WORLD HYPERTENSION DAY REPORTS

BRAZIL

Submittted by Mario Fritsch Neves – Full Professor of Internal Medicine, UERJ

1. Event Overview

The 2026 World Hypertension Day campaign was conducted to promote cardiovascular health awareness and blood pressure screening among the local population. The event provided clinical evaluations and educational guidance regarding hypertension management and associated metabolic risks.

- Event Date: May 20, 2026
- Location: Ground floor of the Hospital Universitário Pedro Ernesto (HUPE)
- Organizing Institutions: Sociedade Brasileira de Hipertensão (SBH)
- Biomedical Center of the Rio de Janeiro State University (UERJ)
- Clinic of Arterial Hypertension and Associated Metabolic Diseases (CHAMA-UERJ)
- Experimental Clinic of Hypertension (CLINEX-UERJ)
- Support: World Hypertension League (WHL)

Coordination and Participating Team

2. General Population Characteristics

A total of 159 individuals were attended to during the campaign. The demographic profile showed a predominance of female participants and individuals in the middle-age bracket. The nutritional assessment revealed a high prevalence of overweight and obesity within the screened population.

Gender Distribution:

- Female: 111 (69.8%)
- Male: 48 (30.2%)

Age Groups:

- Young individuals (<40 years): 67 (42.1%)
- Middle-aged individuals (40-64 years): 80 (50.3%)
- Elderly individuals (≥65 years): 12 (7.5%)

Nutritional Status (BMI):

- Eutrophic: 46 (28.9%)
- Overweight: 41 (25.8%)
- Obesity: 60 (37.7%)
- Data not obtained: 12 (7.5%)

Lifestyle factors:

- Non-smokers: 132 (83.0%)
- Ex-smokers: 10 (6.3%)
- Smokers: 16 (10.1%)
- Sleep duration < 6 hours: 32 (20.1%)
- Sleep duration ≥ 6 hours: 124 (78.0%)
- Data not obtained: 3 (1.9%)

4. Screening Results and Previous Diagnoses

Among individuals without a previous diagnosis of hypertension (n=113), a significant portion presented blood pressure levels above the normal range. Furthermore, 27.0% of the total participants reported a prior diagnosis of arterial hypertension, and 11.3% reported diabetes mellitus.

BP Levels in Individuals without Previous Diagnosis (n=113):

- Normal BP range (BP <120/80 mmHg): 30 (26.5%)
- Pre-hypertension range (BP 120-139/80-89 mmHg): 47 (41.6%)
- Hypertension range (BP ≥ 140/90 mmHg): 36 (31.9%)

Note: A total of 83 individuals (73.5% of those without a previous diagnosis) were unaware of having pre-hypertension or hypertension and were advised on the immediate need for lifestyle modifications.

For full report, please contact Prof. Mario Fritsch Neves.

CHINA

World Hypertension Day Activities

Submitted by the Chinese Hypertension League (CHL)

In collaboration with the World Hypertension League (WHL), a series of activities themed "Controlling Hypertension Together" were extensively carried out across China from May 17, 2026. These initiatives were jointly launched by several institutions, including Hainan Guying Kanghe Chronic Disease Research Institute, Beijing Hypertension Association, Shanghai Institute of Hypertension, and the Chinese Hypertension League, among others.

The activities covered online academic conferences, offline community-based screening clinics, health education, and public science popularization. From major metropolitan areas to remote regions with limited medical resources, experts and physicians actively organized events at the grassroots level, serving local communities and helping improve the "awareness, treatment, and control rates" of hypertension while promoting cardiovascular health knowledge.

The organizing committee uniformly designed and produced campaign materials for World Hypertension Day 2026, distributed them to various cities, and coordinated the overall implementation.

I. Offline Clinics and Health Education Activities

In response to the theme, multiple cities across China simultaneously held free clinics and health education events. Under the advocacy of the Chinese Hypertension League and other organizations, more than 50 hospitals actively participated. Activities included free blood pressure and blood glucose screenings, personalized medication guidance, lifestyle interventions, and hypertension rehabilitation education, systematically promoting early screening, early diagnosis, standardized treatment, and long-term management of hypertension, thereby bringing professional services closer to the people.

II. Online Live-Streaming Academic Webinars

1. Webinar on Minimally Invasive Interventional Therapy – RDN for Hypertension

This seminar focused on the clinical application and future development of renal denervation (RDN) in hypertension treatment. Multiple experts were invited to exchange views on technological evolution, patient selection, real-world efficacy, patient management, and

disciplinary development. Real-world case studies demonstrated the clinical value of RDN in improving blood pressure control, reducing medication burden, and enhancing quality of life. The need for strengthened doctor-patient communication and long-term follow-up was emphasized, providing important guidance for the appropriate application of RDN and the high-quality development of interventional hypertension management in China.

