

**Review Article: One Million Wellness Egyptian Project**

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**Received:** November 11, 2019; **Published:** November 20, 2019

**DOI:** 10.31080/eccy.2019.06.00456

**Keywords:** Hepatitis C Virus; 100 million wellness project; hypertension, diabetes, obesity; Egypt

**Abbreviation**

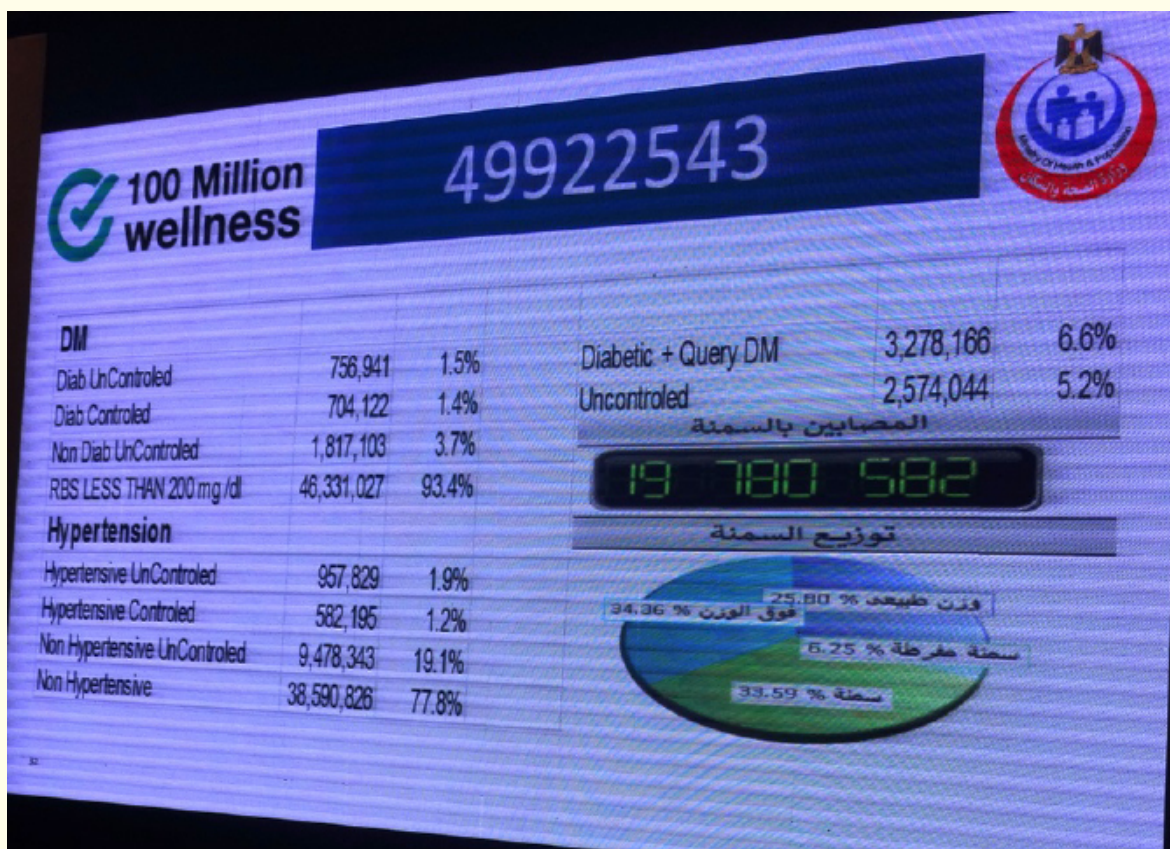
HCV = Hepatitis C Virus; NCD= Non-Communicable Diseases; Diab= Diabetes; BMI= Body Mass Index

The Egyptian Project “one hundred million Wellness”, has achieved great success, was appreciated by the WHO and many countries. The country assigned expert personnel in over 6128 places to investigate and examine people for the following:

- Hepatitis C virus
- Blood pressure
- Random blood pressure
- Wight and height and calculated body mass index.

The Egyptian population above age >18 is 55 million, those who attended the exam were 49922543 (say 5 million). This is great achievement because the organizing personnel reached people in every place and advertisement was very active and effective.

