

WHL • NEWSLETTER

News from the World Hypertension League (WHL)
In Official Relations with the International Society of Hypertension and the
World Health Organization

No. 180, June 2023

President's Column



Dr. Paul K. Whelton

Dear Colleagues,

Greetings from New Orleans. I hope you were able to take advantage of World Hypertension Day (WHD) to conduct educational or practice outreach.

I celebrated WHD at meetings with the academic community and Health Services Executive (HSE) leaders in Ireland at meetings in University College Cork and Farmleigh House, Dublin (a magnificent government estate house, usually reserved for visiting heads of state). Both sets of meetings were outstanding and strongly focused on reducing the population burden of illness by improving the provision of healthcare services.

In addition, I had the pleasure of participating in a WHD meeting organized by the World Health Organization (WHO) Regional Office for South-East Asia (SEA) in New Delhi. SEA is home to more than one quarter of the world's population and experiences a disproportional burden of illness due to high blood pressure. Under the leadership of Cherian Vhargese, MD, PhD, Regional Advisor for non-communicable diseases (NCD), the conference served as an excellent forum for discussion of progress in implementing the SEA HEARTS program in countries throughout the region and learning from each other's experience.

I also want to recognize our colleagues in the Philippine Society of Hypertension, with whom I shared a message of encouragement and congratulations as they celebrated WHD and embarked on an ambitious monthlong plan for

outreach to detect and treat high blood pressure. I have enjoyed reading the many reports of WHD activities from other members of the WHL, some of which are reported elsewhere in this Newsletter.

The WHL World Hypertension Congress (WHC) Scientific Planning Committee (Drs. Parati, Zhang, Lackland, Schlaich, Weber, Khan, Moran, Narasingan, and me) is busy planning an exciting and informative program for our WHC in Chennai, India (February 21st-23rd, 2025). It promises to be an exceptional meeting so be sure to put it on your calendar. Special and sincere thanks to Dr. Narasingan and his colleagues in Chennai who are working very hard on our behalf. Many thanks, also, to our WHL Senior Administrator, Ms. Mary Trifault, for keeping us on track. If you have suggestions for the program, be sure to send them to Ms. Trifault or me.

Finally, be sure to take advantage of the many resources that are available through the WHL website and let us know if we can assist you in your efforts to reduce the burden of illness due to high blood pressure.

With my very best wishes,
Paul

WHL President

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Note from the Editor



Dr. Daniel T. Lackland

We are very enthused about the content of this issue of the Newsletter. With our mission of global hypertension control and prevention, we strive to provide resource materials and information that are useful for this goal. We are most impressed with the many activities for

World Hypertension Day reported by our member societies and partners around the world. Likewise, the many submissions for the Children's Art Program are clear indications that high blood pressure is an issue for all ages, and the recognition of the accomplishments of the WHL award recipients complements the WHD celebration. The 'Hot Off The Presses' and 'Hypertension On The Ground' sections provide new and practical information and evidence from recent initiatives. The progress to global hypertension control and prevention included in this Issue are the results of the world hypertension TEAM and we are appreciative of your contributions.

Dan WHL Newsletter Editor-in-Chief

WHL at the World Health Assembly 2023 in Geneva, May 21 - 30.



Dr. Gianfranco Parati, WHL President Elect, meets with Dr. Taskeen Khan, WHO Hypertension Medical Officer, at the WHA 2023 in Geneva.

HOT OFF THE PRESSES

G20-WHO/WHO SEARO/Ministry of Health and Family Welfare India

WHD India 2023 - An unprecedented historic event in global hypertension control

Submitted by Norm Campbell CM MD DSc (hon) FRCP, World Hypertension League Advisor, the University of Calgary, Canada

[Programme Details in this weblink.](#)
[Government of India Press Release.](#)

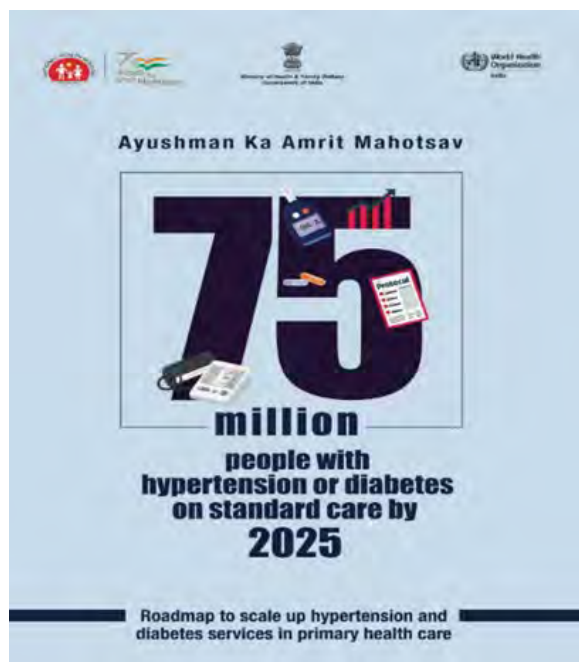


G20 Kickoff Event on World Hypertension Day

World Hypertension Day, May 17, 2023, was celebrated as a major event, with a G20 co-branded event organized by the Ministry of Health & Family Welfare, Government of India in collaboration with the World Health Organization, India in New Delhi. At the meeting, the Ministry of Health announced an initiative to treat over 75 million people with hypertension and diabetes by 2025. This represents the start of the most ambitious hypertension and non communicable disease treatment program the world has and likely will ever see.

The World Hypertension Day celebrations highlighted very substantive efforts to build the foundation for hypertension treatment and control in India over the last decade or more. One hundred and fifty thousand new Ayushman

Bharat health and wellness centres have been functional and a program to train over 40,000 health professionals using a standard hypertension and diabetes algorithm has been started. The national NCD Portal for noncommunicable diseases (NCDs) was unveiled in which patients are to be registered and monitored. There will be enhanced regulations to improve the quality of blood pressure and glucose measurement devices and to have a reliable distribution system for medications and required equipment. Hypertension management is integrated with the treatment of diabetes (type 2), with plans to further expand the program to additional citizens and other noncommunicable diseases. Thus, hypertension and diabetes initiatives are pathfinders for the treatment of all NCDs and also fundamental building blocks to markedly enhance the quality and capacity of primary care.



