HI Foundation Ghana: Annual Report 2025

Raising awareness and strengthening care for hypertension and diabetes in Ghana · January – December 2025

About HI Foundation Ghana

HI Foundation Ghana is a non-profit organization led by a group of health professionals who are committed to raising awareness of hypertension and diabetes. Founded in October 2017, the Foundation focuses on rural communities, where specialized information and services for these two cardiovascular conditions are hard to find.

Our work centres on four goals: running medical screening interventions, encouraging lifestyles that lower the risk of hypertension and diabetes, advocating for people affected by these conditions, and preventing complications. In doing so, we support the global effort against hypertension and diabetes.

2025 at a Glance

- Advanced **HyCare-IS**, the Hypertension Care Improvement Study, a health facility readiness and capacity assessment for hypertension care.
- Mobilized **two volunteer nurses** who delivered health education in different parts of Ghana.
- Continued to build on our earlier work strengthening hypertension and diabetes care in primary-level health facilities.

HyCare-IS: The Hypertension Care Improvement Study

HyCare-IS assesses how ready health facilities in Ghana are to deliver good hypertension care. It is grounded in the WHO HEARTS technical package, a framework for improving hypertension care in primary health facilities that promotes standardized protocols, stronger information systems and team-based care.

Why this study matters. Ghana has limited data on how prepared facilities are to put HEARTS into practice and on the workflow changes it requires. We also need to understand the perspectives of the health workers who deliver care.

What we aim to achieve.

- Generate evidence that can guide scalable health system and policy interventions.
- Strengthen hypertension care and outcomes in Ghana.
- Offer insights that can inform global strategies for controlling non-communicable diseases.

Research team

Name	Background
Isaac Tabiri Henneh	Pharmacist and pharmacologist; Vice-Dean and Senior Lecturer, University of Cape Coast

HI FOUNDATION

Name	Background
Thomas Hinneh	Registered nurse and PhD candidate; Founder, HI Foundation Ghana
Samuel Ofosu	Public health specialist; Cape Coast Metro Health Director
Patriot Ofori-Aning	Registered nurse and public health specialist; Co-Founder, HI Foundation Ghana
Stephen Mensah Arhin	Clinical pharmacologist and registered nurse; Lecturer, University of Cape Coast
Elizabeth Attulley	Medical doctor; Lecturer, University of Cape Coast School of Medical Sciences
Francis Ackah Armah	Pharmacologist; Department of Biomedical Sciences, University of Cape Coast

Community Health Education

Health education is at the heart of our mission, and in 2025 it was carried by our volunteers. Two volunteer nurses conducted health education in different parts of Ghana:

- **Rexford Ohemeng**, Nurse
- **Benedicta Ampong**, Community Health Nurse

Their work took practical health information directly to people and communities, in line with the Foundation's focus on reaching places where such services are scarce.

[Add here: regions or communities visited, topics covered and number of people reached.]

Building on Our Foundation

HyCare-IS follows our earlier work with the Ghana Health Service in the Bono Region. Funded by Pharmacists without Borders Germany (Apotheker ohne Grenzen Deutschland e.V.), that project trained staff in four district hospitals (Drobo St Mary's, Tain District, Wenchi Methodist and Kwatire Government) in team-based hypertension and diabetes care and cardiovascular risk assessment. It then supplied clinical equipment such as blood pressure devices, glucometers and weighing scales, and included a study of gaps in managing both conditions.

Acknowledgements

We thank our volunteers, our research team, and our partners for their commitment to reducing the burden of hypertension and diabetes in Ghana.

Contact

HI Foundation Ghana · www.hifoundationgh.org · facebook.com/hifoundationgh