart baseline survey with a record 3000 people screened for perceived CVD risk and almost 50% of this number (1300) falls within the Orange group. This site hit its Random Control Trial (RCT) target thanks to collaborations with Centre Ouest Bretagne (COB) which gave the team access to public meetings, COB stakeholders, associations and the 300 students from Universite Brest Occidentale and Institut de Formation en Soins Infirmiers Pontivy who volunteered to administer the survey.

Currently, Brest has recruited and trained about 17 of the 35 trainers it expects to train for the community engagement phase of the project which they started in December 2019. However, the team reports finding difficulties in recruiting volunteer trainers in a context where the concept of community health workers is inexistent compared to other project sites like Uganda

whose health system and health projects thrive on such volunteerism.

Worthy of note is the fact that Brest's local media outings have been instrumental in enabling them to attain their objectives.

Watch/listen to some of their interviews on the links below;  
<http://bit.ly/36iRrXq>  
<http://bit.ly/3arBAC9>  
<http://bit.ly/30DJbzX>  
<http://bit.ly/2uhxin5>

Also visit their website here: <http://spices.bzh/>

# University of Limpopo Pilots INTERHEART with 139 Participants

■ By Dr. Wilson Makgahlela  
Prof. Tholene Sodi  
and Prof. Nancy Malema



The UL SPICES research team members with some of the CHWs at the Seshego Zone 4 clinic

The SPICES Limpopo team has screened 139 participants on the perceived risk of cardiovascular disease (CVD) using the INTERHEART survey in a pilot study carried out with the support of the 69 community health workers (CHWs) trained on the prevention and control of heart diseases in February 2019.

The screening was conducted in communities served by 11 participating semi-urban and rural clinics in Limpopo Province, South Africa. The pilot study revealed that 18% of those screened (n = 139) were at a high risk of developing CVDs whilst 37% had moderate risk. Community members at high risk of developing a CVD were referred to

clinics in their catchment areas. In addition to screening and referrals, the CHWs raise awareness on modifiable and non-modifiable CVD risk factors; and encourage local communities to lead healthy lifestyles.

According to the Heart and Stroke Foundation South Africa, CVD related deaths in South Africa, especially heart disease and stroke, are higher than that of all cancers combined. CVD risk factors include, but are not limited to hypertension, overweight and obesity, high cholesterol, diabetes, tobacco use, lack of physical inactivity, and unhealthy diet. The UL SPICES research site just kicked off the project intervention phase at the beginning of November 2019.

## Uganda Disseminates Baseline Results, Launches 5 New Project Sites

■ By Makerere University School of Public Health  
SPICES Team

On 29 August 2019, the SPICES Uganda team held a dissemination event at Colline Hotel, Mukono district to share results from its baseline survey and update stakeholders on project progress. In his keynote presentation, Dr. Geoffrey Musinguzi, the SPICES Uganda Principal Investigator highlighted the increasing burden of cardiovascular disease (CVD) risk factors in Uganda and the project's contribution to scale prevention and control efforts.

A cross-section of participants at the SPICES project dissemination event at Colline Hotel, Uganda. At the event, 74 health workers and 20 community health workers (CHW) trained by the Project were handed training certificates by Dr. Joseph Okware, representative of the Director General of Health Services at the Ministry of Health (MOH), Dr. Gerald Mutungi, the MoH Commissioner for Non

Communicable Diseases, Professor Rhoda Wanyenze, the Dean of Makerere University School of Public Health, and Dr. Geoffrey Musinguzi, the Project's Principal Investigator.

The event was attended by over 150 stakeholders from the Ministry of Health, Non-Governmental Organizations, health facilities and local communities.

It should be noted that the SPICES team in Uganda has also initiated 05 new project sites in Mukono and Buikwe districts to continue CVD prevention interventions. These sites include 5 health centres and 20 selected villages. About 58 health workers at the new health facilities have been trained on non-communicable diseases and their facilities equipped with basic equipment such as blood pressure devices, glucose meters and strips and a desktop computer to support CVD diagnosis and management.



A cross-section of participants at the SPICES project dissemination event at Colline Hotel, Uganda



The Principal Investigator, Dr. Geoffrey Musinguzi, hands over a desktop computer to the head of Seeta-Nazigo HC III in Mukono district



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