While the target to treat 75 million people with hypertension and diabetes sounds aspirational, there was no question left that a very extensive implementation plan to achieve the target is in place.¹ Finally, a national government is urgently addressing the world's leading risk for death, increased blood pressure. The integration with diabetes management will further have a major impact on the health and

wellness of Indian citizens. Hypertension occurs in more than 7 in 10 people with diabetes and diabetes occurs in about 1 in 5 people with hypertension. The two conditions together markedly increase the risk of death and disability. Hypertension causes about 40% of deaths in people with diabetes and diabetes markedly increases the risk from hypertension. National diabetes and cardiovascular experts presented collaboratively supporting the integration at the co-branded joint meeting.

The meeting was attended by Member Health NITI Aayog, Secretary of Health, Special Secretary of Health, Director General of Health Services, Joint Secretary of Health (NCDs) of the Ministry of Health and Family Welfare, Executive Director, National Health System Resource Centre and other senior officials from the Ministry of Health and Family Welfare, Government of India, along with senior health officers from the various states of India, representatives from G20 and WHO South East Asia Region Member States. World Stroke Organization, World Diabetes Foundation, other professional associations, global & national experts, and civil society organizations also participated in the event. The WHO Representative to India and NCD country office team led the work, supported by the technical officer and coordinator NCD from SEARO, along with the unit head and Director NCDs from WHO Headquarters (Geneva).

The announcement from India is being taken up by other countries in the WHO South-East Asia Region and will lead to a substantive effort in reducing CVD mortality in the region.

The Indian initiative and SEARO commitment, recognizing NCDs are the major cause of death and disability, that management is cost effective and will strengthen their health care system and society, improving the health and well being of their citizens, should be an inspiration to all nations of the world.

¹<https://www.who.int/southeastasia/news/detail/18-05-2023-india-75-million-people-with-hypertension-or-diabetes-on-standard-care-by-2025>

WORLD HYPERTENSION DAY 2023

*Measure Your Blood Pressure
Accurately, Control It, Live Longer*

Reports on the Celebration of World
Hypertension Day 2023

**WORLD
HYPERTENSION
DAY** May 17th 2023

*Measure Your Blood Pressure Accurately
Control it, Live Longer.*

Initiated by the World Hypertension League www.whleague.org

Congratulations and thank you to all those who participated and shared in the celebration of World Hypertension Day (WHD) held on May 17, 2023! This year, the theme promoted increasing awareness of high blood pressure and accuracy in blood pressure measurement, toward the control of hypertension related NCDs, especially in low to middle income areas. To help achieve this, WHL members and partners were encouraged to participate in WHD via blood pressure screenings, calls to actions, community events, media releases, and awareness campaigns worldwide.

Many nations provided screenings, awareness and education on lifestyle modification and dietary salt reduction to help reduce the risk for stroke, cardiovascular disease, and kidney disease in their communities, through their healthcare providers and media releases.

The WHL is certain there are many more successes from WHD too numerous to report at this time. Photographs, stories, and future plans continue to pour in.

This year's event was truly memorable, and the successes and stories have provided us with many lessons that will serve as the platform for WHD 2024. We are already looking forward to it!

[Click here](#) for more information on WHD 2023.

CAMEROON



Submitted by Olivia Mah
Tamon, Executive Director,
AWLEP

Action by Women Lawyers for the Legal Protection of Human Rights (AWLEP), a community based organization working for the protection of the rights of the vulnerable in Bamenda, Cameroon, worked in synergy with local health personnel and the Ministry of Health to raise awareness of hypertension online and physically in some communities in Bamenda, leading up to World Hypertension Day. Three main activities were organized:

Education/sensitization and distribution of flyers at Presbyterian Church Azire

On May 14, AWLEP volunteers carried out education while distributing flyers, encouraging people to get a free screening, especially persons above 40 years of age.



Distribution of flyers, free screening and counseling at Presbyterian Church Akumlam

On May 15, AWLEP members and volunteers worked with health personnel of the Akumlam Health Center to provide free screening for adults and youth in the community. Over 100 people were screened and all received counseling from the chief of the health center. Several were found to be hypertensive and a few cases were referred to the Regional Hospital in Bamenda.

Online Campaign



Flyers were shared online on AWLEP's facebook page and other social media outlets such as WhatsApp.

CANADA



Hypertension Canada celebrated WHD with social media outreach

highlighting the importance of accuracy in blood pressure measurement devices and a message from its President, Dr. Ross T. Tsuyuki, regarding concern with the inaccuracy of some home blood pressure devices. Please see article [here](#).

CUBA

Report by Dr. Jorge Luis León Alvarez and Dr. Salvador Tamayo Muñiz, National Technical Advisory Commission for the Hypertension Program

Simultaneous Blood Pressure Screening

In celebration of World Hypertension Day, numerous activities were organized by the Ministry of Public Health of Cuba and the National Technical Advisory Committee of the Hypertension Program between April 17 and May 17, under the theme "Measure your blood pressure accurately, control it, live longer".



A national blood pressure measurement campaign was carried out throughout the month of May to commemorate WHD, the national strategy for the Prevention and Control of non-communicable diseases, and the 50th anniversary of the National Technical Advisory Commission for the Hypertension Program. Health institutions around the country performed screenings of patients at risk of hypertension, by measuring blood pressure in community health centers, hospitals, recreational parks, schools, workplaces and sports centers. Health promotion activities were carried out on radio, television and in the written press in order to promote awareness and efforts to prevent, diagnose and control hypertension.

Health promotion activities were carried out in communities through educational talks, sports and



recreational activities, focused on empowering the population with strategies to favorably impact the fight against hypertension through improved knowledge of the risk factors of cardiovascular diseases

and prevention through lifestyle changes.



Activities were carried out in provinces and municipalities, with the central event being in the province of Villa Clara, where the Hypertension Control Program was launched in Cuba. The HEARTS initiative was extended to the 451 polyclinics in the country with 100% coverage of the population. Educational and scientific activities were carried out and targeted at family doctors, internal medicine specialists, epidemiologists, cardiologists, endocrinologists, nurses and teachers, among others, to train them in the latest information on hypertension.

EGYPT

Submitted by M. Mohsen Ibrahim, MD, President, Egyptian Hypertension Society, Prof. of Cardiology, Cairo University, and Ghada Sayed Youssef, MD, Assistant Prof. of Cardiology, Cairo University

On behalf of the board of the Egyptian Hypertension Society (EHS), we are glad to inform you that the EHS celebrated World Hypertension Day 2023 through many activities during the month of May, as follows:

- The annual scientific meeting of the Egyptian Hypertension Society on 3-4 May stressed the theme of measuring blood pressure and controlling it through workshops to nurses and pharmacists

about the best devices to use and the correct techniques of blood pressure measurement. There was also a symposium in the main hall about the best devices to measure blood pressure accurately and how to ensure device validation.