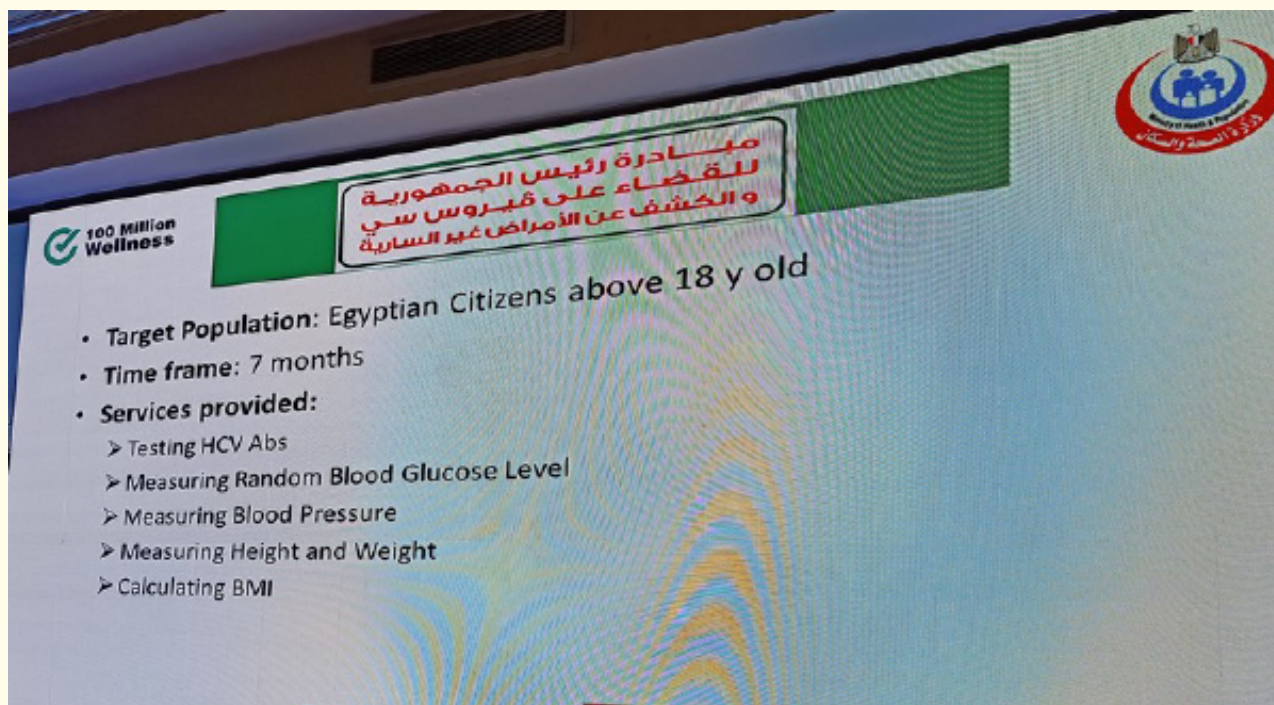
**Results**



**Figure 1:** Summary of the results of the project.

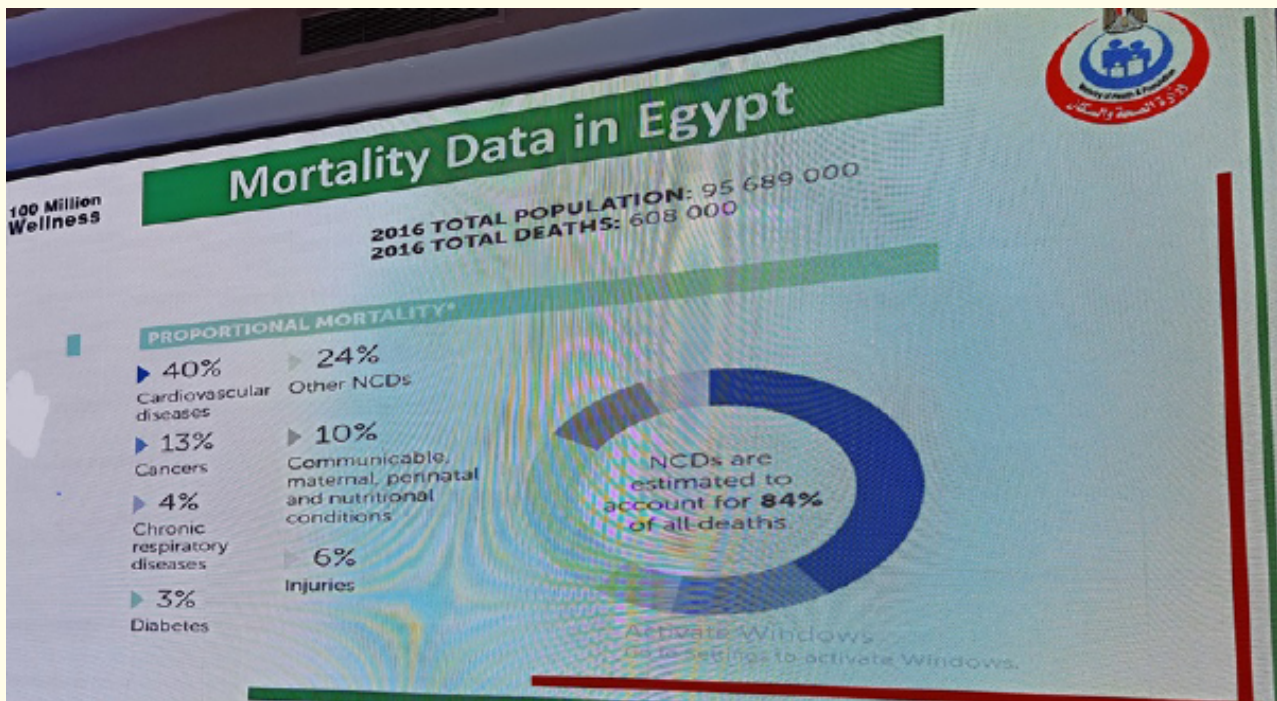


**Figure 2:** One of the 6000 offices, each office contains minimum four personnel including a doctor.



**Figure 3:** Objectives of our National project. Services provided: Testing HCV Abs; Measuring Random Blood Glucose Level; Measuring Blood Pressure; Measuring Height and Weight; Calculating BMI..





**Figure 4:** Mortality data in Egypt year 2016: Total population: 95 689 000; Total deaths 608 000. 40% Cardiovascular diseases; 24% other NCDs; 13% Cancers; 10% Communicable, maternal, perinatal, and nutritional conditions. 4% Chronic respiratory diseases; 3% diabetes; 6% injuries (=36480 deaths, car accidents or homicide or suicide or catastrophes).  
NCDs are estimated to account for 84% of all deaths.



**Figure 5:** Non-Communicable diseases risk factors in Egypt. Details in text. NCDs risk factors Prevalence: 7.7% CVD risk >30% among 40-69 ys; 29.5% raised blood pressure; 15.5% raised blood glucose level; 19.2% raised total cholesterol; 9 gm Salt intake/day. Female vs Male prevalence:

Parameter	Female	Total	Male
Current Tobacco smokers	0.5%	22.7%	43.5%
Non engaged in vigorous activity	96.3%	79.1%	63%
Consuming < 5 serving of fruits and veget../day	90.5%	90.3%	90.2%
Obese BMI > 30 kg/m2	48.8%	35.7%	24.8%

**Hepatitis C Virus incidence (HCV):** The picture presented by the president of the project does not show this number and I'll not report it now but it is less than 7%.

#### Diabetes:

- Diabetes: Diab uncontrolled 756,941 = 1.5%
- Diab controlled 704,122 = 1.4%
- Non Diab Uncontrolled 1,817,103 = 3.7%
- RBS less than 200 mg/dl 46,331,027 = 93.4%
- Summary: Diabetic + Query DM 3,278,166 = 6.6%
- Uncontrolled 2,574,044 = 5.2%
- Total Diabetes 6.6 + 5.2 = 11.8%.

#### Hypertension:

- Hypertension uncontrolled 957,829 = 1.9%
- Hypertension controlled 582,195 = 1.2%
- Non hypertensive uncontrolled 9,478,343 = 19.1%
- Non hypertensive 38,590,826 = 77.8%
- Summary: incidence of hypertension in Egypt is 22.2%. The reported incidence of hypertension in Egypt in people above 25 years is 36%. The figure here is less because it included population starting from 18 years.