2. Webinar on "High-Quality Blood Pressure Management in Asia"

Held on May 17, 2026, this symposium focused on the newly published Asian Expert Consensus on High-Quality Blood Pressure Management, covering core concepts such as 24-hour blood pressure management, blood pressure variability (BPV), time in target range (TTR), and home blood pressure monitoring. Chaired by Professor Jiguang Wang, the symposium invited Professor Kazuomi Kario, Secretary-General of the International Society of Hypertension (ISH), and renowned Chinese experts Professors Yuqing Zhang, Jing Liu, Xiaogang Li, Nanfang Li, and Jinxiu Lin, among others, to discuss new models and future directions for hypertension management in Asian populations.

The symposium showcased the latest achievements in deepening international cooperation and building a high-quality blood pressure management system in Asia, which is of great significance for improving standardized hypertension prevention and treatment in China and the broader Asian region.

III. Online Public Science Live-Streaming

The public science live-streaming sessions addressed common concerns regarding hypertension prevention, treatment, and daily management. Expert teams provided professional explanations and answered questions on topics such as blood pressure monitoring, lifestyle interventions, medication strategies, and long-term management, further enhancing public awareness of standardized hypertension control and healthy living.

Concluding Remarks

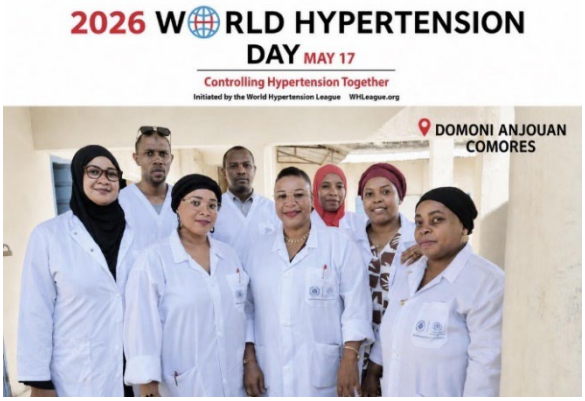
The 2026 WHD activities in China represent a deep integration of professional academia and public education, as well as a broad-reaching and impactful health campaign. From community-based clinics to high-level academic discussions, and from public live-streaming to expert consensus dissemination, these activities highlight China's growing professional capacity and social synergy in hypertension control. Looking forward, hypertension prevention and treatment will advance toward higher quality, broader coverage, and deeper impact, contributing significantly to the goal of a Healthy China and the cardiovascular health of the people.

We deeply appreciate the guidance and support of the World Hypertension League (WHL) in making these activities possible.

COMOROS

WHD National awareness and screening campaign in the Comoros

Submitted by Dr Dhohaer Inzouddine



Hypertension remains largely underdiagnosed and uncontrolled in low-resource settings, so a structured national initiative combining community screening, education, and referral

pathways can have a significant public health impact.

Activities Conducted:

- Community-based blood pressure screening campaigns
- Raising public awareness through local media and education
- Establishing links with local healthcare structures for follow-up care

We thank all those who contributed to making this World Hypertension Day outreach campaign a great success.

CROATIA

Public Health Campaign "Hunting the Silent Killer"

Submitted by Professor Ivan Pećin, Vice President and Professor Bojan Jelaković, President, Croatian League for Hypertension

Over the past eight years, the Croatian League for Hypertension has developed one of the most recognizable and far-reaching public health models in the Republic of Croatia: the ongoing campaign "**Hunting the Silent Killer,"** including program **"Do You Know Your Numbers?"** and "**Mission 70/26"**. The campaign is focused on the early detection and control of key cardio-kidney-metabolic risk factors: arterial hypertension, dyslipidemia, elevated glucose, obesity, physical inactivity, excessive salt intake, smoking, and other unhealthy behavioral patterns.

The **Croatian Hypertension League** has developed a model that enables citizens to receive free preventive check-ups, counseling, and education where they live, work, study, run, ride bicycles, or otherwise participate in the life of their local community. In this way, prevention has become visible and accessible: in public squares, schools, pharmacies, public institutions, shopping centers, sports events, rural communities, island and remote areas, and, symbolically and internationally, in **the European Parliament**.

One of the key pillars of the League's success is its volunteer network, which today includes several hundreds of volunteers from across Croatia. The special quality of this network lies in its interdisciplinarity nature. It includes not only medical students, but also physicians from various specialties and subspecialties, nurses and technicians, pharmacists, clinical pharmacists, kinesiologists, nutritionists, dietitians, psychologists, psychiatrists, students of medical secondary schools (future nurses), and other experts who place their knowledge and time at the service of the community. This model shows that the prevention of chronic noncommunicable diseases does not belong to a single profession, but requires the joint work of the healthcare system, education, sports, local government, the media, and civil society. The role of **pharmacists** is particularly important. Croatian experience from the **May Measurement Month** program has shown how powerful and still underused pharmacies are as sites for population screening, education, and the monitoring of persons with arterial hypertension.