- EHS visited 5 university hospitals in 5 different governorates to educate patients and physicians about the correct way to measure blood pressure and the effect of lifestyle modification (salt restriction, weight reduction and regular exercise) on the control of blood pressure and overall health status.

- The [EHS website](#) announced that May is the month of increasing awareness of hypertension.
- The [official EHS facebook page](#) posted daily about hypertension awareness, correct blood pressure measurement and lifestyle modification in Arabic.



- The EHS website and facebook page promoted the WHL certification course on correct blood pressure measurement.
- Media coverage for all activities were publicized through electronic journals, social networks and TV shows.

EL SALVADOR

Submitted by Dra. Nancy Lizeth Góchez V. Coordinadora de Clínica de Hipertensión, Specialties Clinic of the Salvadoran Social Security Institute

OBJECTIVE: To raise awareness about the importance of measuring blood pressure accurately, carrying out optimal control, and combating risk factors.

PERFORMED ACTIVITIES



Blood Pressure Screening with the support of UES Students and Medicine Residents



Exhibition and Delivery of Educational Materials



Educational Talks

RESULTS

An estimated 200 people were served during the blood pressure screening, with detection of 21 patients with uncontrolled hypertension, 7 referred patients, 7 educational talks to patients by doctors, 70 healthy snacks delivered, 70 gifts delivered to participants, delivery of educational materials on hypertension prevention and control, and healthy eating and physical activity.



THANKS TO: The authorities of the Clinic; the HTA clinic work team: doctors, nursing staff, social workers and service assistants; UES medical students; Internal Medicine residents; Collaborating companies: Abbott, Bayer; Servier

EUROPE

European Society of Cardiology Council on Hypertension



The ESC Council on Hypertension celebrated World Hypertension League with a message

from the Chairperson Prof. Gianfranco Parati inviting all of its members to “take action to improve the detection, awareness, and control of hypertension worldwide, in particular among patients referred to their cardiology centres.” The Council organised several activities to mark World Hypertension Day 2023 in its [Member Newsletter](#), including hypertension resources, quizzes, webinars, ESC guidelines, a clinical case discussion series and a Call to Action.

INDIA

Chennai

On WHD 17th May, Dr. S.N. Narasingan gave an interview on behalf of WHL to the popular SUN TV Channel in the Tamil Language, which can be viewed at [this link](#). In addition, a total of 305 individuals were screened at his clinic.

29,250 people were screened by doctors across the country. USV Pharma took the initiative to create awareness with guidance from the Indian Society of Hypertension (InSH) and WHL.

26,000 people were screened by 3000 doctors initiated by IPCA Industry guided by InSH and WHL.

An international webinar was conducted in collaboration with InSH and WHL, with the support of USV Pharma, and moderated by Dr. Venkata S. Ram, Chief Academic Officer, Apollo Hospitals; Dean, India Campus, Macquarie University, Sydney, Australia.

Speakers:

Dr. Rajiv Gupta, President, InSH

Dr. Gianfranco Parati, President Elect, WHL

Dr. S.N.Narasingan, Vice President, WHL

Panelists:

Dr. Anuj Maheshwari, Secretary General of InSH

Dr. Narsingh Verma, Treasurer, InSH

Dr. Srinivasa Moorthy, Organising Secretary

BPCON 2023

World Hypertension Day
Measure Your Blood Pressure Accurately. Control It. Live longer.
Detect to Protect. Webinar 17th May 2023
8:30 pm to 8:35 pm
Welcome Address
Dr. S. N. Narasingan
Vice President, World Hypertension League, Vice Chairman, Lipid Association of India

SPEAKERS

Topic: Hypertension Burden in India - Challenges
Time: 8:35 - 8:50 pm
Dr. Rajiv Gupta
President, Indian Society of Hypertension

Topic: How to diagnose Hypertension in year 2023
Time: 8:50 - 9:05 pm
Dr. Gianfranco Parati
President Elect, World Hypertension League, Chairperson, Council on Hypertension, European Society of Cardiology, Honorary Professor of Cardiovascular Medicine, University of Milano-Bicocca

Topic: Can Hypertension be prevented?
Time: 9:05 - 9:20 pm
Dr. S. N. Narasingan
Vice President, World Hypertension League, Vice Chairman, Lipid Association of India

PANEL DISCUSSION
Moderator:
Time: 9:20 - 9:40 pm
Dr. Venkata S. Ram
Chief Academic Officer, Apollo Hospitals, Dean, India Campus, Macquarie University, Sydney, Australia

Panelist:
Dr. Anuj Maheshwari
Secretary, Indian Society of Hypertension
Dr. Narsingh Verma
Treasurer, Indian Society of Hypertension
Dr. L. Srinivasa Moorthy
Organising Secretary, BPCON 2023

Mumbai

The [Global Hospital in Parel, Mumbai, India](#)



conducted a Blood Pressure checkup activity for OPD visitors and also created awareness through social media via YouTube Live, Facebook Live and Instagram.

Pune

Submitted by Dr. Harshal Pandve, MBBS, MD, Professor & Head, Dept. of Community Medicine, PCMC's Postgraduate Institute & YCM Hospital, Pimpri



On WHD the PGI-YCMH team held a hypertension screening activity, measuring blood pressure amongst officers and staff of Fire Stations under Pimpri Chinwad Municipal Corporation (PCMC), Pune, Maharashtra State, India, with 60 people screened. Dr. Harshal Pandve, Professor & HOD, Dept. of Community Medicine was invited to speak on “World Hypertension Day 2023” by Puneri Awaz 107.8 FM Community Radio.



Uttah Pradesh

Submitted by Dr. Gaurav Rajauria, Dept. of Pharmacy, Dr. Bhim Rao Ambedkar University, Agra

We organized a health awareness programme in several rural areas and conducted 270 blood Pressure Screenings during the month leading up to World Hypertension Day.



IRAQ

Submitted by Dr. Samer Yousaf, IqHS Board Member

The Iraqi Hypertension Society held an active WHD program reflecting our Society's view on the importance of this day to our patients. With the collaboration of Al-Dawlia Company, on May 18 we held an activity that included measuring blood pressure and free distribution of blood pressure devices to the residents of the Dar Al Atta'a for Elderly Residence in Baghdad, with the aim to raise awareness about high blood pressure and how to prevent it.



