REPORT

Observance of “World Hypertension Day”

17 May 2014

By

Hypertension Committee of National Heart Foundation of Bangladesh

Plot-7/2, Section-2, Mirpur, Dhaka-1216
Phone: 880-2-8061314-6, 8083935-6
E-mail: nhfdmin@agni.com, Fax: 880-2-9029694
Submitted by
Professor R K Khandaker
Vice President, National Heart Foundation of Bangladesh
Chairman, Hypertension Committee of National Heart Foundation of Bangladesh
Member, WASH and ISH
Hypertension Committee of the National Heart Foundation of Bangladesh (NHFB) observed the World Hypertension Day (WHD 2014) on 17 May 2014 in a befitting manner as a part of worldwide observance by World Hypertension League. This year’s theme was ‘Know Your Blood Pressure’.

**Awareness Seminar:**

To increase public awareness about hypertension control and to promote preventive measures at various levels of society an awareness seminar was arranged on 17 May 2014 at the Auditorium of National Heart Foundation Hospital & Research Institute, Mirpur, Dhaka. Mr. Sayed Mohsin Ali, Honorable Minister, Ministry of Social Welfare, Govt. of the People’s Republic of Bangladesh attended the program as chief guest, Dr. Mostafa Zaman, NCD Co-ordinator, World Health Organization; Bangladesh was present as special guest. National Professor Brig. (Rtd) Abdul Malik, President, NHFB & Advisor, Hypertension Committee of NHFB presided over the seminar.

There were about 400 participants in the general seminar. Eminent cardiologists, government and non-government employee along with health professionals such as nurses and paramedics, technical persons and journalist from the renowned electronic and print media were present in the session.

In his welcome speech, Professor RK Khandaker, Chairman, Hypertension Committee, NHFB stated the global burden of High Blood Pressure and cardiovascular diseases, control of blood pressure. He mentioned the importance of life style modification which leads to a healthy life. He requested the electronic and print media to broadcast the program on the topic of prevention and control of hypertension and to disseminate the information to general people. He thanked all for their cooperation to celebrate the day successfully. Professor Sohel Reza Choudhury, Head & professor, Department of Epidemiology & Research was the keynote speaker. He focused the cause, prevention and complications of uncontrolled Hypertension.

Professor Khondker Abdul Awal (Rizvi), Secretary General, National Heart Foundation of Bangladesh stressed the need of lifestyle modification & regular medication to control hypertension & its complications. Honorable health minister highlighted the government’s effort to create awareness about the controlling blood pressure. He also thanked the organizers and requested the physicians to encourage the people to modify their lifestyle with a view to stay healthy.

Special guest narrated briefly the incidence & prevalence of hypertension in our country. He also focused on primary & secondary prevention of the diseases.

National Professor Brig. (Rtd) Abdul Malik pointed out that hypertension is the major risk factor for heart diseases, stroke, and kidney disease. He also advised general people to change their lifestyle and dietary habits to lower the rate of increasing incidence of hypertension and heart disease. He thanked the committee for organizing these events.
The general seminar ended with the vote of thanks from Dr. Md. Serajul Islam, Joint Secretary General, NHFB.

Inauguration & Awareness Seminar

**Poster and Brochure development and distribution:**

A poster and brochure carrying the messages of health effects of uncontrolled hypertension and advices to healthy lifestyle were published in local language. Posters and brochures were distributed in the locality and throughout the whole country.
Hypertension Camp

Three hypertension camps were arranged at Basabo, Dohar & NHFH&RI premises to mark the World Hypertension Day 2014. More than 500 people received advice from the camp.
Reports on the observance of WHD 2014 in leading national TV Channel & newspapers

A discussion program on World Hypertension day 2014 was broadcasted on the Bangladesh National Betar. Professor R K Khandaker & others members of HTN committee of NHFB participated in the program. Different national leading newspapers of the country published news on the observance of WHD 2014 by Hypertension Committee of National Heart Foundation of Bangladesh.

Observance of WHD2014, outside Dhaka

Several affiliated bodies of National Heart Foundation of Bangladesh observed WHD 2014 by various activities such as rally, general discussion, awareness seminar etc outside the Dhaka city.

Prof. R. K. Khandaker
Vice President, National Heart Foundation of Bangladesh
Chairman, Hypertension Committee of National Heart Foundation of Bangladesh
Member, WHL, WASH and ISH