

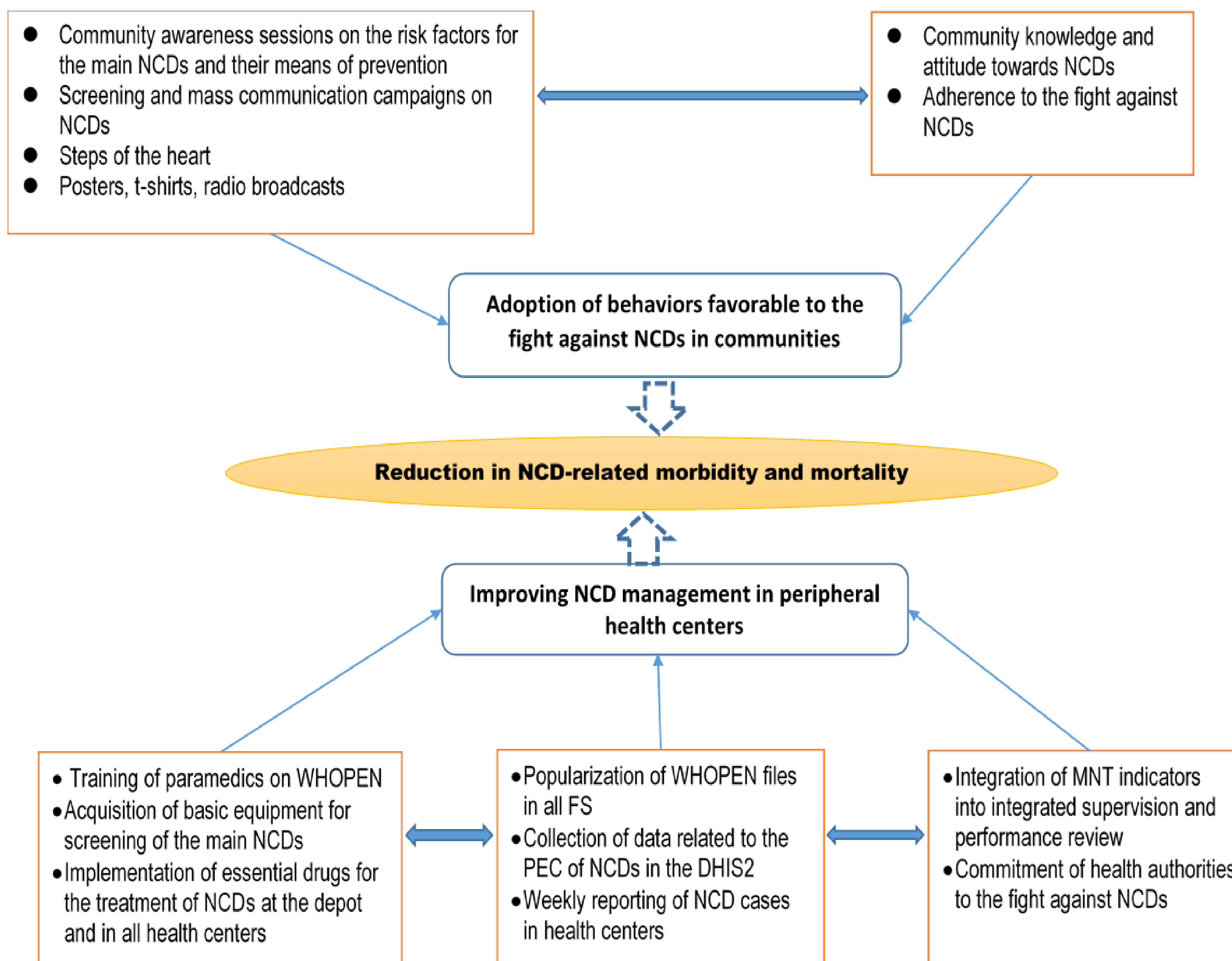
Authors: Ezin Jocelyn AKAKPO¹-Fidèle ZINSOU²; Philippe COMPAORE¹, Codjo DANDONOUUGBO³, Elysée SOMASSE¹

1 Belgian Development Agency 2 Savè-Ouessè health zone 3 Collines Departmental Health Directorate

Context

Non-communicable diseases (NCDs) have been a major public health problem in Benin in recent decades. Enabel through the EQUITE project supports the fight against NCDs in Savè-Ouessè (Benin), by financing the recruitment and training of local agents who have been conducting local awareness sessions since 2021 on the main NCDs (diabetes, hypertension, obesity)
Goal: To measure the effect of proximity sensitization over households.