We held an extended activity with Acino Phamaceutical company that took place simultaneously across the country in the following nine cardiac centers and major hospitals: Ibn Al-Bitar Cardiac Center; Ibn Al-Nafis Cardiac Center;

Baghdad Cardiac Center; Iraqi Heart Center; Al-Najaf Cardiac Center; Karbala Cardiac Centre; Baquba General Hospital; Ramadi or Fallujah General Hospital; Al-Sadr General Hospital in Basra. This large campaign included educational sessions and distribution of free health brochures.

Last and not least was a marathon supported by Mylan Pharmaceuticals, including an educational session to raise awareness about the importance of exercising and following a healthy lifestyle.



ITALY

For World Hypertension Day, Dr. Giafranco Parati, Hon. Professor of Cardiovascular Medicine, University of Milano-Bicocca and WHL President-Elect, organized a free BP clinic open to the public for the whole day at San Luca Hospital, Italian Auxology Institute, in Milan.



MALI

As part of WHD, the **Association Tension-Ton** in Mali held a voluntary BP screening in the District of Bamako, from May 11-16, 2023. On May 17 we held a celebration ceremony under the chairmanship of the Minister of Health and Social Development.



NIGERIA

Success Story: World Hypertension Day 2023

Submitted by Dr. Abisoye Oyeyemi, Coordinator, CHERISH



World Hypertension Day was commemorated in some parishes of The Redeemed Christian Church of God (RCCG) in Region 27 under the umbrella of CHERISH (Church Electing and Rising for Health). The first Sunday of every month is designated as Health Sunday in the Region, with the May edition dedicated to hypertension awareness creation.

Activities carried out included a presentation about hypertension and its control and screening for the disease done at the headquarters of Bayelsa Province 1, one of the five provinces in

the Region. We regularly carry out screening for hypertension and diabetes at the headquarters.



Blood Pressure Check



BMI Check

PAKISTAN

Submitted by Prof. Mohammad Ishaq, Past President & current Patron, Pakistan Hypertension League



World Hypertension Day was observed throughout Pakistan with great enthusiasm by the PHL through its regional chapters. On this occasion a variety of activities were held including

public awareness campaigns, media interactions, screening camps, seminars, talks & walks. At several places besides BP recordings, blood sugar, cholesterol & body weight were also checked.



The main gathering took place at Hyderabad under the chair of the President of PHL. I wish to complement all the PHL chapters and the Council and members of the PHL for their dedication and hard work for the cause of BP control in Pakistan.



PHILIPPINES

The Philippine Society of Hypertension (PSH), together with the International Society of Hypertension (ISH) and the World Hypertension League (WHL), once again embarked on a three-month blood pressure measurement awareness campaign between May 1, 2023 to July 31, 2023, as part of MMM23.

The campaign is also in line with Presidential Proclamation No. 1761, issued on May 1, 2009 by then President Gloria Macapagal-Arroyo, declaring May of each year as National Hypertension Awareness Month, enjoining government organizations such as the DOH and DSWD to be major collaborators in implementing BP awareness and control programs.

This year's goal is to screen at least half a million adult Filipinos (aged 18 years and older) in at least 500 sites throughout the country, with volunteers (doctors, nurses, health personnel) who are trained to take the BP using manual aneroid as well as automated digital devices.

These yearly BP screening campaigns will hopefully inspire participating countries to continue with a sustained, year-long BP measurement campaign to increase awareness. With a sustained BP awareness program, we hope to increase hypertension treatment and control rates in our country.

In this light, the PSH held the KICK-OFF CEREMONIES of MMM23 on May 17, 2023, Thursday as a face-to-face event.

PORTUGAL

Submitted by Heloisa Ribeiro, Medical Coordinator of Hypertension Consultation at Centro Hospitalar de Entre Douro e Vouga

We were able to celebrate World Hypertension Day in Centro Hospitalar de Entre o Douro e Vouga (Santa Maria da Feira, Portugal), and share with you some photos of our initiative below.



THAILAND

Submitted by Sirisawat Kunanon, MD, Division of Hypertension, Dept of Medicine, Faculty of Medicine Siriraj Hospital, Mahidol University, Bangkok

The Thai Hypertension Society together with Division of Non-Communicable Diseases, Department of Disease Control, Ministry of Public Health organized a seminar on World Hypertension Day on 17 May via Facebook Live on the topic "Measure Your Blood Pressure Accurately, Control it, Live Longer". It was a discussion on general knowledge about hypertension, patient's experiences regarding self-care when having high blood pressure, and Q&A sessions.

We also organized a video clip contest which had a total of 61 clips submitted.



UNITED STATES

American Heart Association

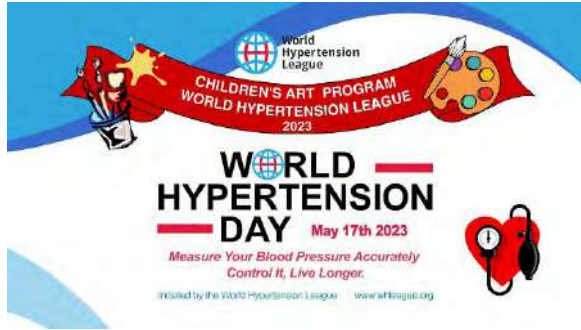


American Heart Association

The American Heart Association (AHA) celebrated World Hypertension day by posting a video ['Check In & Check](#)

[Up'](#) on the AHA website, focusing on how local communities are addressing hypertension with help from the American Heart Association and the National Hypertension Control Initiative, or NHCI.

CHILDREN'S ART PROGRAM



Thank you to all the children and their sponsors for making this the most successful Children's Art Program ever, with 200 contributions from around the world, posted [here](#).

This year's theme promoted a **healthy lifestyle**, including:

- 1) Accurate and regular blood pressure measurement: **Know Your Numbers**
- 2) More physical activity & less screen time: **Move Your Way: Walk, Run, Dance, Play**
- 3) A low sodium, heart healthy diet: **Love Your Fruits & Veggies**
- 4) Refrain from any kind of smoking: **Stay Smokefree**

See several of the art contributions below.



