World Hypertension League History
Dr. Daniel T. Lackland Presidency 2015-2019

Highlights

2015

Over 2 million individual blood pressure screenings were conducted during World Hypertension Day. WHL participated in the WHO-NCD conference in Geneva, XXVº Latino-American Congress and LIIº Chilean Congress of Cardiology and Cardiovascular Surgery in Santiago and the BPCON2015 (Indian Society of Hypertension) in Delhi.

2016

WHL held joint scientific sessions at meetings of the American Society of Hypertension, the American Heart Association, BP CON (India). Over 5 million individual blood pressure screenings were reported during World Hypertension Day 2016. WHL convened its WHL Executive, Board, and Council meeting at the International Society of Hypertension - Hypertension Seoul meeting. Professor Paul Whelton received the 2016 Excellence Award in Hypertension Prevention and Control at the Population Level

2017

World Hypertension Day was complemented with the initiation of ISH's May Measurement Month. The Children's Art Poster Contest was enhanced and expanded. Joint Sessions were held with the World Stroke Organization, European Society of Hypertension; AHA Scientific Sessions, and the AHA Hypertension Council.

The following named Excellence Awards were established and awarded:

- Liu Lisheng Excellence Award in Population Cardiovascular Risk Factor Control
  Winner: Thomas Frieden, MD, MPH
- Norman Campbell Excellence Award in Population Hypertension Prevention and Control
  Winner: Pedro Ordunez, MD, PhD
- Peter Sleight Award for Excellence in Hypertension Clinical Research
  Winner: Dr. Neil R. Poulter, MBBS, MSc
- Detlev Ganten Excellence Award in Hypertension and Global Health Implementation
  Winner: Dr. Marc G. Jaffe, MD
- Claude Lenfant Excellence Award in Population Hypertension Control
  Winner: Edward J. Roccella, PhD, MPH
- Graham MacGregor Excellence Award in Dietary Salt Reduction at the Population Level
  Winner: Jacqui Webster, PhD, RPH Nutri

WHL Special Envoys were instituted and appointed by Dr. Lackland:

- Edward Roccella, PhD, MPH
  WHL Envoy for Global Hypertension Education
- Donald Dipette, MD

WHL Envoy for Pan American Hypertension Control

- John Kenerson, MD
  WHL Envoy for Global Faith-Based Hypertension Control Initiatives
- Richard Wainford, PhD
  WHL Envoy for the May Measure Month Initiative
- Peter M. Nilsson, MD, PhD
  WHL Envoy for Global Diabetes Management and Control

Two new Regional Offices were created, in the South Pacific, the Middle East, and North America:

- **Director – Middle East Regional Office**
  Dr. Bader Almustafa, MD
- **Director – South Pacific Regional Office**
  Dr. Jacqui Webster, PhD, RPHNutri

The WHL convened its Executive, Board and Council meeting during its 4th World Hypertension Congress (WHC2017) held in September in Shanghai, China, in collaboration with the 19th International Symposium on Hypertension and Related Diseases and the 2017 Chinese Hypertension Meeting. The theme of WHC2017 was 'from evidence based policy to best practice for blood pressure control'.

The Newsletter initiated its History Series with an interview with past WHL President Dr. Claude Lenfant (2000 – 2006) by Dr. Dan Lackland; Reflections by Past WHL President Prof. Liu Lisheng (2006 – 2011); and an historical perspective on the early days of WHL by Past WHL President (1990 – 1995) Prof. Detlev Ganten.

2018

WHL's flagship World Hypertension Day continued with its theme "Know Your Numbers" and collaborate with ISH's new May Measurement Month to mark another year of impactful hypertension outreach and education, with a multitude of countries around the globe submitting exciting reports to the WHL Newsletter. Articles debating new Hypertension Guidelines were highlighted in the Newsletter, as well as ongoing focus on the importance of sodium reduction in reducing hypertension. The WHL Leadership continued to work with its official partners the World Health Organization (WHO) and the International Society of Hypertension (ISH) as well as solidifying its new partnerships with Resolve to Save Lives, PATH, The Coalition for Circulatory Health, The Coalition for Access to NCD Medicines, the World Stroke Organization, the International Society of Nephrology.

