

# TAKING ON CARDIOVASCULAR AND METABOLIC HEALTH WORLDWIDE

## *At UW Medicine*

---

**N**ONCOMMUNICABLE DISEASES — such as heart disease, diabetes and obesity — are now the leading causes of death and disability around the globe.\* This is true not only in high-income countries like the United States, but also in most low- and middle-income countries (LMICs).

In the face of a burgeoning epidemic, the Division of Cardiology and the Division of Metabolism, Endocrinology and Nutrition at UW Medicine, in partnership with the UW Department of Global Health, are tackling this health crisis head-on through the creation of the **UW Program for Global Cardiovascular and Metabolic Disease Prevention and Care**. We seek to alleviate the overwhelming and disproportionate burden that cardiovascular and metabolic diseases impose on individuals, families and communities at home and around the globe, and we request your partnership in this vitally important work.

*\*From the Global Burden of Disease Study, UW Institute for Health Metrics and Evaluation*

### ***From Crisis to Global Mobilization***

More than 75 percent of deaths from heart disease occur in LMICs. Diabetes and obesity, the major risk factors for heart disease, are on the rise in developing countries, in part due to the increased availability of calorically rich foods, rising smoking rates and lack of access to healthcare services.

With this health crisis at hand, there is need for action. The World Health Organization recently announced an effort to reduce premature mortality from noncommunicable diseases by 25 percent by 2025. Here at UW Medicine, we have the potential to dramatically reduce deaths and improve the health of millions of individuals worldwide through the UW Program for Global Cardiovascular and Metabolic Disease Prevention and Care.

### ***The Imperative for Strategic Collaboration***

Given our research, clinical and public health expertise, exceptional track record of interdisciplinary and interinstitutional collaboration, and our outstanding pool of highly motivated students and faculty, UW Medicine and the University of Washington are uniquely positioned to lead this collaboration. The UW Program for Global Cardiovascular and Metabolic Disease Prevention and Care will take a strategic, interdisciplinary approach and harness robust international partnerships to translate basic science and clinical research into large-scale, high-impact health programs and policies to decrease disease. Our work in LMICs will also help us develop innovative strategies to address these diseases among those most in need in the U.S.

### ***Five Target Areas: Heart Attacks, Strokes, Hypertension, Diabetes and Obesity***

The UW Program for Global Cardiovascular and Metabolic Disease Prevention and Care will employ several complementary tactics to decrease noncommunicable diseases. The first is to develop, test and implement multidisciplinary approaches to improving cardiovascular and metabolic disease prevention and care in LMICs and in marginalized rural populations in the U.S. The second is to train global health professionals.

Initially, our program will focus on preventing and treating five critical, interrelated areas of cardiovascular and metabolic disease (CVMD) — heart attacks, strokes, hypertension, diabetes and obesity — by undertaking the following strategies:

- Develop and test better ways to monitor and improve risk assessment of CVMD;
- Conduct research to improve the delivery of low-cost treatments;
- Deploy mobile, technology-based strategies to promote patients' involvement in their own care;
- Share best practices for prevention and clinical care of CVMD;
- Work with government agencies in LMICs to institute cost-effective public health policies;
- Create private-sector business incentives to help reduce risk factors; and
- Develop strong infrastructures in partner countries.

### ***Opportunities for Strategic Investment***

The success of the UW Program for Global Cardiovascular and Metabolic Disease Prevention and Care will depend upon strategic investments in three crucial areas, detailed below.

#### **I. Recruiting and Retaining Three Superb Leaders**

Endowed chairs and professorships are key to recruiting and retaining the most accomplished faculty leaders because they establish a steady flow of resources to their holders and confer significant prestige. We intend to recruit internationally respected experts to develop and lead this new program.

**Investment:** \$5 million

**One endowed chair for the program director:** \$3 million

**Two endowed professorships:** \$2 million (\$1 million each)

#### **II. Conducting Innovative Research and Supporting Our Students**

We seek support for crucial funds for faculty and students.

**Investment:** \$5.15 million

**Start-up research funding for faculty:** \$2 million

**Pilot project funding:** \$900,000

**Endowed fellowships and scholarships:** \$1.5 million

**Travel and exchange programs:** \$750,000

#### **III. Creating Vital Infrastructure**

Endowed and current-use funds are needed to supply the physical and organizational structures and facilities, renovations, and start-up funding needed to launch this program worldwide.

**Investment:** \$7.5 million

**Endowment:** \$5 million

**Renovation:** \$1.5 million

**Start-up funding for international sites:** \$1 million

### ***Join Us***

To learn more about the UW Program for Global Cardiovascular and Metabolic Disease Prevention and Care — and naming opportunities associated with philanthropy — please contact Anne Aumell, M.A., CFRE, director for philanthropy, at 206.221.0832 or [aaumell@uw.edu](mailto:aaumell@uw.edu), or Stephanie Pietromonaco, assistant director for philanthropy, at 206.616.1252 or [spietrouw.edu](mailto:spietrouw.edu). Thank you.

UW Medicine



SCHOOL OF PUBLIC HEALTH  
UNIVERSITY of WASHINGTON

UW Medicine Advancement