HEARTS in the Americas, the Pan American Health Organization (PAHO) flagship initiative for hypertension control and CVD secondary prevention, currently implemented in 22 countries, commemorated World Hypertension Day 2022 with a stellar line up of speakers that ranged from ministry officials and civil society representative to academics and implementers from all geographical subregions of the continent. With attendance of over 1000 participants, the webinar agenda highlighted recent major publications in *The Lancet Regional – Americas*:

- 2021 *World Health Organization guideline on pharmacological treatment of hypertension: Policy implications for the region of the Americas*
- *Drivers and scorecards to improve hypertension control in primary care practice: Recommendations from the HEARTS in the Americas Innovation Group*

These publications are expected to become tools for implementers at two levels: Policy and decision-making level and ground personnel at primary care centers, hence the webinar was designed around the two publications to share insights and comments from leaders, academics and implementers.

The first segment of the webinar, led by Dr. Norman Campbell, focused on the policy paper which presented specific recommendations to highlight the facilitating role of the HEARTS in the Americas Initiative to catalyze the implementation of the new WHO guideline on the pharmacologic treatment of hypertension. The presentation of the second paper, led by Dr. Jeffrey Brettler, highlighted the eight key drivers for hypertension control, a set of clinical and managerial recommendations to guide program implementation and improve hypertension control.

**American Heart Association**

AHA recognized World Hypertension Day on May 17th with a [webinar on the management of resistant hypertension](#).
The Department of Internal Medicine at All India Institute of Medical Sciences (AIIMS), Bilaspur, Himachal Pradesh, India, organised a public awareness program on May 17, 2022 on the occasion of World Hypertension Day. Concurring with the theme of this year, "Measure your BP Accurately, Control It, And Live Longer", different educational activities were performed.

Prof. Dr. Vir Singh Negi, Director AIIMS, presided over the function. He emphasized the role of adopting a healthy lifestyle to prevent as well as control high blood pressure. On the occasion, Dr Ajay Jaryal, spoke about the different causes of high blood pressure, its effects on vital organs of the body and about the measures of controlling high blood pressure.

Dr Kapil Sharma conducted an activity in which patients were given demonstrations to measure their BP accurately at home. A workshop was also organized in which a large number of patients from rural areas measured their own blood pressure using automated BP devices under the supervision of trained nursing officers. They were also given pamphlets describing steps to measure their BP accurately at home.

A poster making competition was also organized on this occasion in which many nursing officers and MBBS students took part and displayed their creative skill to make the public aware of high blood pressure and its adverse effects on human health.

Community Medicine Department, Nootan Medical College & Research Centre, Sankalchand Patel University

Due to the pandemic, on World Hypertension Day 2022 we focused on virtual educational outreach, while continuing to promote blood pressure screenings. Our BP screening was held at the Urban Health Training Centre, and 300 persons attended.

Italy

Submitted by Massimiliano Melis, HEALTH&LIFE S.r.l.

On the occasion of World Hypertension Day and in collaboration with the Italian Society of Arterial Hypertension (SIIA), CardioTalk.it, an Italian professional information platform on cardiology, broadcasted the live webinar "Renal denervation: of much use or of little use?"

The webinar, moderated and conducted by Claudio Ferri (University of L’Aquila - past president of SIIA), involved Guido Grassi (University of Milan-Bicocca - SIIA president) and Stefano Taddei (University of Pisa - fellow of the European Society of Cardiology).
Professor Ferri said: "In Italy, on World Hypertension Day, there were conferences and a number of other cultural initiatives both locally and online. This webinar was a special event because it also involved the president of the "Italian Society of Arterial Hypertension", and during this initiative it dealt with a particular aspect such as renal denervation, interesting for doctors and often little known by citizens ".

Kenya

The Root Cause, a Community Health Organization whose mission is to impact chronic diseases Diabetes and Hypertension, created a digital campaign to promote WHD 2022. The Root Cause focuses on the social determinants of health and disease-specific prevention and management in disadvantaged communities and rural communities, in conjunction with the Nyandarua County Health Department in Ndaragwa Kenya

Nigeria and Ghana

Submitted by Prof. Mayowa Ojo Owoolabi, MBBS, MSc
WHL Regional Leader, Sub-Saharan Africa

The World Hypertension League has designated the 17th of May every year as World Hypertension Day (WHD), with the goal of raising global awareness of hypertension. Hypertension has been named the world's leading cause of preventable mortality, and it commonly manifests itself as stroke, heart failure, heart attack, or kidney failure. WHD2022 was no exception in recognizing hypertension as a "silent killer," with a variety of activities. The year's theme, "Monitor Your Blood Pressure Accurately, Control It, Live Longer," serves as a rallying cry for people all over the world to raise hypertension awareness.

The Nigerian Hypertension Society (NHS) issued a press statement in Nigeria decrying the high prevalence of hypertension among Nigerians and the lack of awareness, treatment, and control rates despite the availability of effective drugs. There was a mention of the 2018 screening which revealed that hypertension affects one-third of the population, with just half of those diagnosed aware of their condition and only 18% of hypertensives having their blood pressure controlled. It concluded by outlining eight steps that should be taken by the populace to reduce the negative consequences of hypertension including regular BP checks, increased health seeking behaviour, compliance with recommended drugs, avoidance of excess salt intake, increased healthy diets, physical exercise, weight reduction, and avoiding health depleting lifestyles like smoking and consuming alcohol.

