



## The Mexico Declaration

### Improving Circulatory Health for All People

**The Mexico Declaration for Circulatory Health brings together global health organizations committed to improving circulatory health and reducing deaths and disability from heart disease and stroke around the world. These diseases presently represent the biggest health burden world-wide, accounting for over 17 million deaths every year.** We are united around existing global strategies and targets to reduce the burden of heart disease and stroke. We are committed to achieving the World Health Organization (WHO) “25 by 25” non-communicable disease (NCD) targets, and the United Nations’ NCD-related Sustainable Development Goals, based on known, effective and affordable interventions for secondary prevention, primary prevention and primordial prevention in populations. As heart disease and stroke make up half of all NCD deaths, our efforts, working together as the international cardiovascular community, are central to achieving these global goals.

We have a once-in-a-generation opportunity to avoid millions of premature deaths and save lives by orchestrating a coordinated response to the heart disease and stroke pandemic across the globe. In order to achieve this we must work together to:

- Support implementation of the WHO Global Action Plan 2013-2020 for NCD reduction, focussing specifically on heart disease and stroke.
- Advocate to politicians and policy makers through our international, regional and national networks for funding and implementation of national action plans to reduce the burden of heart disease and stroke.
- Communicate our shared vision and strategy for circulatory health to politicians, policy makers, professionals, patients and the public through all our organizations.

By uniting the whole cardiovascular community around the “25 by 25” agenda and bringing in other stakeholders – the public sector, non-governmental organizations, the private sector and the general public – we aim to strengthen our already powerful global voice for circulatory health.



## Public sector

**We call on governments, policy makers, bilateral donors and stakeholders including the World Health Organization, the United Nations and all relevant non-governmental organizations to:**

- Strengthen national NCD plans for prevention of heart disease and stroke, building on the commitments of the WHO Global Action Plan 2013-2020 and incorporating the 'WHF Roadmaps to 25 by 25' for reduction of tobacco use, prevention, detection and control of hypertension and improved secondary prevention to reduce the burden of these diseases globally.
- Close the implementation gap for heart disease and stroke prevention through incorporating health in all government policies, strengthening health systems, especially primary care, and ensure wider access to essential preventive care through universal health coverage (UHC).
- Ensure an environment that is conducive to healthy living through legislative action and policies on tobacco, alcohol and unhealthy foods as well as promotion of clean air and a built environment for safe physical activity.
- Mobilize funding from the international community (public and private) to support implementation of regional and national NCD plans, including CVD plans in low-and-middle-income countries.
- Promote taxation of unhealthy products such as tobacco and encourage use of these revenues for advancing the prevention and control of heart disease and stroke.
- Improve access and affordability of proven drugs, including low-cost combination pills, as part of a package of essential treatment and services to control heart disease and stroke.
- Prioritise heart disease and stroke in UHC plans, with a particular focus on strengthening the contribution of interdisciplinary primary care and task sharing with non-physician and community-based health workers.
- Implement reliable, simple, and fit-for-purpose surveillance systems for monitoring the burden of circulatory disease, including other closely related NCDs (e.g. chronic kidney disease, dementia and diabetes), prevalence of risk factors, and treatment of heart disease and stroke.
- Support actions arising from the proposed WHO resolution on Rheumatic Heart Disease (RHD) in 2017.



- Fully implement the WHO Framework Convention on Tobacco Control (FCTC).
- Start implementing recommendations from the WHO Ending Childhood Obesity (ECHO) report.
- Generate evidence on whether modifying circulatory risk factors reduces vascular dementia.

### **Non-governmental Organizations**

**We call on our member organizations, including cardiology societies, heart foundations, patient groups, and broader NCD and public health stakeholders, to:**

- Build strong alliances of all stakeholders at national, regional and global levels, drawing on combined strengths, complementary roles and areas of expertise and focus, and use the power of a common voice to gain greater influence.
- Lead through these alliances the implementation of 'WHF Roadmaps to 25 by 25' for tobacco control, prevention, detection and treatment of hypertension, secondary prevention of heart disease, stroke and prevention of RHD.
- Work together with other NCD groups to advocate jointly for the development and implementation of national policies on NCDs.
- Improve education and training programmes to build the national capacity of health professionals and non-physician health workers in circulatory health and disease prevention to deliver secondary, primary and primordial prevention.
- Foster collaboration amongst healthcare professionals in order to ensure better prevention, diagnosis and management of circulatory disease, its risk factors and other related NCDs
- Promote the development of reliable health information systems to monitor health behaviours, risk factors, and morbidity and mortality, and support the WHO Global Monitoring Framework in different regions.
- Undertake collaborative research in knowledge translation and implementation to ensure what we know works, because it is evidence based, and effectively delivered in a cost-effective way for patients and populations.
- Advocate for domestic and external resources for heart disease, stroke, and other NCDs and monitor progress on commitments through benchmarking and scorecards, to measure progress against CVD goals, with a particular focus on the UN High Level Review in 2018.

### **Private sector**

**We call on the private sector and employers to:**

- Contribute to international efforts to promote circulatory health and adopt the 'WHF Roadmaps to 25 by 25' for employees and their families by implementing policies and programmes in the workplace to avoid tobacco, eat healthily and be physically active.
- Improve access and affordability of proven drugs, including low-cost combination pills, to improve adherence to these treatments for prevention of heart attacks and stroke.
- Commit as an employer and accountable stakeholder to provide healthy and safe working environments, include health indicators in corporate reporting, and incorporate public health objectives into core business.
- Develop and market products and services that help fulfill the compelling need to improve the circulatory health of populations.

### **The Public**

**Recognizing that heart disease and stroke potentially affect everyone, everywhere, we call for a patient-centred and people-focused approach that:**

- Strengthens and empowers the people living with heart disease and stroke to be an active part of cardio treatment and care.
- Informs people without circulatory disease of their potential risk of having heart disease or stroke through simple lifestyle and risk factor checks, and how that risk can be reduced by achieving a healthier lifestyle and, for those at highest risk, the use of generic drugs to lower blood pressure, cholesterol and treat diabetes, which may also reduce their risk of getting dementia in later life.
- Advocates for their right to live and work in health-enabling environments.



## **Speaking with One Voice**

The Mexico Declaration on Circulatory Health commits the signatories to working in partnership with all other professional societies and organizations with a stake in circulatory health in order to speak with one voice and amplify our collective ambition to reduce the burden of heart disease and stroke worldwide. We share a common commitment to the heart disease and stroke targets in the WHO Global Action Plan on NCDs and a focus on heart disease, stroke and NCDs in implementing the Sustainable Development Goals. To this end we pledge to work together to:

1. Create a common international advocacy strategy to promote policies for circulatory health to influence international, regional and national actions on heart disease and stroke prevention and control.
2. Develop a common implementation strategy to ensure that what works, based on evidence, is implemented for (a) those already suffering from heart disease and stroke, and their caregivers; (b) those at high risk of developing heart disease and stroke, including diabetes, and; (c) for populations at large in low, middle and high income countries.
3. Deliver a communications strategy through a common platform to amplify our voice for circulatory health with politicians, policy makers and the general public.

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