WORLD HYPERTENSION LEAGUE CHILDREN'S ART PROGRAM

GUIDELINES AND SUBMISSION FORM

Young artists (under 18 years old) from around the world are invited to submit an art contribution depicting an aspect of high blood pressure awareness to help celebrate World Hypertension Day on May 17, 2026.

High blood pressure drives heart disease, a global public health problem, which begins in childhood. Most heart disease can be prevented, or the onset prolonged to much later in life, if action occurs early on in life. The Program has been an effective means for young people to communicate and promote lifestyle changes for all individuals throughout the world through art.

This year we are encouraging artwork related to the World Hypertension Day 2026 theme of "Controlling Hypertension Together", including:

- **Accurate and regular blood pressure measurement**
- **Keep a Healthy Weight**
- **Exercise Regularly - Less Screen Time**
- **Reduce Salt Intake**
- **Sleep Better - Turn Off Your Devices**
- **Stop Smoking or Don't Start**

Children can create an original drawing by hand with crayons, colored pencils, ink pens, markers, paint (acrylic or watercolor), or by *using digital tools*. The artwork should be titled **"World Hypertension Day 2026"** in the artist's language. Contributing artists will be recognized with a WHL award certificate, artwork displayed on the WHL website and select pieces presented in the WHL Newsletter.

Artwork should be submitted through a World Hypertension League sponsor, which includes the members of the WHL Board and Council. **Submissions should include:**

- GIF, JPG, JPEG or PDF of the artwork
- Photo of artist (optional)
- Name, age, and country of the artist
- Name and e-mail of sponsor
- Statement from parent/guardian and sponsor providing permission for artwork and artists to be displayed by the World Hypertension League.

PLEASE USE THE SUBMISSION FORM BELOW. DEADLINE APRIL 15, 2026

WORLD HYPERTENSION LEAGUE ART COMPETITION

WORLD HYPERTENSION DAY 2026

Submission Form

Artist Name _____

Artist Age _____

Artist's School _____

Country _____

Sponsor and e-mail _____

Permission to display – As parent or guardian, I give permission for the World Hypertension League to display the submitted artwork with appropriate attribution to the artist.

_____ _____

Printed Name Date

An image of the artwork in PDF, JPG, JPEG or GIF form should be submitted with the signed Submission Form and artist photo (optional) to the WHL-Secretary at whleague17@gmail.com by the deadline of April 15, 2026.