EXCELLENCE AWARDS WINNERS

Peter Sleight Excellence Award in Hypertension Clinical Research Trials




Prof. Alla Schutte PhD FRSAF FESC IGMP

Claude Lentant Excellence Award in Population Hypertension Control Through Educational Activities and Guideline Implementation




Prof. Prabhakaran Donraj, MD, DM, MSc, DSc

Norman Campbell Excellence Award in Population Hypertension Prevention and Control



Dr. Eduardo A. N. Nelson, DSc, PhD, FRCG

Daniel Lackland Excellence Award in Collaboration and Advocacy for Population Hypertension Risk Reduction



Prof. Sheila Martins, MD, MSc, PhD



Organizational Excellence Award in Population Global Hypertension Control
Resolve to Save Lives

WHO Cardiovascular Health Team
 • Arno Bang, Senior Vice President, Cardiovascular Health
 • Patricia Roberts, Program Coordinator
 • Sergio Adachi, Program Associate
 • Agnieszka Czuba, Director, Monitoring & Surveillance
 • Hui Chen, Senior Researcher, Academic Activities
 • Hui Chen, Senior Researcher, Academic Activities
 • Maria Elena Gonzalez, Program Officer, Risk Factor
 • Andriana Miron, Director, Global Hypertension Control
 • William A. Benjamin, Senior Advisor, Hypertension Control
 • Mariana S. Gouveia, Director, Academic
 • Maria A. K. Salama, Senior Advisor, Global Advocacy
 • Francesca Appay, Country Director, Kenya



Organizational Excellence Award in Population Global Hypertension Control
Beijing Lisheng Cardiovascular Health Foundation



Dr. Tingrui Guan, Chair, and the Cardiovascular Health Team


Excellence Award in Collaboration and Advocacy for Population Hypertension Risk Reduction



Prof. Dr. M. Nawaz Lashari
PAKISTAN

Presented by the WHO, Southeast Asia Regional Office Director Dr. Narsingh Verma and Dr. C. Venkata Ram


Excellence Award in Population Hypertension Prevention



Prof. Dr. Mohammad Ishaq
PAKISTAN

Presented by the WHO, Southeast Asia Regional Office Director Dr. Narsingh Verma and Dr. C. Venkata Ram


Excellence Award in Population Hypertension Control Through Educational Activities and Guideline Implementation



Prof. Dr. Abdul Raheem Khan
PAKISTAN

Presented by the WHO, Southeast Asia Regional Office Director Dr. Narsingh Verma and Dr. C. Venkata Ram

Excellence Award in Population Hypertension Prevention



Prof. Dr. Feroz Memon
PAKISTAN

Presented by the WHO, Southeast Asia Regional Office Director Dr. Narsingh Verma and Dr. C. Venkata Ram

Journal of Human Hypertension (JHH) SPOTLIGHT

Community Pharmacy Supply of Accurate Home Blood Pressure Measuring Devices: What is the Situation in Your Country?



Professor James E. Sharman, Associate Editor, Journal of Human Hypertension

The use of home blood pressure (BP) monitoring to confirm the diagnosis of hypertension is widely recommended across international guidelines. People seeking to undertake home BP monitoring must acquire a BP device that has been properly tested and confirmed to be accurate, according to [international quality standards](#). It is now customary for people buy medical products online, including BP devices, but only recently we have learned that most (~80%) of the BP devices available online globally have [not been properly tested for accuracy](#) and should not be used for home BP monitoring.

So if not online shopping, where can people be assured to find accurate BP devices? In many countries, community pharmacies offer possible assurance, because they are reputable suppliers of medicines and medical goods. However, the online marketplace for BP devices replicates retail sales in Australia where [only about one quarter](#) of the BP devices supplied by community pharmacies have proof of proper accuracy testing. In the [March issue of the Journal of Human Hypertension](#), researchers sought to understand the extent to which Australian pharmacists were aware that most BP devices being supplied through their stores were not properly accuracy tested. This was undertaken via a survey distributed across 210 members of the Pharmaceutical Society of Australia.

Survey respondents considered that the accuracy of BP devices sold by pharmacies was extremely important, but the majority (90%) were unaware that most of the BP devices supplied by pharmacies

were not properly accuracy tested. Indeed, many of the survey respondents were surprised to learn that their profession was supplying BP devices that were not properly accuracy tested.

This work reveals the need for a diverse range of actions, including policy change to ensure that only BP devices that have passed proper accuracy testing are sold in Australian community pharmacies, and all retail outlets, to support high quality home BP measurement. The paper was initiated by members of the [Lancet Commission on Hypertension Group](#), and as part of the Accuracy in Measurement of Blood Pressure ([AIM-BP](#)) Collaborative, which are working in collaboration with the World Hypertension League towards achieving optimal BP measurement practices globally.

The new knowledge from [this paper](#) in the Australian setting begs the question as to whether this problem influencing the supply of accurate home BP measuring devices may be replicated in other world regions. What is the situation in your country?

NEWS FROM OUR PARTNERS

WASSH

Salt Awareness Week



Salt Awareness week took place from May 15 – 21, 2023. For more information on WASSH's mission and outreach, please visit the [website here](#). On 15th May WASSH released a policy document on the UK's Salt Reduction Programme, outlining the benefits of salt reduction and the need for Government action, and on 17th May released a Salt Awareness Week report on the nutritional quality of pizzas sold in both the retail and out of home space. This report investigates not only the salt, but also the saturated fat and energy content of one of the UK's most loved dishes, and explores where any significant changes have been made over the last decade. [See the press release here](#).

PAHO - HEARTS in the Americas

Improving hypertension management, strengthening primary health care

Submitted by PAHO Team Jenny Rodriguez, Cintia Lombardi, Andres Rosende, Donald DiPette and Pedro Ordunez

In observance of World Hypertension Day, commemorated every May 17th, [HEARTS in the Americas](#) held its first hybrid webinar: [Improving hypertension management, strengthening primary health care](#) on Thursday, May 18th, with a broad audience and with active and enthusiastic participation in person from HEARTS-implementing Caribbean countries gathering in Saint Lucia.



Chile, El Salvador, and Saint Lucia, the HEARTS champions, showed the tangible benefits of implementing HEARTS for patients and the health system and discussed how they are addressing the main challenges of implementing the initiative and their plans to reach all primary healthcare facilities by 2025.

The webinar also featured the most recent HEARTS in America's paper. [HEARTS Clinical Pathway for Hypertension and CVD risk management](#) aims to enhance the quality of care, reduce clinical inertia, increase patient participation and satisfaction, improve risk-adjusted patient outcomes, and optimize the use of resources. This webinar served as an important space to share the new virtual course on [Supporting the PHC team to use antihypertensive medications effectively](#) and the boosted [HEARTS App](#), which includes the clinical pathways defined by several countries and the cardiovascular risk calculator. In the final remarks, the keynote speaker Prof. Donald DiPette, MD, reviewed the last published

landmark hypertension studies and their implications for HEARTS in the Americas.