#### Obesity:

- Total 19,780,582 = 39.6%
- Normal weight 25.8%
- Overweight (BMI > 25 to < 30%) 34.36%
- Morbid obesity (BMI > 35) 6.25%
- Obese (BMI 30 - 35) 33.9%.

#### Conclusion

The country now raised propaganda against obesity, hypertension, and smoking. Sure, the project was very beneficial. Many discovered they were diabetic, hypertensive that was not known to them before. The health centers offered free treatment for HCV. Recovery from the virus is 99% successful, to the degree that if a person appears to be positive again after recovery, some postulate he caught the infection again not because of failure of the drug. Each person is given card the shows the results. National records are kept and reserved for all. The success of the project let us to start three new projects nation-wide:

1. For examination of vision in school children, if any needs glasses it is offered free,
2. Project for breast examination for masses to combat breast cancer.
3. Campaign to combat smoking.

One point not mentioned here that in Egypt smoking in men is 40% (catastrophe), and in women is 5%. Smoking in women in United States is 17%. It is lower in Egypt either because women were shy to confess they smoke or men do not allow freedom of smoking in women. Some African countries asked help of Egypt in applying this campaign in their countries. In spite the project ended, some centers are still open in each governorate all over Egypt, all the year if anyone comes for examination. The cost of the project is not reported here [1,2].

Finally, the WHO recognized that this is a major achievement that other countries should follow.

### **Disclosure**

The attached figure is photo from the director of the project who gave lecture of it.

### **Conflict of Interest**

None

### **Funding**

None.

### **Bibliography**

1. "100 Million Seha' to be extended until May 5: Health Min". Egypt Today (2019).
2. "Egypt launches last phase of '100 Million Healthy Lives'". Egypt Today (2019).

**Volume 6 Issue 12 December 2019**

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