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**HOPE**  
**CENTRE**

A multi-purpose centre  
focusing on prevention,  
early detection, care and  
treatment of chronic diseases.



# THE NEED

Many South Africans lack access to quality medical care due to the burden placed on an overstretched health system. With a shift in disease burden from infectious diseases such as HIV and TB to chronic diseases, many of the new urban poor are now encountering a “double burden” of disease. Many people are now presenting at clinics and hospitals with complications from diseases that if detected earlier and managed better could have been prevented.

# THE IDEA

In a township on the outskirts of Johannesburg, in partnership with the Ministry of Health, NGOs, academics and private partners, Project HOPE aims to pilot a “HOPE Centre” focusing on the prevention, early detection, care and treatment of chronic disease. Over time, this will become a centre of excellence for chronic disease management, and will influence the standard of care across the country.

The HOPE Centre will become a multi-purpose facility consisting of:

- **Medical Centre** - A clinic staffed by permanent and on call medical professionals including nurses and medical specialists.
- **Nutritional Counseling** - A nutritionist who provides tailored meal plans, cooking instruction and gardening demonstration.
- **Fitness Facilities** - A fully equipped gym with fitness instructors.
- **Education Centre** – A training space for Community Health Care Workers and the formation of peer support groups.



# THE PLAN

Participants of the HOPE Centre program will undergo a comprehensive health screening and physical fitness assessment by professional staff, resulting in personalized action plan and access to a variety of support services including:

- Health monitoring
- Nutritional monitoring
- Fitness Instruction
- Health Education

# THE RESULTS

The HOPE Centre program will provide lasting benefits for residents of the township, the government and businesses through:

- Increased access to quality care for the urban poor who already have or are at risk of acquiring a chronic disease.
- Reduction in chronic disease case load at government clinics.
- Increase in the knowledge and capacity of local health care professionals to diagnose, educate and treat patients with chronic disease.



# PROJECT HOPE

Since 1958, Project HOPE (Health Opportunities for People Everywhere) has delivered health education, training and care to people in more than 120 countries. We are committed to providing sustainable solutions to health problems with the mission of helping people to help themselves. Our work includes educating health professionals and community health workers, strengthening health facilities, fighting disease such as diabetes and hypertension. For more than five decades, Project HOPE has demonstrated its ability to develop and permanently institute long-term solutions to pressing health problems like chronic disease.

## COMPETENCY IN CHRONIC DISEASE

Project HOPE has been working actively in the area of chronic diseases since 1998 when a diabetes training program was launched in China. Since then, it has implemented a community level diabetes prevention program in Mexico, a diabetes educator training program in India, as well as a mobile health unit delivering chronic disease prevention in the United States

## PROJECT HOPE IN AFRICA

Beginning in 1964, Project HOPE began working in Africa, with formalized land-based operations beginning in 1989. Project HOPE has been actively working in South Africa for two years in the Johannesburg areas and currently has projects in Malawi, Namibia, Mozambique and Egypt.





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