The winners of the named Excellence Awards were announced on World Hypertension Day:

- Detlev Ganten Excellence Award in Hypertension and Global Health Implementation
  Dr. Eduardo Moacyr Krieger, MD
- Graham MacGregor Excellence Award in Dietary Salt Reduction at the Population Level
  Dr. Feng He, MD, PhD, L
- Norman Campbell Excellence Award in Population Hypertension Prevention and Control
  Dr. Cherian Varghese, MD, PhD
- Lisheng Liu Excellence Award in Population Cardiovascular Risk Factor Control

Prof. Wang Hao, MD
- Claude Lenfant Excellence Award in Population Hypertension Control
  Dr. Jeffrey Cutler, MD
- Peter Sleight Excellence Award in Hypertension Clinical Research
  Prof. Giuseppe Mancia, MD

Several new Special Envoys were appointed in 2018:

- Dr. Marc G. Jaffe, MD
  WHL Special Envoy for RESOLVE and Global Hypertension Prevention and Control
- Jacqui Website, PhD, RNutri
  WHL Envoy for WHL Salt reduction initiatives
- Daniel Jones, MD
  WHL Special Envoy for Hypertension Management Implementation
- Bonita Falkner, MD
  WHL Envoy for Global Pediatric Hypertension
- George Stergiou, MD
  WHL Envoy for Blood Pressure Management
- James Sharman, MD
  WHL Envoy for the Lancet Commission

2019

Dr. Paul Whelton became the President-Elect and new board members Dr. Rajdeep (Raj) S. Padwal and Dr. Mario Fritsch Neves were welcomed. Dr. Alta Schutte became the ISH representative to the Board.

World Hypertension Conference

The WHC was held in conjunction with the Brazilian Society of Hypertension in Sao Paulo, Brazil

Call to Action

The Sao Paulo Call to Action was released at the Brazilian Society of Hypertension's annual hypertension conference.

New Full and Associate Members joining during Dr. Lackland's Presidency:

- Mexican Institute of Nephrology Research
- Moore Institute - USA
- The Onom Foundation - Mongolia
- Program for Appropriate Technology (PATH)
- Blue Cross Blue Shield – LA, USA
- Healthy Heart Association – Mongolia
- Union for a Healthy Heart – Slovakia
- George Institute for Global Health - Australia
- Hypertension Cardiovascular Outcome Prevention and Evidence in Asia (HOPE Asia) - Japan

Executive, Board, Regional Directors
2015

Executive:

Dr. Daniel Lackland - President
Dr. Norman Campbell - Past President
Dr. Xin Hua Zhang - President-Elect (China Regional Office)
Dr. Peter M Nilsson, Treasurer (European Regional Office)

Board:

Dr. Bader Almustafa
Dr Krassimira Hristova
Dr. Daniel Lemogoun (Sub-Saharan Africa Regional Office)
Dr Marcello Orias (South American Regional Office)
Dr. Dorairaj Prabakaran
Dr. Anita Rieder
Dr. Ernesto Schiffrin – ex-officio
Dr Rhian Touyz - ex-officio (ISH)
Dr. Liu Lisheng - Special Advisor
Dr. Mark Gelfer - Special Advisor
Dr. Darwin LaBarthe - Special Advisor

Regional Office Leaders:

Dr. Daniel Lemogoun (Sub-Saharan Africa Regional Office)
Dr. Peter M Nilsson, Treasurer (European Regional Office)
Dr Marcello Orias (South American Regional Office)
Dr. C. Venkata Ram (India Regional Office)
Dr. Xin Hua Zhang - President-Elect (China Regional Office)

Staff:

Mark L. Niebylski, PhD, MBA, MS
Kimbree A. Redburn, MA

2016

The following members were added to the Board:

