WHY PREVENTION AND CONTROL ARE IMPORTANT

67\%  INCREASE IN HYPERTENSION
Between 1990 and 2010

4 IN 10 PEOPLE GLOBALLY HAVE HYPERTENSION

LIFESTYLE CAUSES OF HIGH BLOOD PRESSURE

- 32\% High Dietary Sodium
- 32\% Obesity
- 17\% Low Fruit and Vegetable Consumption
- 17\% Low Physical Activity
- 3\% Excess Alcohol Intake

United Nations Goals

- Reduce Hypertension by 25\%
- Reduce Sodium by 30\%
- 50\% Of eligible patients receive treatment
- 80\% Availability of basic BP devices & medications
- 0\% Increase in Diabetes/Obesity

BY 2025

13\% of deaths overall are caused by high blood pressure.

40\% of deaths in people with diabetes is caused by high blood pressure.

50\% of heart disease, stroke and heart failure is caused by high blood pressure.

ECONOMIC IMPACT OF HYPERTENSION

7.3\% TOTAL HEALTH CARE SPENDING IN SUB-SAHARAN AFRICA

AT A COST OF OVER $2,000,000,000 USD IN 2001

PREVENTION OF HEART ATTACKS, STROKES AND KIDNEY DISEASE THROUGH INTEGRATED MANAGEMENT OF DIABETES AND HYPERTENSION: WHO PEN PROTOCOL 1

- Measure blood pressure at all relevant clinical encounters.
- Diagnose new cases of hypertension based on a series of blood pressure checks performed on several days or immediately in patients presenting with symptoms or signs of an acute condition related to hypertension (e.g. stroke, heart attack).
- Use an adequate cuff size in relation to arm circumference (i.e. a large cuff for large arms).
- Assess cardiovascular risk in those diagnosed with hypertension, and manage treatment in accordance.
- Treat those at high total cardiovascular risk to controlled blood pressure levels.
- Treat hypertensive persons at moderate total cardiovascular risk according to resources.
- Assess and manage hypertensive disorders in pregnancy.
- Advocate for healthy public policy and for a comprehensive national program for hypertension prevention and control.
- Encourage and assist community blood pressure screening programs, provided accessible and affordable treatment is available for long term treatment of those found to have hypertension.


Dedicated to the Prevention and Control of Hypertension Globally

www.whleague.org
www.ish-world.com