Caribbean workshop

From May 15–19, Ministry of Health representatives and health care managers gathered in Saint Lucia for the first Caribbean HEARTS Initiative workshop *'Improving CVD Clinical Management and NCD Surveillance in the Context of COVID-19 through HEARTS Implementation: Lessons Learned and Plan for Scale Up'* with the participation of 17 countries and territories.

The training workshop included a robust opening ceremony where solid support for HEARTS was voiced by leadership from the Minister of Health and Senior Medical Officer of St. Lucia.

This was followed over the next several days by presentations on topics such as an overview of HEARTS implementation, outlining hypertension control drivers, reviewing the HEARTS Clinical Pathway, quality improvement monitoring platforms, and integrating hypertension and diabetes management. The highlight of the workshop was the break-out sessions involving the individual countries present and presentations from several countries starting or already implementing HEARTS.

By all measures, the meeting and its components were a resounding success. Country members already implementing HEARTS discussed successes and challenges that informed the new countries that are planning their implementation strategies. The collegiality and relationships built bode well for the continued success and expansion of HEARTS in the Americas Program. These efforts will continue to increase hypertension control rates in the region with experiences and "lessons-learned" that are applicable globally. The energy and enthusiasm of the individuals and countries represented were palpable.

In the Caribbean, from three initial countries, HEARTS is now being implemented in 17 countries and territories: Anguilla, Antigua and Barbuda, Bahamas, Barbados, Belize, Bermuda, British Virgin Islands, Dominica, Grenada, Guyana, Montserrat, Saint Kitts and Nevis, Saint

Lucia, St. Vincent and the Grenadines, Suriname, Trinidad and Tobago, and Turks and Caicos Islands.

[HEARTS in the Americas Initiative](#), a flagship program to improve CVD risk management, is currently being implemented in nearly 3000 health facilities in 32 countries. The initiative will be the institutionalized model of care for cardiovascular risk management, with special emphasis on the control of hypertension and secondary prevention of CVD in primary health care in the Americas by 2025.

CENTERS FOR DISEASE CONTROL (CDC)

The Million Hearts Initiative:

Focusing on women's heart health in May



On April 25, the Million Hearts Initiative released the a Million Hearts® eUpdate that featured the World Hypertension Day resources in advance of the May observance.

Visit the Million Hearts [website here](#).



Global Health Protection

On World Hypertension Day, the CDC posted on their Global Health Protection webpage:



On May 17th we celebrate World Hypertension Day, a day dedicated to highlighting the importance of monitoring blood pressure and bringing global awareness to the 1 billion people living with high blood pressure worldwide. [High blood pressure](#), also known as hypertension, is defined as a systolic blood pressure consistently above 140 mm Hg and/or diastolic blood pressure consistently above 90 mm Hg. Hypertension is the #1 risk factor for heart disease, stroke, renal complications, and premature death. Usually, high blood pressure alone does not cause any symptoms. Fortunately, [hypertension can be prevented and managed](#), by checking your blood pressure regularly, and through treatment. Since 2016, [CDC and global partners](#) have worked together to create innovative strategies to prevent and control hypertension, and improve people's overall heart health in countries across the world. **Get tested, know your numbers, and live longer.**

Emerging Authors Program

The World Hypertension Day press release was sent to the CDC Emerging Authors Program Partners, with the message below:

“On May 17th, we celebrate World Hypertension Day, a day dedicated to highlighting the importance of monitoring blood pressure and bringing global awareness to the 1 billion people living with high blood pressure worldwide. We invite you to join us in a webinar on **“Standardized blood pressure measurement for hypertension management.”**”

Thank you for participating in WHD 2023!

From the EAP Team; Program Implementation & Capacity Building Team; Office of Global Noncommunicable Diseases

Upcoming Scientific Writing Webinar



FETD, NCD PROFESSIONAL DEVELOPMENT SERIES

Sign Up For Our 3-Part Scientific Writing Series!

CDC, TEPHINET and the World Hypertension League are pleased to bring you **Building the Evidence: From Literature Search to Systematic Reviews and Meta-analyses**.

Starting June 15, 2023
8:00am EDT | 12:00pm GMT

Certificate upon completion of series!

Register:
bit.ly/SW-3part

Literature search
Meta-analysis
Reviews
Writing the paper

[TEPHINET Secretariat on LinkedIn: #webinar](#)

Join our upcoming three-part Scientific Writing #webinar series, brought to you by CDC, TEPHINET, and the WHL.

RESOLVE TO SAVE LIVES



Submitted by Cécile Borkhataria

RTSL Communications Officer, Cardiovascular Health

Integrating hypertension and HIV management could save 87,000 lives over the next 10 years
Resolve to Save Lives' [toolkit for integrating hypertension and HIV management](#) is a practical guide to implementing patient-centered "differentiated service delivery (DSD)" models that aim to reduce the burden of HIV and hypertension management on the many people living with both conditions.

User-centric information gathering tools save more than 20 minutes per day of health care worker time

A Resolve to Save Lives-supported study published in [Preventing Chronic Disease](#) found that in Punjab and Madhya Pradesh, India, hypertension-related activities require more than half of nurses' time, and that user-centric digital systems can help reduce the time spent on indirect hypertension activities, such as data management and patient follow-up calls.

In rural India, team-based hypertension care involving community pharmacists shows promise

A new study published in the [Journal of Human Hypertension](#), demonstrated the feasibility of community pharmacists screening, diagnosing and managing hypertension with the support of a medical doctor. Private sector pharmacies in Bihar state, India, screened more than 3,000 patients; among those enrolled in care, hypertension control increased by more than 12%. The study, which was supported by Resolve to Save Lives, also identified a need for monetary and/or non-monetary performance-based incentives to improve patient screenings, enrollment and retention.

Sri Lanka's trans fat ban will save 50,000 lives in the next 25 years

With its [new best-practice policy banning industrially produced trans fat](#), Sri Lanka joins neighbors India and Bangladesh and 51 other countries in the World Health Organization's [REPLACE](#) initiative to eliminate this toxic food additive from the global food supply.

Celebrating trans fat elimination progress at the 76th World Health Assembly

In [a side event co-hosted with the World Health Organization](#), Resolve to Save Lives celebrated the huge progress to date in removing trans fat from the global food supply. Topics included highlights from a new report on the International Food and Beverage Alliance's commitment to reduce trans fat in its products, as well as remarks from representatives of Nigeria, Bangladesh and Brazil.