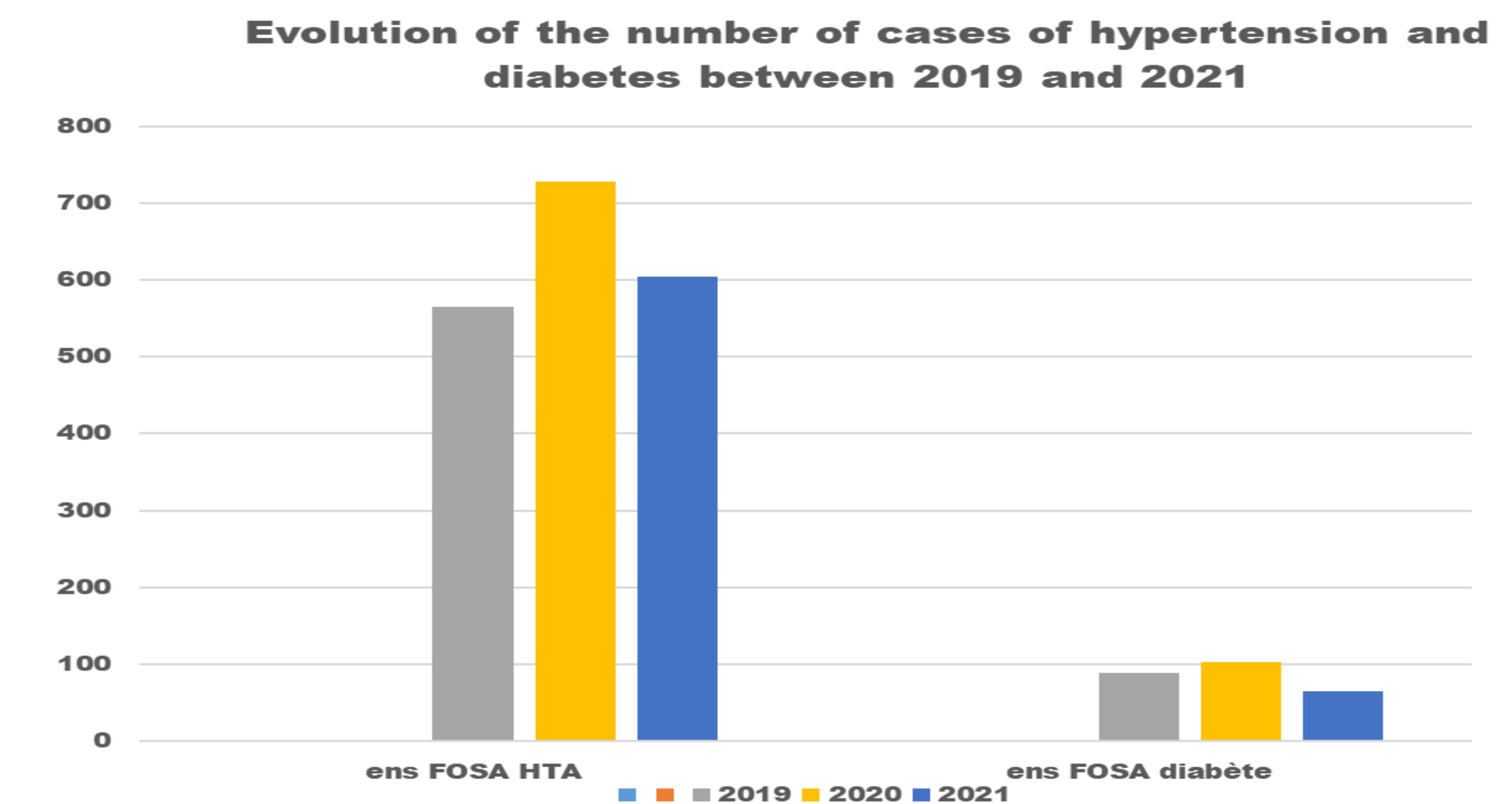
Method



- Local community awareness raising was carried out in 100 pilot villages. It was led by a local NGO which had been recruited and involved 12 facilitators who were supposed to raise awareness among 200 households per month. The techniques used were home visits, individual interviews and general public sessions. Community radio stations were also involved.
- WHOPEN had been implemented in 18 peripheral health centers
- To assess the effects of awareness, a cross-sectional comparative survey was carried out in 2023 between the pilot villages and the others

Result

- survey carried out in 2023 which included 537 participants revealed that 57% of beneficiaries had a satisfactory level of knowledge of the means to combat NCDs versus 14% for non-beneficiaries of the intervention
- The risk of alcohol and/or tobacco consumption was lower among beneficiaries (OR=0.68 p=0.02)
- good nutrition and physical activities were 3 times more practiced among the beneficiaries (OR=3.4; p<0.001)
- 40 health workers were trained as trainers on WHOPEN.
- Gradual integration of the management of hypertension, diabetes and obesity into the minimum activity package of health centers
- Regular supply of medicines and other consumables
- Integration of MNT data into the health information system
- Increase in the number of hypertensive and diabetic patients followed in peripheral centers after 2019



Lessons learned

- The spontaneous and massive support and commitment of communities to the fight against NCDs
- The transfers of trained personnel (50%) did not make to maintain the acquired knowledge (drop in the number of people followed after 2020)
- It is important to ensure continued training of staff

Conclusion

Community outreach and the establishment of WHOPEN have effectively contributed to the fight against NCDs in the SaO health zone

Contact

Dr Ezin Jocelyn AKAKPO:
Email jocelyn.akakpo@enabel.be / jocen12@yahoo.fr
Tel 00229 97642645