A special place in this year's activities was occupied by the observance of World Hypertension Day in May. The Croatian League for Hypertension marked it through **a "children's week,"** sending the important message that

prevention begins in childhood. The activities included preventive examinations in a primary school, then in a secondary school, and the third annual children's race "RUN! for Health!". The race brought together around 150 children and approximately the same number of parents, grandparents, and other family members. In this way, **health literacy** was linked to play, movement, family, and a positive experience, which is particularly important in building lasting healthy habits. According to the League's records, during **Hypertension Week** more than 1,500 people were examined across Croatia, and the week concluded with a major event in the city of Pula.

An important complement to professional work is the **School of Communication in Hypertension**. It starts from the insight that knowledge about a disease alone is not sufficient if a physician, pharmacist, or other healthcare professional does not know how to communicate clearly, empathetically, and motivationally with a person who needs to change lifestyle habits or take therapy regularly. **The media and public visibility** of the "Hunt" has been further strengthened by **campaign ambassadors, Croatian celebrities,** famous sportsmen, rally drivers, musicians, actors etc. At the WHD we launched a educative song about salt reduction performed by our famous opera singer Đani Stipaničev, reminding audiences that excessive salt intake remains one of the key modifiable risk factors for hypertension. The ambassadors show that the message of health can be conveyed through music, sport, theatre, motorsport, public appearance, and everyday culture. A particularly important advancement is represented by **the Huntmobile**, the mobile team of the Croatian League for Hypertension developed in partnership with the biggest car deliver company Auto Hrvatska. The Huntmobile enables teams to move more quickly and efficiently to remote places, local events, schools, rural communities, and areas where preventive services are not as accessible as in major cities. Cooperation with **Croatian Radiotelevision** is especially notable through the **"Classroom"** public service announcement, which was broadcast for four months on all four national TV channels.

One of the strongest international moments took place on 8 April 2026 in **the European Parliament in Brussels**, where the League's initiative was held. The Croatian model of prevention was presented at the center of European decision-making. Activities that in many European countries are still only "words on paper" are already alive in Croatian communities and literally saving lives. This is precisely the key added value of "Hunting the Silent Killer": it is not merely an awareness campaign, but an operational model for the implementation of prevention.

In conclusion, the activities of the Croatian League for Hypertension represent an example of modern, multidisciplinary, and socially embedded

prevention of chronic noncommunicable diseases. The strength of this model lies not only in the number of citizens examined, but in the change of culture: citizens are encouraged to know their own numbers, healthcare professionals to communicate more clearly and act more proactively, volunteers to develop empathy and experience within the community, and institutions to recognize prevention as a national priority.

EGYPT

Submitted by M. Mohsen Ibrahim, MD, President of the Egyptian Hypertension Society, Professor of Cardiology, Cairo University, Cairo, Egypt

On behalf of the board of the Egyptian Hypertension Society (EHS), I am glad to inform you that the EHS celebrated World Hypertension Day 2026 in the Egyptian Medical Syndicate (EMS) on 23 May 2026 in Cairo, Egypt.

Executive Summary

In celebrating the World Hypertension Day, the Egyptian Medical Syndicate (EMS), in partnership with the Egyptian Hypertension Society (EHS), hosted a high-profile scientific event at the Dar El-Hikma headquarters Medical Egyptian Syndicate. The event brought together a distinguished group of medical pioneers, cardiologists, and healthcare professionals to discuss diagnosis and treatment, while emphasizing continuous medical education for young physicians and public awareness.

Distinguished Attendance

The event witnessed widespread scientific and medical participation: Dr. Osama Abdel-Hay, President of the Egyptian Medical Syndicate, Dr. Mohsen Ibrahim, President of the Egyptian Hypertension Society and Professor of Cardiology at Kasr Al-Ainy Faculty of Medicine, Dr. Soliman Gharib, Professor and Former Head of the Cardiology Department, and Dr. Wafaa El-Aroussy, Professor and Former Head of the Cardiology Department at Kasr Al-Ainy.

Key Highlights and Discussion Topics

1. Medical Education and Professional Development

Dr. Osama Abdel-Hay emphasized the Syndicate's commitment to observing global health days as a vital mechanism for raising medical awareness and enhancing physicians' clinical efficiency in the field of hypertension. He stated that continuous medical education and training run parallel to the Syndicate's core union duties, serving as the foundational tool for developing the national healthcare system.

2. Scientific Lectures & Global Guidelines

Dr. Mohsen Ibrahim detailed the scientific agenda, which included a series of lectures covering: The prevalence rates of hypertension both globally and locally in Egypt, Modern preventative strategies and treatment modalities, The critical role of lifestyle modifications in managing and controlling blood pressure, The latest pharmacological innovations and diagnostic techniques.

3. Public Awareness: "Know Your Numbers"

The event highlighted an instructional video demonstrating standard, accurate blood pressure measurement techniques and the optimal devices recommended by current guidelines. The speakers underscored the importance of boosting public awareness regarding blood pressure levels across different age groups, alongside practical preventive measures such as reducing dietary salt intake and weight management.

