
The Working Hearts Initiative

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Outline

1. Background and Rationale
2. Proposed Intervention
3. Timeline
4. Resources
5. Challenges and future directions

Background and Rationale

★ **Cardiovascular disease (CVD):** a disease that involves the heart or blood vessels

- Risk factors
 - Hypertension
 - Smoking
 - Ways to reduce CVD risk
 - Exercise
- Hyperlipidemia Diabetes
- Obesity
- Healthy diet Not smoking



★ CVD is the **top killer in the UAE**

- One in three people have hypertension
- Occurs prematurely in the UAE

★ **South Asian migrants**

- Comprise about **60% of UAE population**
- Major component of UAE working expatriate population
- **Not a well-studied population** in the UAE
- **At high risk of CVD**

★ **Improving the health of the UAE workforce**

★ **Lowering costs of CVD treatment**

What Can We Do About it?



Who is Involved?

★ Target population

- Labor camps in Abu Dhabi
- University students

★ Authorities involved:

- Ministry of Higher Education, Abu Dhabi
- Department of Health, Abu Dhabi
- Ministry of Happiness



The Working Hearts Initiative

University Students

- Collect Data
- BP measurement
- Waist-Hip measurement
- Blood Glucose Testing
- Lipid Profiles



Department of Health Abu Dhabi

- Doctors
- Medications
- Low sodium diets



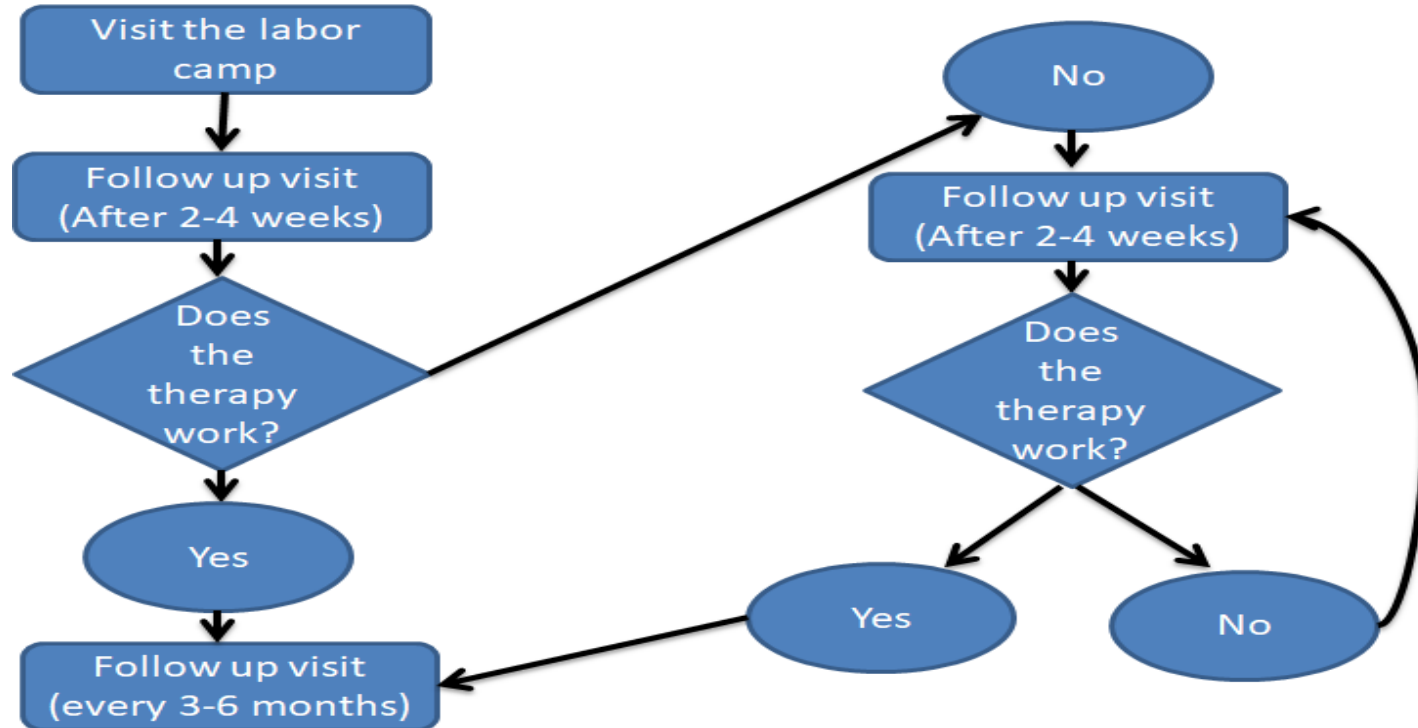
Ministry of Happiness

- Supply of fitness tracking devices to laborers
- Fitbits/Pedometers
- Health and Happiness campaigns

Labour Camps

- **Medical management**
 - medications through doctors on site. Subsidized by department of health/ insurance companies.
- **Fitness Encouragement**
 - via pedometers/devices - incentive to workers.
- **Increase Happiness Among Workers**
 - This translates into less stress, better overall health and greater productivity.

Timeline



Evaluation

Hypertension

After 2-4 weeks

Afer 6 months

After 6
months
(Final evaluate)

Fitness

At the end
of our pilot
project
(1 year)

Resources

01

STAKEHOLDERS

- Department of Health
- University students
- Doctors
- Ministry of Happiness

02

TOOLS

- Glucose meters
- Blood Pressure machines
- Pedometers/ fitness monitoring device
- Scale and height measurement tools

03

LOGISTICS

- Transportation
- Standard Operating Procedures

Challenges

- ★ Supply of fitness tracking devices
 - Fitbits/Pedometers
- ★ Patient Compliance
- ★ Allocating time to visit the labour camps: Presence/Absence of workers
- ★ Availability of Doctors

Future Directives

Expand

Expanding the initiative to other workers

Educate

Primary School Interventions

Engage

“February Fitness Festival”

References

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*“There’s nothing more important than our good health- that’s
our principal capital asset.”*

-Arlen Specter

*ANY
QUESTIONS?*