ISH

World Hypertension Day

ISH President Prof Bryan Williams led ISH activities with a [video message](#) on the burden of hypertension around the world and what should be done about it. He encouraged everyone to get their blood pressure checked. Visit the [web page](#) created by the ISH summarising activity from the ISH and partners around the world to mark WHD and May Measurement Month.



The [May 2023 edition of Hypertension News](#) is out now. This issue includes features on:

- A new drug in primary aldosteronism
- Controlling hypertension in Africa
- Gut microbial

metabolites and blood pressure

- COVID and CVD management
- Cartagena, the venue for the 2024 Scientific Meeting of the ISH

New Chair for ISH Global Health Partnerships



Prof Tazeen Jafar will oversee liaison with partners around the world, and work with the ISH Regional Advisory Groups to encourage them to develop deliverables and engage with ISH programmes. Please get in touch with

Tazeen via secretariat@ish-world.com

Latest e-bulletin

Read the [May](#) and [April](#) e-bulletins from the ISH, and access the e-bulletin [archive](#).



31 May 2023

Introduction from the ISH Secretary



Welcome to the May issue of the ISH e-Bulletin!

May is 'our' month, with World Hypertension Day and May Measure Month (MMM), which stimulated numerous initiatives by our colleagues and friends around the world! These initiatives are necessary as only 54% of the 1.3 billion adults with hypertension worldwide are diagnosed and only 21% have it under control ([see here](#)).

At the present time, no development in hypertension research can

8 out of 10 blood pressure monitors for sale online not tested for accuracy

The findings come from a new analysis of devices available in ten countries, which was led by Dr Dean Picone, Chair of the ISH New Investigator Committee. [Read more](#).

UK statistic highlight high rates of undiagnosed hypertension

The ISH President responded to UK statistics showing that 4.2 million adults in England have undiagnosed hypertension. [Read more](#).

24-hour BP measurement and conventional clinical blood pressure

Research led by Prof Williams showed that 24hr ambulatory BP monitoring was five times more informative regarding future mortality from cardiovascular and all-cause mortality when compared to conventional clinic BP measurement. [Read more](#).

ISH2024 – 19-22 September 2024

Visit the [ISH2024 website](#) to access the programme and find out more about the beautiful city of Cartagena which will host the meeting. Early bird registration for the ISH 2024 Scientific Meeting is now open.

HYPERTENSION ON THE GROUND

Certification Courses for Measurement of Blood Pressure by Patients and Health Workers



Accurate reproducible blood pressure measurement is essential for the diagnosis and management of hypertension. Yet, inaccurate devices, lack of patient preparation, non-standardized technique and inappropriate environments for measurement are very common and can undermine hypertension control programs.



Figure from [PAHO](#) with permission.

One of the recommended interventions to enhance the accuracy and reproducibility of blood pressure measurement is through the development and implementation of blood pressure measurement training courses with certification. Led by the Pan American Health Organization HEARTS in the America's program for hypertension control in partnership with the World Hypertension League, International Society of Hypertension and other partners, a short online training session for health care professionals to accurately measurement blood pressure is available at [this link](#).

In June 2023, a similar online Home BP measurement certification course for the public and people with hypertension will become available. Accurate home measurement is recommended to more accurately make a diagnosis of hypertension, to improve adherence to therapy, more effectively lower blood pressure and engage patients more actively in their management.

Table. Organizations and experts supporting and contributing to the development of the new home measurement course

Organizations	Expert Member
HEARTs in the Americas, Pan American Health Organization	Yenny A Rodriguez Morales, Pedro Ordunez
World Hypertension League	Norm RC Campbell, Tej Khalsa, Paul K Whelton, Gianfranco Parati, Xinhua Zhang, Dan T Lackland
International Society of Hypertension	George S Stergiou, Aletta E Schutte
STRIDE BP	Angeliki Ntineri, Ariadni Menti, George S Stergiou, Gianfranco Parati, Aletta E Schutte
Resolve to Save Lives	Tammy M. Brady, Norm RC Campbell
AIM BP Collaborative	James E Sharman, Dean Picone, Niamh Chapman, Norm RC Campbell
Carolinas-Georgia-Florida Chapter of the American Society of Hypertension	Dan T Lackland
Hypertension Canada	Ross T Tsuyuki, Lyne Cloutier, Norm RC Campbell
Lancet Commission on Hypertension Group	Michael H Olsen, James E Sharman, Aletta E Schutte
Québec Society of Vascular Sciences	Lyne Cloutier

The certification courses are free and regular recertification is encouraged. The courses can also serve as the basis for health care training schools, post graduate health care education and clinic facilities to use or on which to develop in-person training programs. Translation and modification of the training courses is encouraged. Text in word documents is available by contacting whleague17@gmail.com.

WELCOME TO NEW WHL MEMBER

Malian Association for the Prevention & Treatment of Hypertension: “Tension-Ton”



TENSION-TON was created on May 4, 2000, to help public authorities to fight effectively against arterial hypertension. It is an apolitical, non-profit, social and human organization, bringing together men and women searching for solutions to problems related to the pathology of arterial hypertension. Its headquarters is in Bamako, Mali (West Africa). The main missions of Tension-Ton are:

- The prevention of high blood pressure
- The treatment of high blood pressure
- The socio-professional reintegration of affected subjects.

The bodies of the association are the General Assembly, the Executive Office, the Pedagogical and Scientific Committee and the Control Commission.

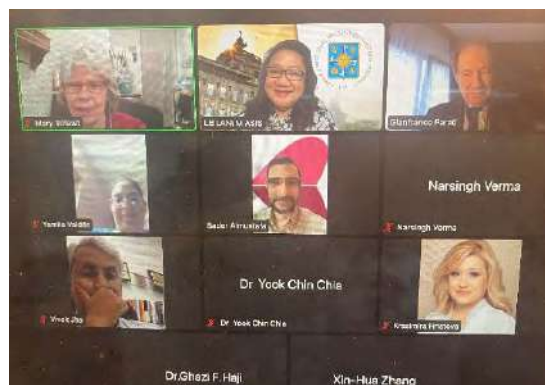


Bureau exécutif TENSION-TON



Tension-Ton family

WHL COUNCIL CALL MARCH 22



The WHL Council, composed of WHL’s members, met on March 22, 2023, chaired by Prof. Dr. Leilani Mercado-Asis of the Philippines. Prof. Paul Whelton, WHL President, called the meeting to order, welcomed the Council Members and introduced Dr. Leilani Mercado-Asis as the Council Chair. He provided the WHL President’s Report summarizing WHL’s mission, history, committee leadership, regional offices, and outreach activities.