- Gianfranco Parati
- Dr. Jacob Plange-Rhule
- Prof. Zhaosu Wu
- Neil Poulter (Ex-officio ISH representative)

2017

Executive:

Dr. Daniel Lackland - President
Dr. Norman Campbell - Past President

Dr. Xin Hua Zhang - President-Elect
Dr. Marcelo Orias, Vice-President, Internal Relations
Dr. Paul Whelton, Vice-President, External Relations
Dr. Gianfranco Parati, Secretary-General
Dr. C. Venkata Ram, Treasurer

Board:
Dr. Bader Almustafa
Dr. Krassimira Hristova
Dr. Dorairaj Prabhakaran
Dr. Jacob Plange-Rhule
Prof. Zhaosu Wu
Dr. Christopher M. Reid
Dr. Cherian Varghese (Ex-officio WHO representative)

2018:

World Hypertension League History 2013-2015
Dr. Norman Campbell

Reflections on the WHL

With the support of the WHL executive and board, the WHL started a shift from being a conduit of knowledge and expertise between hypertension organizations to striving to be a driving force for the creation and implementation of strategic approaches to control hypertension and the creator of tools and resources for hypertension prevention and control. The need and opportunity for such a transition is outlined in the global overview of hypertension from the World Health Organization on World Health Day 2013. The need for hypertension prevention and control was emphasized by the United Nations targets to reduce uncontrolled hypertension 25% and reduce dietary salt (sodium) 30% by 2025.

To increase capacity, efficiency and to take advantage of financial opportunities, the WHL had several governance changes. The league moved its' office from Canada to United States, restructured to have a board that represents the major World Health Organization global regions, hired a Chief Executive Officer (Mark Niebylski) and a Population Health and Economics Specialist (Kimbree Redburn), developed an Executive Treasurer position, updated bylaws, developed governance policies on conflicts of interest, supporting /endorsing other organizations materials and activities, travel and publications and updated the mission, vision,

values, objectives and goals statements. Roles and responsibilities of the executive and board were more clearly defined and a constantly updated work plan was maintained. Official working relations with the World Health Organization (WHO) were renewed. To better address culture and languages, regional offices of the WHL were opened in China (East Asia), Sub Sahara Africa, Latin America and India. There were early plans for regional offices in the other major WHO regions. A needs assessment of global WHL member organizations was undertaken as well as a specific needs assessment of member organizations in Sub Sahara Africa (1;2). The WHL and the International Society of Hypertension (ISH)) worked closely on many collaborative projects.

To increase its impact, the WHL focused on **strategic planning for hypertension control**, **increasing awareness of having a hypertension diagnosis** and on **reducing dietary salt.**

The WHL developed a template for strategic planning (3;4), a global call to action and fact sheet (5) as well as a Sub-Sahara Africa call to action and fact sheet (6), a manuscript on how to develop a regional/national call to action and fact sheet (7), a slide deck on strategies to prevent and control hypertension (http://www.whleague.org/index.php/j-stuff/resource-center), a compellation of various national and regional hypertension strategies (http://www.whleague.org/index.php/j-stuff/web-links), a policy to support the Package of Essential Noncommunicable Disease Interventions for Primary Care in Low-Resource Settings from the WHO and presented workshops and talks on strategic planning. Several of the resources were co-sponsored by the ISH. WHL executive members worked to identify best practices in hypertension prevention and control to highlight in the Journal of Clinical Hypertension (http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)1751-7176) (8-10).

A blood pressure screening work group developed videos, slide decks, written tools and resources to promote blood pressure screening (11), a policy statement supporting the transition from manual blood pressure assessment to automated blood pressure assessment (12), a call to regulate automated blood pressure devices and cuffs, and pilot tested the blood pressure screening resources in multiple countries with diverse economies (http://www.whleague.org/index.php/j-stuff/blood-pressure-assessment-train-the-trainer). World Hypertension Day (May 17th) was dedicated specifically to improving awareness of the hypertension diagnosis and to promote screening of blood pressure from 2013 to 2018 (1). Each year, the WHL sought to increase blood pressure screenings for World Hypertension Day. The Goal in 2014 was 100,000 screenings and more than 300,000 screenings were conducted. In 2015 the goal was 1 million people screened and over 2.5 million people were screened. The WHL and the ISH decided to partner on WHD from 2015 on.