4. Hands-on Training for Young Physicians

The panel concluded that accurate blood pressure measurement is a pivotal first step in the patient's therapeutic journey and a core skill that must be mastered by physicians across all specialties for early detection. Consequently, Dr. Mostafa Selim, Prof. of Gynecology and Obstetrics, Director of the Training Center at the EMS, called for organizing dedicated, ongoing practical workshops to train young physicians on the precise standards of clinical blood pressure measurement, see link here. There was media coverage of all activities through electronic journals and social networks. Thank you and Happy WHD.

EL SALVADOR

Salvadoran Social Security Institute, Specialty Clinic, Arterial Hypertension Clinic

Submitted by Dra. Nancy Lizeth Góchez V.
Coordinadora de Clínica de Hipertensión, Consultorio de Especialidades

Every year, on May 17, World Hypertension Day is commemorated in El Salvador under the WHD slogan of the World Hypertension League. Its aim is to promote greater awareness of high blood pressure and accurate measurement.

Activities carried out:

- Setting up facilities & educational materials
- Informative talks on high BP and the accuracy of BP measurement, lifestyle modification and reducing salt intake
- Topics for patients: Healthy plate (for nutrition) and Personality in high blood pressure (psychology)
- Sociodrama: "A new beginning"
- Day of blood pressure measurement and calculation of cardiovascular risk
- Conference for physicians: "Key role of primary care doctors"
- Nursing conference: "Key role of nurses"

Ambiance: Decorations with logo colors, themed T-shirts, signs using the logo and slogan of the World Hypertension League.

Information sessions for patients: 36 talks given to patients and visitors of the clinic: a total of 397 people receiving information.

Day of BP measurement and calculation of cardiovascular risk

121 people had their blood pressure measured and their cardiovascular risk calculated using the HEARTS strategy, with the support of medical students,encouraging accuracy in measurement.

Delivery of snacks, raffles of healthy baskets and digital blood pressure monitors

Academic day for doctors from metabolic clinics

Academic day for nursing: the key role of nursing

Results

- 121 people: blood pressure measured and cardiovascular risk calculated.
- 36 talks given to patients and visitors of the clinic to a total of 397 people
- 30 doctor and 24 nursing professionals participating in academic day.
- Prizes: 1 validated digital blood pressure monitor, and 2 baskets with healthy foods.
- 70 healthy snacks delivered.

ACKNOWLEDGMENTS TO…

- The authorities of the Clinic
- Hypertension Clinic team: doctors, psychologist, nutritionist, nursing staff, reception, social work, telephone and service assistants

- Medical students from the University of El Savior
- External collaborators

With great satisfaction, we dedicate this effort to our patients, to whom we owe everything.

INDIA
Chennai

World Hypertension Day under the aegis of the World Hypertension League was observed on 17th May 2026 at the Hotel Savera, Chennai. It was arranged and executed by Dr. S.N. Narasingan, Vice President, World Hypertension League with the support of the Indian Society of Hypertension, Tamilnadu State Branch, represented by Dr. K. Kannan, Chairman, Dr. S. Chandrasekar, Secretary, and the Association of Physicians of India, Chennai Chapter, represented by Dr. Vijay Viswanathan, Secretary and Dr. K. Shanmugam, Co-Chair.

The meeting started with the public awareness program which consisted of proper blood pressure screening. This was attended by 75 people including 213 doctors of various specialities. A Question & Answer session was taken up by Dr. S. N. Narasingan in the public interactive program. This was followed by an academic meeting on various aspects of Hypertension which involved 35 faculty members.

The WHD theme "Controlling Hypertension Together" was emphasized repeatedly to create awareness amongthe public and doctors. The meeting was sponsored by IPCA laboratories, and was very well covered by the media.

TIMES CITY

18.05.2026 Pg. 3

COMMUNITY NEWS

World Hypertension Day Observed in Chennai Under the Leadership of Dr. S. N. Narasingan

Chennai (City Times): Rising blood pressure continues to remain one of the biggest contributing factors to serious

Dr. S. N. Narasingan. The programme began with three blood pressure readings for all participants to highlight the

General Secretary Dr. Vijay Viswanathan.

Special medical sessions and discussions for doctors are being

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18 MAY 2026 PG 9

COMMUNITY NEWS

కలిసికట్టుగా రక్తపోటును అదుపు చేద్దాం..!

Uttar Pradesh

Submitted by Dr Blessy Raju Joel (PT); Swami Vivekanand Subharti University

On the occasion of World Hypertension Day, a meaningful and informative session was organized in the Physiotherapy OPD department of Chatrapati Shivaji Subharti Hospital, by the Cardio Pulmonary Physiotherapists of Jyotirao Phule Subharti College of Physiotherapy, Meerut, Uttar Pradesh, India.

Blood pressure was monitored for more than 30 patients who reached the OPD for treatment for various ailments. The members of the cardio Pulmonary Physiotherapy department, Dr Surandar Kumar, Dr Kapil Rastogi, Dr Blessy Raju, and Dr Tushi Kori, counseled the patients about the importance of monitoring BP, regular health checkups for the heart and advised preventive measures to alleviate cardio vascular ailments.