Screening people for HBP, blood sugar test, BMI in Ghana

The Stroke Association Support Network-Ghana (SASNET-Ghana), led by Ad Adams Ebenezer, Executive Director, organized the day's activities in collaboration with the Ministry of Health (MoH), Ghana Health Service (GHS), Novartis, CSOs, Bono East Regional Health Directorate, and PATH-Healthy Africa Project in Ghana. It urged the government to focus on increasing the capacity of healthcare professionals, notably nurses, in order to improve blood pressure diagnosis and treatment in the country. There was also a plea for
the government to provide standardised digital blood pressure monitoring devices to all health facilities for accurate blood pressure measurement. Other initiatives included HBP and BMI screening, blood sugar and cholesterol testing, media and social media promotion, and interview requests.

Prof. Mayowa Owolabi, a hypertension expert and the Regional Director (SSA), World Hypertension League and Lead Co-Chair, WHO-World Stroke Organization-Lancet Neurology Commission on Stroke, echoed what has been said previously about the deadly nature of uncontrolled hypertension in an interview with a leading Nigerian newspaper, The Guardian. He claimed that around 50 million Nigerians are hypertensive, with nearly half of those over the age of 25 having a blood pressure of greater than or equal to 140/90 mmHg. Dr. Kingsley Akinroye, a consultant cardiologist, expressed similar sentiments, stating that while the ideal blood pressure is 120/80 mmHg, in Nigeria, normal blood pressure is 140/90 mmHg, with nearly one in three adults suffering from hypertension (blood pressure above 140/90 mmHg), and only one-third of this figure (roughly 26.7 million Nigerians) receiving treatment.

Prof. Owolabi said that the witnessed increase in complications is due to the low proportion of individuals with hypertension who are diagnosed, treated, and controlled. He noted that this anomaly can also be found in other parts of Africa, where up to 93% of people with hypertension are unaware, untreated, or uncontrolled. These conditions increase the risk of stroke, heart attack, kidney failure, and heart failure. He went on to say that the high expense of treatment contributes to poor treatment adherence, and advised that governments and pharmaceutical companies should collaborate to ensure that hypertension treatment is covered by health insurance, that medical costs are subsidized, and that free generic drugs are available. He suggested that persons over the age of 18 be screened for hypertension as a means to reduce the disease's burden.

He also urged for its implementation in all health facilities, including primary health care centers, whose capability can be strengthened in the treatment and control of hypertension through a protocol-based referral system under supervision in the commencement of uncomplicated hypertension treatment. Because there is no known cure for hypertension, he recommended eating a healthy diet rich in green leafy vegetables, avoiding excessive salt and red meat, and maintaining a healthy weight and BMI. Please see this link for a more detailed view of the interview.

**Portugal**

World Hypertension Day 2022 was celebrated in the Centro Hospitalar de Entre o Douro e Vouga (Santa Maria da Feira, Portugal), with the goal to improve people’s knowledge of Arterial Pressure Monitoring, and reached almost 100 people with elevated blood pressure.
Philippines, Sudan and Uganda
Submitted by Dr. Hardik Gandhi, Zydus Medical Affairs

We were able to collectively engage about 3000 stakeholders in the Philippines, Sudan and Uganda, under the banner of WHD2022.

• A five-step poster was distributed on WHD to 756 doctors in the Philippines and 900 doctors in Uganda.

• Allied health professionals – Nurses and Pharmacists – were also involved in these activities (about 100 individuals participated).

• A patient awareness camp on correct measurement of BP was conducted in Uganda which was attended by 200 patients.

• A hypertension screening camp was conducted at Rebuilder Centre Church, Uganda in collaboration with the Uganda Heart Association. Approximately 100 patients were screened. This was conducted through the support of Dr Judith Namuyonga, Secretary, Uganda Heart Association.

• A Blood Pressure camp was conducted in Sudan in collaboration with the Sudan Hypertension Society where approximately 300 patients were screened.

South Carolina Celebrates Annual State Hypertension Day

St. Lucia Observes World Hypertension Day
See youtube video at this link.

Syria

The Syrian Association of Nephrology and Transplantation held a symposium on May 19-20 in Damascus: “Updates in the diagnosis and treatment of hypertension and renal stones”.

Link to Facebook page of the Syrian Society of Nephrology and Transplantation
Thailand
Submitted by Sirisawat Kunanon, MD
On behalf of the Thai Hypertension Society

Due to the COVID-19 situation, the Thai Hypertension Society held a Facebook live talk on the topic of “Measure Your Blood Pressure Accurately, Control It, Live Longer” on World Hypertension Day, 17 May 2022.

During the talk, frequently asked questions about hypertension were discussed such as blood pressure (BP) measurement techniques, treatment of hypertension, complications of hypertension, and the importance of reducing salt intake.

Our audience was invited to measure their BP and complete the online questionnaire for the 2022 May Measure Month campaign. A video of the event was available on our Facebook page. We hope that our efforts will assist our community in becoming more conscious of their BP, improve BP control, and ultimately prevent cardiovascular events.