Dr. S.N. Narasingan, WHL Vice-President, provided a report on the next World Hypertension Congress, scheduled for February 2025 in India, noting that a planning committee had been formed and would be meeting regularly over the coming months.

Dr. Mercado-Asis presented slides with a brief history and overview of the role of the Council Members in the WHL. She urged the Members to participate in upcoming World Hypertension Day May 17 through outreach activities focusing on BP awareness, screenings and educational materials, and participation in the Children’s Art Program. She reported that the Philippines has designated the month of May as Hypertension Awareness Month. Prof. Dan Lackland, WHL Newsletter Editor, asked that the members provide reports of their WHD outreach to be included in upcoming Newsletter issues.

Prof. Whelton noted that a follow-up survey would be sent out to the Council Members requesting their current Board Members and their voting representative on the WHL Council.

Dr. Taskeen Khan, WHO's representative to the WHL, urged the members to promote the WHO guidelines in their countries. She noted the success of the HEARTS model around the world and that the upcoming May 17th outreach in India would have a focus on HEARTS. Prof. Andrew Moran, the Resolve to Save Lives representative to the WHL, stated that the RTSL focus over the past 5 years has been the implementation of Global HEARTS, with a continuing goal to raise the profile of Global HEARTS.

WHL Excellence Award Presentations



Dr. Don DiPette receives the WHL 2022 Detlev Ganten Excellence Award at the Carolinas Centers for Excellence meeting in Greenville, South Carolina.



Dr. Victor J. Dzau, PBM, receives the 2020 Detlev Ganten Excellence Award in Hypertension Global Health Implementation, presented to him in Washington DC at the National Academy of Medicine by Dr. Dan Lackland, WHL Past President.

UPCOMING MEETINGS OF NOTE

ACHIEVE Programme

Ibadan, Nigeria, July 27–28, 2023

On behalf of Prof Mayowa Owolabi, we invite you to participate in the **'African Control of Hypertension through Innovative Epidemiology and a Vibrant Ecosystem (ACHIEVE): Novel Strategies for Accelerating Hypertension Control in Africa'**.



As you may know, Africa is the epicenter of hypertension worldwide with very little progress in detecting, treating, and controlling hypertension over the past thirty years. There are currently limited effective strategies and resources for screening and

controlling hypertension in Africa. The available strategies which have been adopted from the hypertension treatment guidelines from high-income countries are challenging to implement because of the limited resources and lack of an implementation ecosystem that engages all stakeholders.

By this conference together, we aim:

1. To activate key stakeholders (commissioners, steering committee etc.) for improved surveillance, prevention, treatment/acute care, and rehabilitation of those with hypertension complications across the life course through the implementation of the Integrated Hypertension Quadrangle Approach to hypertension control and the proposed African Control of Hypertension through Innovative Epidemiology and a Vibrant Ecosystem (ACHIEVE) to implement the HEARTS package.
2. Develop and deploy pragmatic solutions through the contextualization of interventions tailored to navigate barriers and enhance facilitators to deliver maximum impactful hypertension control. This can be achieved by effective communication and active participation of all stakeholders in the implementation environment.
3. Co-create strategies for implementation of the ten key recommendations for accelerated hypertension control in Africa to circumvent the identified barriers and facilitate effective and efficient hypertension control in Africa through ACHIEVE.

World Stroke Conference WSC 2023



[Toronto, Canada,
October 10-12, 2023](#)

The program for the 2023 World Stroke Congress will feature the latest topics in stroke and cerebrovascular disease and is being prepared for all stroke professionals, researchers and policy makers across the continuum of stroke care. The structure of the program will facilitate discussion, learning and networking opportunities. We will focus on diversity, equity, and inclusiveness and provide extensive opportunities for early career investigators.

The World Stroke Organization and the Canadian Stroke Consortium look forward to hosting you in October 2023 for the 15th World Stroke Congress!

World Health Summit



[Berlin, Germany,
October 15-17,
2023](#)

WHS 2023 CENTRAL TOPICS

- Learning from COVID-19 for Future Pandemic Prevention, Preparedness and Response
- Recommitting to Universal Health Coverage
- Sustainable Health for People and Planet
- G7/G20 Measures to Enhance Global Health Equity and Security
- Harnessing the Power of Digital Technologies for Global Health
- World Health Organization's 75th Anniversary
- Innovations to Accelerate the Fight Against Tuberculosis

LINKS OF NOTE

[LINKS](#) is a collaborative effort of [the World Health Organization](#), the [U.S. Centers for Disease Control and Prevention](#) and [Resolve to Save Lives](#), to improve cardiovascular health globally.



[WHO Essential Medicines List \(EML\) for Hypertension Combination Therapy](#)



[NCD Alliance Newsletter: Click here](#)



[WSO Newsletter: Click here](#)



[SCIENCE OF SALT WEEKLY: Click here](#)

Weekly Medline articles on dietary sodium



[KNOWLEDGE ACTION PORTAL \(KAP\)](#)

WHO's platform for NCD info, [click here](#)

Calendar of Events

ESH-ISH 2023

June 23-26, 2023

Milan, Italy

[Click here for more information](#)

ACHIEVE Programme

July 27-28, 2023

Ibadan, Nigeria

Global Week for Action on NCDs

September 14-21, 2023

World Heart Day

September 29, 2023

[Click here for more information](#)

World Stroke Congress 2023

October 10-12, 2023

Toronto, Canada

[Click here for more information](#)

World Health Summit

October 15-17, 2023

Berlin, Germany

[Click here for more information](#)

Hypertension Canada

October 23-24, 2023

Montreal, Canada

[Click for more information](#)

American Heart Association

November 11-13, 2023

Philadelphia, PA, USA

[Click here for more information](#)

Mission

The objectives of the WHL are to promote the detection, control and prevention of arterial hypertension in populations. The World Hypertension League (WHL) is a federation of leagues, societies and other national bodies devoted to this goal. Individual membership is not possible. The WHL is in official relations with both the International Society of Hypertension (ISH), and the World Health Organization (WHO).

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Prof. Bryan Williams (UK) President

WHO Representation:

Dr. Taskeen Khan, MD (Geneva, Switzerland)

Secretariat:

Prof. Paul Whelton, President
Internet: <http://www.whleague.org>

Editorial Office:

Editor-in-Chief: Dr. Daniel Lackland
Associate Editor: Dr. Detlev Ganten
Associate Editor: Mary L. Trifault
E-mail: whleague17@gmail.com

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