There was an interactive Q&A session for the patients to clarify their confusions on hypertension management and valid preventive measures. Dr Surandar and Dr Kapil explained about the complications associated with hypertension, mainly stroke. Importance of daily workouts and breathing exercises, stress management, weight reduction and better sleep to lower blood pressure was explained to the patients, to decrease the chance of hypertension and improve cardio vascular health.

The participants of the awareness camp were really satisfied and appreciated the practical guidance and preventive measures explained during the consultations.

IRAN

Submitted by Alireza Khosravi MD; Professor of Interventional Cardiology; Head of Hypertension Research Center; Director of Cardiovascular Department of Isfahan Medical School, Isfahan University of Medical Sciences

Given the significant role of hypertension as a risk factor of cardiovascular disease and the importance of preventing, controlling, and appropriate treating, programs were organized in two major domains:

- Raising public awareness about preventing, controlling, alarming signs, and management of high blood pressure, and
- Measuring blood pressure among the public, screening hypertension, and referring new cases for further evaluations.

This campaign was held by the Hypertension Research Center, Cardiovascular Research Institute, Isfahan University of Medical Sciences in Isfahan. Other organizations contributed, including Isfahan Cardiovascular Research Center, Iranian Hypertension Scientific Foundation, Iranian Heart Foundation (IHF), Heart Friends Association, Research and Education Deputies of Chamran Hospital, and Health Deputy of the Isfahan University of Medical Sciences.

We announced our campaigns via the Hypertension Research Center website and social media, and educational contents were provided for the public via these platforms. The program included public blood pressure measurements and screening along with several presentations by respected experts.

Dr. Zahra Mahmoudian, a cardiologist, provided medical advice to the patients. Dr. Sanaz Mehrabani, a dietitian, presented a lecture on the importance of nutrition in the prevention and control of high blood pressure. Mrs. Fanian, head of the Health Education Unit of Chamran Hospital, provided education regarding the effects of preventing and controlling high blood pressure on quality of life.

The blood pressure of attendees was assessed and documented. In cases of uncontrolled high blood pressure, patients were referred to the Isfahan Hypertension Clinic. Also, educational pamphlets regarding the prevention and treatment of high blood pressure were distributed among the participants. 152 people were screened.

ITALY

The Italian Society of Hypertension (SIIA) organized gazebos in different cities, offering blood pressure measurement and educational information to the population, please see photos below.

ITALY/BELGIUM

Controlling Hypertension Together: the case for nocturnal blood pressure and sleep health

The 2026 World Hypertension Day theme, "Controlling Hypertension Together," is a theme of shared responsibility, and one with direct relevance also for the activities of Sleep Health Europe. The League's current president, Prof. Gianfranco Parati, also serves on Sleep Health Europe's editorial board. At the coalition's launch in Brussels on March 2026, he set out a clinical case that European hypertension policy is increasingly having to confront: blood pressure does not stop changing when the clinic closes, and what happens overnight is as relevant to cardiovascular risk as what happens during the consultation.

Hypertension is often described as the silent killer. The phrase has earned its place. An estimated 1.4 billion people live with hypertension globally, and only around one in four has it adequately controlled[1]. But the silence is not only metaphorical. Across most of Europe, blood pressure is measured during the day, in clinics or at home, in the hours when patients are awake. The remaining third of life, the hours spent asleep, sits largely outside the screening picture. That is a problem, because it is precisely when sleep is disrupted that blood pressure can rise most dangerously, and most invisibly.

The clinical case is no longer disputed. European hypertension guidelines now recognise sleep-disordered breathing as a contributing factor in hypertension and cardiovascular risk[2].

Studies have consistently reported obstructive sleep apnoea in 70 to 80 percent of patients with resistant hypertension, the form of hypertension that does not respond to three or more medications[3]. In 2025, the European Society of Hypertension published a dedicated position paper on nocturnal blood pressure, led by Prof. Parati, which identifies the treatment of sleep-related breathing disorders as one of the few interventions shown to lower blood pressure during sleep[4]. In 2022, the American Heart Association revised its long-standing "Life's Simple 7" framework into "Life's Essential 8" by adding sleep alongside blood pressure, cholesterol, glucose, weight, diet, physical activity and tobacco avoidance[5]. The cardiovascular community has, in other words, already moved.

The European policy framework is moving in the same direction. The European Commission's Safe Hearts Plan, the EU's first dedicated cardio vascular strategy, builds its prevention pillar around an EU Protocol on Health Checks with a "know your numbers" approach for hypertension, obesity and diabetes. Its flagship "EU Cares for Your Heart" initiative asks Member States to develop or implement national cardiovascular health plans by 2027[6]. The ambition is real and welcome. The next step is to ensure that the numbers Europe asks its citizens to know include the ones that change while they are asleep.

