*Dedicated to the Prevention and Control of Hypertension Globally*

# World Hypertension League

In official relations with the *World Health Organization*

## Resource List for World Hypertension Day, May 17th, 2026

## *Controlling Hypertension Together*

**Raised blood pressure is the biggest single contributing risk factor to global health.**

**World Hypertension Day** is aimed at raising attention on the importance of a better hypertension control. This important worldwide activity, started by the World Hypertension League (WHL), was first held in 2005, and since then World Hypertension Day has been an ever-expanding yearly event. Its purpose is to communicate to the public the importance of hypertension and its serious medical complications, and to provide information on its prevention, detection, and management, through the cooperation of health care professionals, media, volunteer organizations and government agencies.

**As a support to educational outreach efforts on World Hypertension Day, please see several hypertension resources below:**

**Certification and Training Courses:**

- Free blood pressure measurement training and certification course and Home Blood Pressure Monitoring course sponsored by WHO/PAHO/WHL.

**Calls to Action:**

- Global Call to Action to Control High Blood Pressure to urge governments, funders and the private sector to commit to four actions to increase the global hypertension control rate to 50% by 2030.
- WHL Hypertension Call to Action in Africa *(Hypertension)*
- WHL/RTSL/ISH Global Call to Action on Dietary Sodium *(Journal of Human Hypertension)*
- Sao Paulo Call to Action for the Prevention and Control of Hypertension
- WHL Call for member organizations to develop strategic plans for prevention and control of hypertension

**Accuracy in Blood Pressure Management Guidance and Publications:**

- Special issue of the European Journal of Preventive Cardiology (EJPC) fully devoted to hypertension: https://academic.oup.com/eurjpc/issue/33/7
- Guidance on accurate blood pressure evaluation via the STRIDE BP program
- 2021 European Society of Hypertension Practice Guidelines for Office and Out of Office Blood Pressure Measurement
- European Society of Hypertension/Stride BP position paper on ideal features of BP Measurement devices
- ESH Position paper on Blood Pressure variability
- ACHIEVE paper on implementation of the Hypertension Call to Action in Africa
- Accuracy in Measurement of Blood Pressure collaborative (AIM-BP)
- Online tool for checking the validation status of blood pressure monitors in multi-languages
- A Universal Standard for the Validation of Blood Pressure Measuring Devices
- Lancet Commission on Hypertension group position statement on the global improvement of accuracy standards for devices that measure blood pressure

**Hypertension Guidelines and Strategies:**

- WHO Guidelines for the Pharmacological Treatment of Hypertension in Adults
- WHO Global Report on Hypertension 2025
- HEARTS in the Americas Compendium of essential clinical tools 2023
- Resolve to Save Lives Under Pressure – Strategies to improve access to medicines to treat high blood pressure in low- and middle-income countries
- RTSL Toolkit for Integrating Hypertension and HIV Management
- RTSL Designing an optimal digital tool for hypertension and other long-term treatment programs
- RTSL Sodium Reduction Resource Library
- European Society of Hypertension Guidelines on Nocturnal Blood Pressure
- ESH Blood Pressure Monitoring Practice Guidelines paper and posters
- Hearts Partner Forum: Supporting Implementation of HEARTS to treat and control Hypertension
- International Society of Hypertension Lifestyle Management of Hypertension Position Paper

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