A separate WHL working group developed recommended standards for analyzing blood pressure surveys (13).

To support reduction in dietary salt, the WHL in partnership with multiple international organizations lead the development of a call to action and fact sheet on dietary salt (14). Other WHL resources and actions included development of recommendations for standardized nomenclature on dietary salt (15), a call for quality research (16), collaboration in a weekly Medline science of salt update (http://www.hypertensiontalk.com/science-of-salt-weekly/), development of a process to set recommended dietary salt research standards, development of

a power point slide set to support the WHL/ISH position and resources (http://www.whleague.org/index.php/j-stuff/dietary-salt-reduction), and critic of weak research studies on dietary salt (17;18). The WHL also supported a regular update of literature on dietary salt in the Journal of Clinical Hypertension (19). Several of the resources were co-sponsored by the ISH. The WHL and the ISH supported the WHO recommendations for dietary salt to be less than 5 g (sodium 2000 mg)/day (with lower amounts in children proportional to their lower energy requirements) and the United Nations target of a reduction in dietary salt sodium of 30% by 2025.

For communications, the WHL established official relations with the Journal of Clinical Hypertension (JCH)(20;21). The monthly electronic JCH had strong reputation, a rapidly increasing impact factor, a high interest in the mandate of the World Hypertension League and was made available to access free of charge to support broad global dissemination of high quality evidence. There were extensive efforts to increase the circulation of the newsletter. The WHL office reestablished connections with 25 past WHL member organizations, and recruited 15 new member organizations. A new comprehensive website (WHLeague.org) was established to host the growing number of WHL resources as well as to link to other important resources for hypertension prevention and control. Numerous publications, slide sets and two videos were developed to support key WHL topics. The WHL has written an article on the need to restructure hypertension meetings to address hypertension prevention and control and is planning to host a World Hypertension Congress in Beijing in 2017.

To recognize people and organizations who have had a substantive impact on preventing and controlling hypertension and in reducing dietary salt sodium, the WHL developed a recognition program in 2014 (21)(http://www.whleague.org/index.php/news-awards-recognition). Awards of notable achievement and excellence have been provided since 2014 to global leaders in all regions of the world (22). The WHL also started planning a Global Leaders Program to facilitate knowledge exchange and best practices between global hypertension leaders.

The following members of the board have worked hard on behalf of the WHL and the effort to prevent and control hypertension in the reporting timeframe. Dr Liu Leshing Past President, Dr Daniel Lackland President Elect, Dr Xin-Hua Zhang Secretary General (2014-), Dr A Chockalingam Secretary General 2013-2014, Dr Peter Nilson Executive Treasurer, Dr. Ernesto Schiffrin (ISH representative (2013-), Dr. Stephen Harrap (ISH representative -2014), Dr Rhian Touyz (ISH representative 2014-), Dr. V.V. Muthusamy (-2014), Dr. Istemihan Tengiz (-2014), Dr. Anita Rieder, Dr. Prabhakaran (2015-), Dr Krasimira Hristova (2014-), Dr. Daniel Lemogoun (2014-), Dr Marcello Orias (2014-) and Dr.Bader Almustafa (2015-). Dr Mark Gelfer and Dr. Darwin Labarthe were special advisors to the WHL board (2013-). Chief Executive Officer, Mark Niebylski and Population Health and Economics Specialist, Kimbree Redburn provided support for the WHL 2014- 2015 and Chellam Chellappan was the Administrative Secretary up to May 2014.

Norm Campbell MD

President, World Hypertension League 2013-2015

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