Gianfranco Parati

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MALAYSIA

World Hypertension Day & Nutrition Month

Submitted by Dr Siti Zulaikha binti Shazali; Associate member ISH, Family Medicine Specialist; Klinik Kesihatan Nilai; Negeri Sembilan, Malaysia

In conjunction with World Hypertension Day and Nutrition Month Malaysia 2026, Klinik Kesihatan Nilai in Negeri Sembilan, Malaysia organised a clinic-level health promotion programme to raise awareness on hypertension prevention and the importance of healthy lifestyle practices among patients and visitors. The celebration was integrated into the clinic's daily operations, allowing healthcare providers to engage directly with patients and their companions in a meaningful and practical manner. The programme focused on promoting healthier eating habits, regular physical activity, and medication awareness as essential components in the prevention and management of hypertension. The activities were collaboratively organised by the clinic's multidisciplinary healthcare team, including our dietician team, nutritionists, physiotherapists, and pharmacists.

A talk on specific diet tailored for hypertensive patients was presented by the dietician team.

One of the highlights of the programme was an educational talk delivered by the nutritionist on dietary management for hypertension patients. This was followed by interactive quizzes and a live cooking demonstration, which encouraged participants to adopt healthier meal preparation practices at home. In addition, several educational booths were set up to provide information on hypertension, lifestyle modification, exercise, and proper medication use.

Live cooking demonstration by our nutritionist

Interactive activities at the booths helped participants better understand the risks associated with uncontrolled hypertension and the importance of long-term lifestyle changes. Chaerobic exercise sessions were also conducted to encourage physical activity and demonstrate simple exercises that can be incorporated into daily routines. Overall, the programme received positive participation from both patients and caregivers throughout the day. This year's celebration focused on strengthening health education within the clinic setting while improving awareness and understanding among patients and their caretakers. We remain committed to promoting healthier communities through continuous education and preventive healthcare initiatives.

PORTUGAL

Submitted by Carla Simão, MD; Consultant in Pediatrics and Pediatric Nephrology; Assistant Professor of Pediatrics; Pediatric Clinic for Hypertension and Cardiovascular Risk (Coordinator); Dept. of Pediatrics-Hospital de Santa Maria - ULSSM, Lisboa, Portugal; Faculty of Medicine, University of Lisbon, Portugal

In commemoration of World Hypertension Day, the Hypertension and Cardiovascular Risk Team of the Pediatrics Department at Santa Maria Hospital-ULSSM developed a literacy activity on the topic of high blood pressure with the school

community (children aged 7-9 years), took blood pressure measurements and developed activities to promote healthy lifestyles (regular physical exercise, healthy eating, stress management, adequate sleep and activities that bring well-being and happiness).

We photographed and filmed our children who created a video for TikTok. It was a very pleasant day of raising awareness about high blood pressure and cardiovascular diseases.

SUDAN

World Hypertension Day 2026

Submitted by Dr. Hind Beheiry, SSH Programs and Projects Office Manager

The Sudanese Hypertension Society (SSH), in partnership with the Federal Ministry of Health, the National Cardiac Center, the Department of Non-Communicable Diseases, the Department of Health Care, the Department of Strategic Planning, the academic universities, healthcare organizations: Avicenna Health Institute, Maham Medica, Sudanese American Pysicians Association, Sudanese American Medical Association, PACT, Consolidated Developer Company (CDC), Hikma, the Sudanese Family Planing Association (SFPA), the Alruya Center for Journalistic Services, Al-Dar Newspaper, and Basirati Press, have established the Sudan National Program for Prevention and Control of Hypertension and Cardiovascular Diseases and the MMM Program.

On the occasion of WHD 2026, SSH prepared a program in collaboration with four academic universites, two in Khartoum State (Bahri University, Omdurman Islamic University) and two in El Jazeera State (University of AlManagel for Sciences and Technology, the University of Health Sciences, Al-Hasaheisa branch). The campaign aimed to screen more than 5,000 citizens, detect undiagnosed hypertension cases, refer patients to health centers, promote home blood pressure monitoring, and build a community database. Screening locations included Universities, public places, and markets.

On May 17, 2026, at Bahri University, the faculties of Medicine and Nursing organized a

program which consisted of an opening ceremony scientific lecture on hypertension risks and prevention, and a blood pressure measuring station conducted by the medical students. Dr. Hind Beheiry, SSH Programs and Projects Office Manager, gave a speech about the epidemiology, types and pathophylogy of hypertension and she reported that high blood pressure prevalence in Sudan, according to MMM 2025 rsults, in White Nile and North Kordofan States was almost 41%, exceeding the global average, with rates rising due to stresses caused by the armed conflict, low health awareness, unhealthy life style, poor control and shortage of healthcare services. Professor Salah Elbash, Director of the Cardiac Center, confirmed that hypertension is a primary cause of strokes and cardiovascular diseases, urging early detection and adherence to medical and dietary international hypertension and cardiovascular guidelines and he gave a speech on the behalf of the Federal Minister of Health. Dr. Zeryab Imad emphasized that regular blood pressure monitoring is essential for early detection, alongside a healthy lifestyle. University Vice Chancellor Professor Hatim Rahmat Allah Mohamed stated that the University would dedicate all resources to the success of the screening project.

The event concluded with the signing of an MOU between the University and the SSH to enhance awareness and early detection. Notably, the national blood pressure survey project was launched at Bahri University, with screening conducted for several university staff members. Three other Sudanese universities also conducted hypertension awareness activities in partnership with the SSH. Omdurman Islamic University, through its Faculty of Medicine and Health Sciences and the General Administration of Medical Services, hosted a major awareness event at the Female Students' Center, which included educational lectures and a field campaign for blood pressure measurement. The university announced a strategic partnership aiming to establish a specialized hypertension clinic, conduct active surveillance through community-based screenings, and initiate collaborative research. A health day took place on Wednesday 20 May for screening. Meanwhile, the University of Al-Managel for Sciences and Technology, through its Faculty of Medicine, organized an event featuring awareness speeches, a practical session on correct blood pressure measurement techniques, a health education corner with posters, and free blood pressure and weight measurements for students and faculty, along with engaging clinical discussions.

Additionally, the University of Health Sciences, Al-Hasaheisa branch, in partnership with the SSH, held a community event that screened 130 individuals, provided health education and lifestyle advice, and distributed awareness brochures. The screening campaign is being continued at the community level in the four universities untill the targated sample size is achieved.

UGANDA - CITY HEALTH GROUP

Lead: Dr Kaija Denis – Medical Officer, Outpatient Department

1. Background

City Health Group partnered with Ishaka Adventist Hospital to mark World Hypertension Day with a free community outreach, following a public invitation sent to families in Bushenyi and surrounding areas. The invitation offered free blood pressure screening, clinical consultations, health education, diabetes screening and lifestyle counselling at the Outpatient Department.

2. Activities Conducted

The program started with a morning aerobics session to emphasize the role of physical activity in blood pressure control.

Activities thereafter were conducted at two levels:

Hospital-based – OPD

- Blood pressure and blood glucose screening
- Clinical review and medication refills

Community outreach

Teams moved to Ishaka Central Market, Katungu Catholic and Anglican Churches, and Kabulengye Church for screening and health education. Free medicines were provided to hypertensive patients identified during the outreach.

Statistics

Total screened: 136 persons
Males: 31
Females: 105

By site:

Outpatient Department: 32
Community sites (Market and Churches): 104
OPD findings (n=32):
12 known hypertensive patients – medicines refilled
5 known diabetic patients – medication refilled
3 newly diagnosed with Diabetes
1 newly diagnosed with Hypertension

Team and Support

The activity was implemented by City Health Group and volunteers from Ishaka Adventist Hospital.

Conclusion

The 2026 World Hypertension Day at Ishaka Adventist Hospital successfully combined hospital and community approaches, reaching 136 people, identifying new cases of hypertension and diabetes, and ensuring continuity of care for known patients. The strong turnout of women (77% of those screened) highlights the need for continued targeted education in markets and churches where women gather.

UGANDA - STRIDE DEVELOPMENT SACCO & CLINIC

Free Medical Check-up Camp

Submitted by Bwambale Elijah; Program Coordinator (DMP); Stride Community Medical Center; Kasese District, Uganda

In recognition of World Hypertension Day 2026, Stride Community Medical Clinic organized a community medical outreach camp on 17th May 2026 in Kisanga B, Nyamwamba Division, Kasese District. The activity aimed at increasing public awareness about hypertension and other non-communicable diseases while improving access to preventive and early screening services for

vulnerable populations. The outreach was implemented in partnership with St. Paul's Hospital Kasese, Kasese Municipal Health III, and Dr. Arunga Eye Hospital with endorsement by the Kasese Municipal Health Office. A multidisciplinary team of 22 healthcare professionals participated in delivering screening, counseling, health education, and referral services to members of the community. The exercise successfully reached hundreds of beneficiaries and contributed to early identification of previously undiagnosed cases of hypertension, diabetes mellitus, Hepatitis B, and HIV.

The outreach further strengthened collaboration between health institutions and the community while reinforcing the importance of regular health screening.

Key Activities Conducted:

- Health education and sensitization sessions
- Blood pressure screening
- Blood sugar testing
- Hepatitis B screening
- HIV testing and counseling
- Tuberculosis screening
- Malaria testing
- Eye screening and consultation
- Dental consultation services

Beneficiaries and Community Impact: The outreach attracted a significant number of participants from Kasese District and neighboring communities. A total of 503 screening and consultation services were provided. The activity enabled the identification of new cases requiring further medical attention, demonstrating the importance of community-based preventive healthcare initiatives. The high turnout and active participation reflected the growing demand for accessible healthcare services and the increasing awareness of hypertension and related health conditions within the community.

Key Observations:

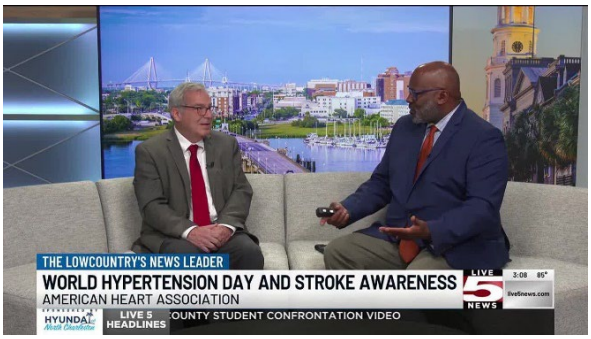
- Community response and participation were highly encouraging throughout the outreach.
- Many participants expressed interest in regular health screening services, particularly for hypertension and diabetes.
- The outreach highlighted the increasing burden of non-communicable diseases within the community.
- Demand for HIV and blood sugar testing exceeded the available testing supplies.
- Health education sessions significantly improved public understanding of lifestyle-related health risks.

Conclusion: The World Hypertension Day 2026 outreach successfully promoted awareness, preventive screening, and early detection of hypertension and related health conditions among community members in Kasese District. The activity demonstrated the importance of collaborative community-based healthcare interventions in addressing both communicable and noncommunicable diseases. Stride Community Medical Clinic remains committed to strengthening future partnerships and expanding outreach initiatives aimed at improving community health outcomes and advancing preventive healthcare services. Prepared by: Edward Muhindo Nursing In-Charge and Outreach Coordinator

United States

Carolinas-Georgia-Florida Chapter of the American Society of Hypertension – focused on awareness for WHD through programs in the News Media

American Heart Association and WHL

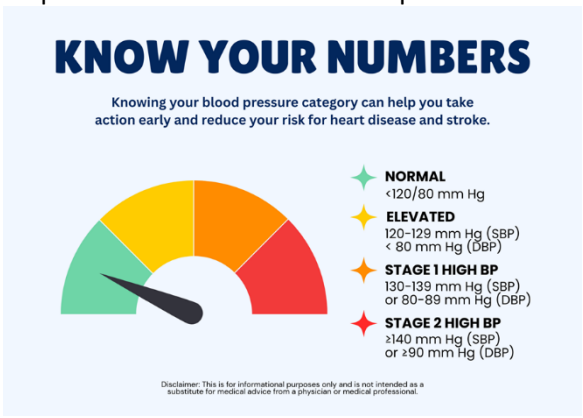
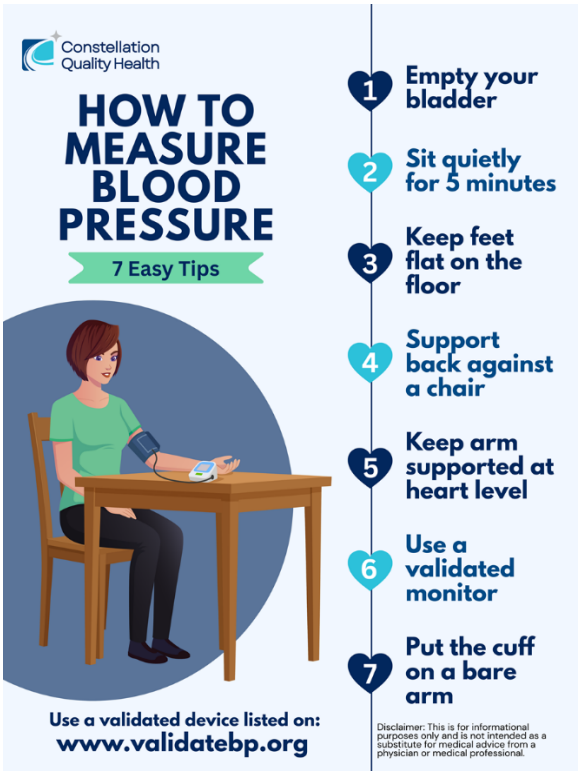


Prof. Daniel Lackland, DrPH, WHL Past President, is interviewed by the American Heart Association toward promoting awareness and control of high blood pressure and stroke risk on World Hypertension Day.

Constellation Regional Collaborative (CRC)

The Constellation Regional Collaborative (CRC), an awardee of the Innovative Cardiovascular Health Program 5-Year Cooperative Agreement by the CDC, demonstrates a strong commitment to advancing cardiovascular health throughout the Southeast.

CRLC coaches, trained as Healthy Heart Ambassadors, equip teams and community members with practical skills for accurate blood pressure monitoring.

The CRC brings together a set of initiatives designed to address hypertension and cardiovascular disease, with each of these initiatives playing a unique role in advancing community and clinical health. Specifically, their Constellation Regional Learning Collaborative (CRLC) initiative supports providers, public health professionals, and community organizations in adopting and sustaining evidence-basedchanges that improve hypertension control and overall cardiovascular outcomes. To promote World Hypertension Day, the CRC highlighted the World Hypertension League and its resources on their social media and through its monthly newsletter, *The Heart Beat.*

Helpful educational materials were provided: