



WHL • NEWSLETTER

News from the World Hypertension League (WHL).
In Official Relations with the International Society of Hypertension and the
World Health Organization

No. 172, June 2021

President's Column



Dr. Zhang Xin-Hua

Thanks to the partners and colleagues around the world for organizing World Hypertension Day activities to promote hypertension control globally with precise measurement and best practice in treatment. Healthy lifestyles are also addressed in the activities which show in the photos and in the children's artistic creations.

With the launch of the Call to Action for Blood Pressure Control in Africa on WHD by WHL and partners globally, and specifically partners in Africa, your participation and support on advocacy and implementation will be highly appreciated.

The collaboration between WHL and the *Journal of Human Hypertension* provided a new platform with more convenient access and quicker communication for our colleagues from member organizations and partners. We are looking forward to more submissions from member organizations and partners on policy statements, research and practice papers on the prevention and treatment of hypertension.

Xin-Hua Zhang

Note from the Editor



Dr. Dan Lackland

It is my great pleasure to report in this Newsletter issue the global activities of World Hypertension Day 2021. Truly, these are exciting collaborative accomplishments.

This year's submissions for the Children's Art Contest celebrate hypertension control and prevention throughout the world, and the list of WHL Excellent Awards recognizes global achievements in high blood pressure control.

This issue includes several features that focus on innovative and high impact population initiatives for implementation, and introduces the WHL official journal, the *Journal of Human Hypertension*. The contributions of member societies, partners and all in the WHL family have resulted in a high volume issue of the Newsletter, and we express our sincere thanks to all. In addition, this Issue includes an important update on sodium evidence and cardiovascular disease risks from Professors Campbell, Orias, and Whelton.

Dan Lackland

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CHILDREN'S ART CONTEST WINNERS



We had over 200 artwork submissions from around the globe this year. Our theme was focused on “Measure Your Blood Pressure, Control It, Live Longer” with special emphasis on healthy lifestyle and dietary salt reduction. See this year’s winning posters [here](#).



WHL 2021 EXCELLENCE WINNERS

2021 Excellence Award Winners were announced on World Hypertension Day [here](#).

We would like to congratulate our winners below, and will include reports highlighting their efforts to manage and control hypertension globally in upcoming newsletter issues.

Norman Campbell Excellence Award in Population Hypertension Prevention and Control



Dr. Prabhdeep Kaur, MBBS, DrPH, DNB (Gen Med), MAE (Epidemiology)

Scientist E/Deputy Director and Head of Division of Noncommunicable Diseases, ICMR-National Institute of Epidemiology, Chennai, India; Course Coordinator, FETP-NCD Track Fellowship and Epidemic Intelligence Services - India (South Hub)

Detlev Ganten Excellence Award in Hypertension and Global Health Implementation

Prof. Joel Ménard, MD, MSc, Emeritus



Professor of Public Health, Paris Descartes, CPSC, Faculty of Medicine, Paris, France

Daniel Lackland Excellence Award in Diplomacy and Advocacy for Population Hypertension Risk Reduction



Dr. Ralph L. Sacco, MD, MS, FAHA, FAAN

Immediate Past President, American Academy of Neurology 2019-21; Past President, AHA/ASA; Professor and Olemberg Chair of Neurology; Executive Director McKnight Brain Institute; Chief of Neurology Jackson Memorial Hospital; Director, UM Clinical & Translational Science Institute; Senior Associate Dean for Clinical & Translational Science, Miller School of Medicine, University of Miami; FL, USA

Claude Lenfant Excellence Award in Population Hypertension Control



Dr. Anthony Rodgers, MB ChB, PhD, FAHMS, GAICD

Head, Cardiovascular Program, Prof. of Global Health, Faculty of Medicine, UNSW Sydney; Chair of Clinical Epidemiology, Faculty of Medicine, Imperial College London; Black Dog Institute Professorial Fellow and Honorary Professor, Sydney Medical School, University of Sydney; The George Institute for Global Health, Newtown, Australia

Lisheng Liu Excellence Award in Population Cardiovascular Risk Factor Control



Prof. Hong Yuan, MD

Professor, Department of Cardiology; Director, Hunan Hypertension Research Center; Director, Clinical Pharmacology Center; Director, National Engineering Laboratory of Drug Clinical Evaluation Technology; Director, Hunan Engineering Research Center for Sub-health Diagnosis and Intervention; Third Xiangya Hospital, Central South University, Changsha, Hunan, P. R. China

Graham MacGregor Excellence Award in Dietary Salt Reduction at the Population Level



Ms. Adriana Blanco Metzler, MSc

Project Leader, Scaling-up and evaluating salt reduction policies and programs in Latin American Countries, Nutritional Technologies Laboratory, Responsible, Unit of Health and Nutrition, Costa Rican Institute of Research and Teaching in Nutrition and Health (INCIENSA) (Instituto Costarricense de Investigación y Enseñanza en Nutrición y Salud, Costa Rica, Centroamérica.)

See more about the INCIENSA Salt Reduction Program on page 17.

Graham MacGregor Excellence Award in Dietary Salt Reduction at the Population Level



Dr. Hye-Kyung Park, PhD

General Director, National Institute of Food and Nutrition Service (NIFNS), South Korea; Management Director of the Committee for Dietary Sodium and Sugar Reduction (2020-); Member of the Committee of Safety Management for Children’s Dietary Life (2020-); Adjunct professor in the Department of Food and Nutrition at Chungbuk National University (2018-); Auditor of the Korean Society of Community Nutrition (2019-2020); Vice President of the Korean Society of Food Service and Sanitation (2019-)

Graham MacGregor Excellence Award in Dietary Salt Reduction at the Population Level



Professor Zhang Hongye, MD

Beijing Hypertension Alliance Research Institute; Long Term Potassium-enriched Salt Intake and Premature Death -- A Real-life Society Study in Northern China Nursing Homes

Peter Sleight Excellence Award in Hypertension Clinical Research



Prof. Bryan Williams, MD FRCP FAHA FESC

Chair of Medicine, Univ. College London; Director, NIHR Univ. College London; Hospitals Biomedical Research Centre; Director of Research, University College London Hospitals; NHS Foundation Trust, National Institute for Health Research Senior Investigator Emeritus

Peter Sleight Excellence Award in Hypertension Clinical Research



Emeritus Prof. Lawrence Beilin, MBBS Hons(Lond), MD (Lond), MA (Oxon), FRCP, FRACP, FCSANZ

Emeritus Professor of Medicine UWA 2012 - current; Honorary Senior Research Fellow. School of Medicine UWA 2012–current; Adjunct Professor, School of Public Health & Epidemiology, Monash University, 2009-current, Australia

Organizational Excellence Award in Dietary Salt Reduction at the Population Level

Dr ZL Mkhize, Minister of Health, South Africa; National Department of Health, Directorate: NCD and the South Africa Salt Reduction Program

Organizational Excellence Award in Population Hypertension Prevention and Control

Dr. Enrique Paris, Minister of Health, Chile Chilean Hypertension Control Program, Chile

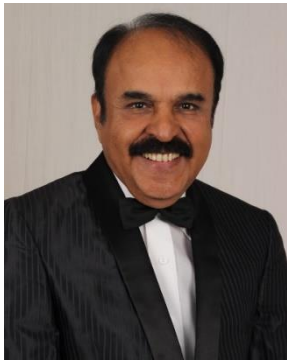
Excellence Award in Population Cardiovascular Risk Factor Control



Dr. Hongxia HUANG

Vice Director of the Health and Wellness Committee of Henan Province, China; HEARTS Henan Hypertension Control Project, China

Excellence Award in Population Hypertension Prevention and Control



Dr. A. Muruganathan, MD, FICP, FRCP (Glasg & London), FRCP Ireland (Hon), FACP (USA), FPCP (Philippines)

Chairman, Shristi A. G. Hospital, Tamilnadu, India; Imm. Past Governor American College of Physicians India Chapter; Dean, Indian College of Physicians (ICP) 2016-2017; President–Hypertension Society of India (HSI) 2015-2016; President, Association of Physicians of India (API) 2013-2014

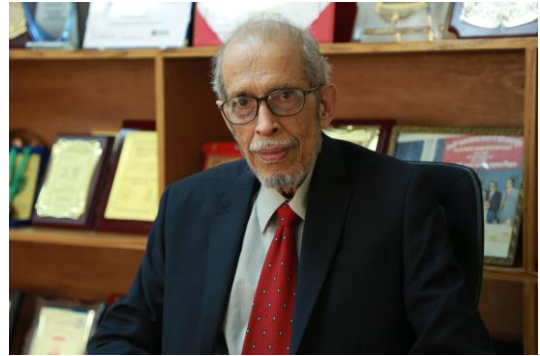
Excellence Award in Diplomacy and Advocacy for Population Hypertension Risk Reduction



Prof. Daniel José Piñeiro, MD, FACC Professor of Medicine, Universidad de Buenos Aires, Argentina;

President-Elect, World Heart Federation

Excellence Award in Diplomacy and Advocacy for Population Hypertension Risk Reduction



Prof. Abdul Malik, Founder and President, National Heart Foundation of Bangladesh; Former Advisor, Ministry of Health and Family Welfare and Religious Affairs; Caretaker Govt. of the People’s Republic of Bangladesh

Excellence Award in Hypertension Clinical Research



Prof. Peter Kokkinos, PhD, FAHA, FACSM

Director, Center for Exercise and Aging, Department of Kinesiology and Health; Rutgers University, New Brunswick, NJ, USA

**NEW OFFICIAL JOURNAL OF WHL –
JOURNAL OF HUMAN HYPERTENSION**

Please visit WHL’s new official journal, [here](#).

**Journal of
Human Hypertension**

WORLD HYPERTENSION DAY 2021

*Measure Your Blood Pressure Accurately,
Control It, Live Longer*

Thanks for helping us celebrate WHD2021!

This year over 50 countries participated in World Hypertension Day, promoting awareness through social media campaigns, educational webinars and in-person screenings. Some of the outreach campaigns are highlighted below.

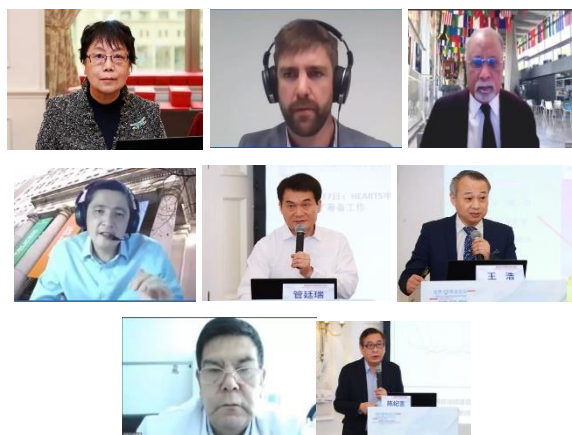
World Hypertension League

The theme of WHD2021 “**Measure Your Blood Pressure Accurately, Control It, Live Longer**” was highlighted in the WHD events organized by WHL on 16-17 May 2021.

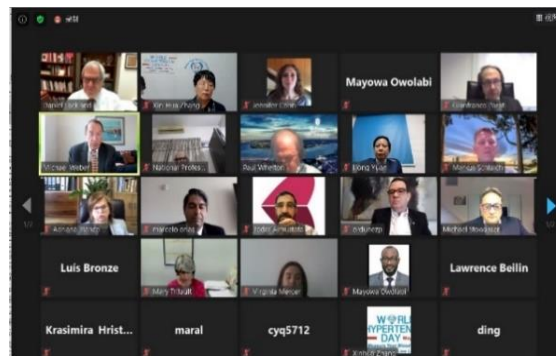
Prof. XH Zhang from the WHL global office, Prof. Dean Picone from the University of Tasmania and Prof. Kunihiro Matsushita from Johns Hopkins University shared tools and training courses for selecting validated devices and for procedures to measure blood pressure precisely. Dr. Cherian Varghese from WHO HQ led the discussion on implementing the HEARTS technical package for control of hypertension in primary health care settings. He shared the progress of the global HEARTS projects, followed by the report of the HEARTS China hypertension control project presented by Dr. Tingrui Guan from Beijing Lisheng Cardiovascular Health Foundation, and Dr. Hao Wang from Henan Provincial Hospital. Dr. Kader Yimiti from Xinjiang and Dr. Jiyan Chen from Guangdong shared their working plans to join the HEARTS project.



Five medical experts were awarded for excellence in health education via social media and 30 organizations were awarded for best WHD2021 posters designs. The in-person and virtual hybrid event on 16 May was held in the Beijing Hotel attended by government officials, medical professionals and community health workers. More than more than 600,000 people joined the event through 12 media channels.



The global WHD event on 17 May was moderated by WHL board members and partners and joined by member organizations around the world virtually. The event shared with member organizations and partners major activities and progress promoted by WHL. Dr. Pedro Ordunez from PAHO shared progress of HEARTS in America, Dr. Gianfranco Parati introduced the rationale, recommendations and goals of the CALL to Action for Hypertension Control in Africa. The CALL was welcomed by colleagues from African countries and from the WHO Africa Regional Office and supported by global partners; Dr. Mayowa Owolabi shared the working plan for implementing the CALL in Nigeria.



Dr. Michael Weber encouraged WHL members to submit their research works to WHL’s new official journal, the *Journal of Human Hypertension*. Prof. Michael Stowasser, the journal EIC, Ms. Virginia Mercer from Springer Nature and partners expressed high expectations for the collaboration. The event was happily ended with Dr. Marcelo Orias announcing the recipients of WHL Excellence Awards 2021, and Dr. Daniel Lackland announcing the winners of 2021 WHD Children’s Art Contest.

Million Hearts - April e-newsletter



e-update

[Million Hearts](#) promoted World Hypertension Day in their **Do This!** section: “May is National Stroke Awareness Month, and May 17 is [World Hypertension Day!](#) This year, CDC’s Division for Heart Disease and Stroke Prevention is spotlighting stroke survivors, raising awareness of the signs and symptoms of stroke, and providing a stroke communications toolkit for health professionals with social media messages, graphics, and resources to educate their audiences about stroke prevention.”



PATH Coalition for Access to NCD Medicines and Products

This **World Hypertension Day**, the Coalition for Access to NCD Medicines and Products restates our commitment to improving access to affordable, safe, effective, and quality-assured medicines and health technology products for the diagnosis and treatment of hypertension. Through our global and local advocacy, and our multisectoral initiatives, we are working with our member partners toward the United Nations 2025 goal of a 25% reduction in uncontrolled hypertension.



World Stroke Organization

Joint Presidential Statement on WHD

By Marc Fisher, M.D. President, WSO

Hypertension is the most important modifiable risk factor for both ischemic and hemorrhagic stroke. It is very important to treat hypertension for primary stroke prevention and also to reduce the risk of a recurrent stroke. The World Stroke Organization (WSO) applauds the efforts by the World Hypertension League to educate people about high blood pressure and why recognizing and treating it is so important to improve health. **World Hypertension Day** is an important yearly event to promote these goals. The WSO appreciates working the World Hypertension League in the effort to reduce the burden of hypertension and its consequences around the world.

World Hypertension Day Joint Panel Event Organized by WSO, WHL, and ISH on the primary prevention of hypertension and stroke

Take the Pressure Off



ISH/May Measurement Month (MMM)

Thank you to the [International Society of Hypertension](#) and [May Measurement Month](#) for this year’s joint efforts to promote hypertension awareness and control.



International Society of Hypertension

MAY MEASURE MONTH

Please see their [Video](#) posted on World Hypertension Day, “8 Simple Rules for Living with Hypertension” and [Press Release](#).



Resolve to Save Lives

On WHD2021, Resolve to Save Lives [published a new interactive calculator](#) and world map with the University of Washington that models the number of lives that could be saved by 2040 when hypertension control and lower salt consumption goals are reached. This tool is designed for policy makers, advocates and health experts to model how millions of more lives can be saved when countries adopt evidence-based hypertension prevention and treatment policies.

Pan American Hypertension Organization

On World Hypertension Day, PAHO presented a [program](#) with voices from the HEARTS implementing countries sharing best experiences, experts on blood pressure measurement devices and new resources from HEARTS in the Americas. See full report on page 15.



American Heart Association (AHA) National Hypertension Control Initiative (NHCI) panel aims to inspire and address high blood pressure in communities

Submitted by Sharon Nelson, Program Manager,
National Association of Chronic Disease Directors

On WHD2021, the National Hypertension Control Initiative team held a panel bringing together community organizations, advocates and health care professionals to inspire others to become a resource for better health in their neighborhoods. The panel, moderated by Sybil Wilkes, was filled with personal stories about the path to control high blood pressure, their family history and the reasons why our panelists put their all into supporting better health outcomes for their communities. From bringing health information to the barber shops, to church services and creating strong healthcare professional and patient relationships, our group is working to bring health resources to their communities beyond their annual visit.

In case you missed the live panel discussion, you can view it and share it with others [here](#). If you know any community-based organizations that would be inspired to join the National Hypertension Control Initiative, encourage them to receive additional information [here](#).



The video will also be available in Spanish. Please email us at nhci@heart.org to receive a notification when the Spanish language video is available.



RESPOND Hypertension Awareness Campaign



Follow us on:
[@RESPONDncd](#)
[#RESPONDHypertensionAwareness](#)
www.respond.lshtm.ac.uk

To mark World Hypertension Day and the May Measurement Month initiative, the RESPOND team organised a Hypertension Awareness Campaign, engaging in discussion on hypertension with experts and the general public and sharing resources and key information from our project findings and publications. Additionally, we published a blog written together with [PATH](#), discussing the innovations and opportunities to strengthen NCD care that have arisen during the global COVID-19 pandemic. Follow us on [@RESPONDncd](#) & [#RESPONDHypertensionAwareness](#).

RESEARCH BRIEF | May 2021

Breaking barriers and improving control of hypertension

Summary of findings from a systematic review on barriers and facilitators to hypertension control in low- and middle-income countries

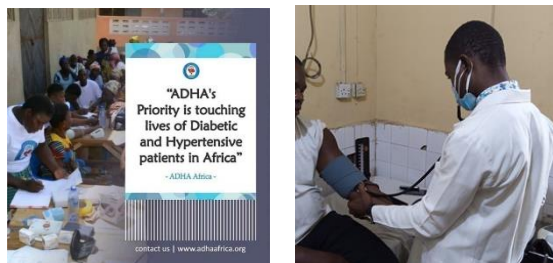
To inaugurate the RESPOND Hypertension Awareness Campaign, we shared our first research brief, "Breaking Barriers and Improving Control of Hypertension".

Africa

Association for Diabetes and Hypertension in Africa (ADHA)

Submitted by Dr. Nwankwo Paschal Chidera

The ADHA conducted WHD outreach activities at the Nnamdi Azikiwe University Teaching Hospital, Nnewi Anambra State, Nigeria.



Argentina

Submitted by Dra. Paula Edit Cuffar, Jefa Sección Hipertensión Arterial, Hospital Italiano de Buenos Aires: Hypertension Section, Internal Medicine Department, Hospital Italiano de Buenos Aires, Buenos Aires



HOSPITAL ITALIANO de Buenos Aires

Argentina WHD Campaign: "In the time of the COVID-19 Pandemic, Measure your Blood Pressure and Gain"



To promote World Hypertension Day, the Hypertension Section of Hospital Italiano de Buenos Aires promoted an original and lucid educational activity in order to promote blood pressure measurement by patients with their available equipment at home. The word "Gain"

in our title is a reference to the idea of reinforcing in a positive way the concept of "Gain in Health for a Longer Life" by knowing and controlling hypertension.

This activity was spread via institutional communication channels and social media, consisting of releasing a short survey about measurements obtained by patients at home. What made this activity ludic is the fact that the patients predict their blood pressure level before actually measuring it. Both the prediction and the real blood pressure level are recorded in the survey, thus allowing them to compare and notice differences in the values.

Furthermore, patients received educational material about the correct technique of automated blood pressure measurement and self-management behavior in hypertension, focusing on the team-work between patients and doctors. Considering the importance that telemedicine has gained since the COVID-19 Pandemic started, we believe this project encourages patients to inform their measurements to doctors in remote consultations.



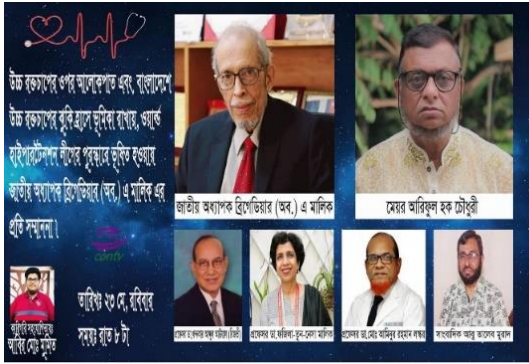
Bangladesh

Prof. Dr. Fazila-Tun-Nesa Malik, Chair, Hypertension Committee of National Heart Foundation of Bangladesh/Joint Secretary General, National Heart Foundation of Bangladesh



The Hypertension Committee of the National Heart Foundation of Bangladesh observed World Hypertension Day 2021 through various week-long activities to increase public awareness about the risk of hypertension and to promote different preventive measures. Full report [here](#):

Live programs: Due to the Covid-19 pandemic, seven virtual health related programs were broadcasted in leading television channel of Bangladesh (ATN News, Doctor TV, Raj TV & Sylcon TV along with live streaming on Facebook/YouTube pages) from 17-23 May. In these discussions, cardiologists, cardiac surgeons & other specialists highlighted different aspects of prevention, control & treatment of hypertension for patients as well as physicians.



Scientific Seminar: ‘Essentials of Hypertension’ was held on 20 May 2021. Professor Fazila-Tun-Nesa Malik, Dr. Tawfiq Shahriar Huq, Dr. Mir Ishraquzzaman, and Dr. Smita Kanungo delivered the lectures. National Professor Brig. (Rtd) Abdul Malik was the chief guest, with eminent cardiologists from Bangladesh as chairpersons & panelists. Different aspects of management of hypertension were discussed in the interactive session, with 250 doctors from different institutes virtually joining the program.

Articles on Hypertension Control: Newspapers play a vital role in creating awareness among a large number of people as well as sensitize policy makers to adopt better policies for HTN control. Articles were written by National Professor Brig. (Rtd) Abdul Malik, Founder & President, NHFB and Professor Khondker Abdul Awal (Rizvi), Secretary General, NHFB and published in the leading papers *Daily Prothom Alo*, *Samakal* and *Kalerkontho*.

District-level Programs: WHD was observed in collaboration with US-based Resolve to Save Lives under the ongoing Hypertension control program, and implemented in 54 upazilas of Sylhet division and Kishoreganj and Jamalpur districts of Dhaka Division by the Heart Foundation of Bangladesh, Ministry of Health & Family Welfare and DGHS, Govt. of the People’s Republic of Bangladesh.



Barbados

Submitted by Trudy N. Griffith (Ms.)
President & Trustee, The Diabetes and Hypertension Association of Barbados

The Diabetes and Hypertension Association of Barbados and the Heart & Stroke Foundation of Barbados Inc. forged a collaboration for World Hypertension Day 2021. This collaboration took the form of a virtual conversation on hypertension as well as a digital media campaign to raise awareness about hypertension, aligned with the global theme from the World Hypertension League: *“Measure Your Blood Pressure Accurately: Control it, Live Longer”*.

This virtual event, titled **“Wuhloss Barbados, We under Pressure!”: Join the Conversation on Hypertension Measurement, Management & Control** took place on 17 May 2021. Panelists were selected to represent the medical fraternity, nursing, pharmacy, dietetics and fitness disciplines as well as the patient’s perspective.

Heart & Stroke Foundation of Barbados Inc. | **THE DIABETES AND HYPERTENSION ASSOCIATION OF BARBADOS**

JOIN OUR VIRTUAL CONVERSATION ON
HYPERTENSION MEASUREMENT, MANAGEMENT & CONTROL

Wuhloss Barbados, We under Pressure!

WORLD HYPERTENSION DAY

MEASURE YOUR BLOOD PRESSURE ACCURATELY, CONTROL IT, LIVE LONGER
MONDAY, MAY 17, 2021
6:00 P.M.

JOIN US LIVE ON FACE BOOK AND YOUTUBE
barbadosheartandstroke | DHABarbados
YouTube | DHABarbados

Chairman and Moderator: Dr. Colin Alert, MBBS MSc DM Family Medicine

PANELISTS

Mr. Bernard Beckles	Registered Nurse, CCP
Mrs. Peggy Cadogan	Patient living with hypertension
Mr. Robert Carter	B. Pharm., Registered Pharmacist
Mr. George Griffith	ACSM Certified Exercise Physiologist
Mrs. Esther Selman	MPH, BSc (Hons), CVFI, Dietitian/Health Educator

TO REGISTER:
<https://us02web.zoom.us/join/register/tZ2qFummgjBtHhNINCeVBEpDbyFmJWNSjP9kq>



Thank you to the **Colleagues in Care/World Hypertension Action Group (CIC/WHAG)** for helping to promote World Hypertension Day 2021 on their website.

Colombia

By Juan Gonzalez Moreno Editor, Gestarsalud.com

Gestarsalud.com, a Colombian public health news website, celebrated World Hypertension Day 2021 by posting an article on Hypertension Control, [click here](#).

Greece



On the occasion of World Hypertension Day, May 17, the online Greek health site <http://www.hypertensionwatch.com> declared May 10-17 Hypertension Awareness Week, in collaboration with high-profile Greek Media.



India

InSH Activities

Submitted by Dr. S.N. Narasingan, President, Indian Society of Hypertension (InSH) & Board Member, World Hypertension League

We are delighted to submit the activity report for World Hypertension Day. Only a few members could contribute the information required due to the worsening Pandemic situation in India. The overall response was 311 Patients and relatives. Dr Narasingh Verma, Honorary Secretary of InSH and Dr. Anuj Maheswari, Academic Co-ordinator,

were able to furnish the data of 60 patients and their relatives. Blood pressure was measured using all criteria including 3 readings. See [link](#) to see the data presented in graphical format.

Children's Art Contest: Three Children sponsored by InSH participated in the Art Contest. Their artwork is displayed on the WHL website and certificates were distributed to them online.

Social Media Campaign: Dr. Narasingan gave an Interview on May 16th for [Speak Health Facebook Page](#) sponsored by Sun Pharma and viewed by more than 774 people. Many questions were raised by the viewers and answered by doctors. Another interactive Facebook interview was given emphasizing the WHD theme **Measure Your Blood Pressure Accurately, Control it, Live Longer** through the [Target Hypertension Facebook Page](#) sponsored by USV Pvt. Ltd and viewed by 11,000 people. A press release was submitted on WHD to the national newspaper *Indian Express* on [Simple tips to ensure accurate Blood Pressure Measurement](#) and an article was published in *Marathi Daily News*, supported by JB Chemicals and Pharmaceuticals. A [live interview](#) on HTN and its management in elderly people was conducted on the popular Sun Life TV Channel.



Page 2 *Hello Mumbai* Suppl., one of the leading Marathi daily newspapers with a circulation of 1,606,515

IMA Hypertension Standing Committee Activities

Submitted by Dr. A. Muruganathan
Chairman, IMA Hypertension Standing Committee

Two mega projects were conducted by the IMA Hypertension Standing Committee in May.

Project-1 MMM - BP readings measured for the public with Himalayan readings done for the first time, using IMA hypertension survey for screening and measuring BP.

Project-2 Master Class Webinar Series - 31 webinars organised throughout May at this [link](#).

Israel



This year's theme was **Measure Your Blood Pressure Accurately, Control It, Live Longer**, focusing on combatting low awareness rates worldwide, especially in low to middle income areas, and accurate blood pressure measurement methods. During the course of the virtual [2021 Immigration, Acculturation and Hypertension Conference](#), several speakers highlighted findings relating to high blood pressure.



Pakistan

Professor Mohammed Ishaq, Chair ISH South and Central Asia Regional Advisory Group and Pakistan Hypertension League (PHL) Secretary General



This year's WHD event took place at the Civil Hospital in Karachi, Pakistan. Speakers included Prof. Nawaz Lashari (Convenor), Prof. Mohammed Ishaq (Secretary General of the Pakistan Hypertension League - PHL) by video link, and Prof. Rasheed Khan (Joint Secretary PHL), Prof. Saeed Qureshi Vice (Chancellor of Dow University Karachi, Pakistan) and Dr. Akram Sultan (CEO of the Hospital).

The talks were followed by a walk that was well attended by doctors, medical students and health workers. Similar activities were held across the country.



South Africa Heart & Stroke Foundation



Press Release noting the WHD2021 emphasis on accurate measurement of blood pressure – for the full press release click [here](#).



Suriname



Submitted by Tanya Frijmersum
The Surinamese Association for Physiotherapy,
Paramaribo, Suriname

From May 11-17 the Prevention Commission of the Surinamese Association for Physiotherapy (SVF) sent emails/apps to network partners, organizations and other persons with information regarding WHD 2021.

A folder about high blood pressure designed by Marina Bersaoui, lecturer and PT, was shared by the prevention commission. Folders were handed out to patients on dialysis at two national kidney dialysis centers and at the Blood Bank of the Surinamese Red Cross. In the northern part of Paramaribo some staff members of Care Center Jeanette also received these folders.



On World Hypertension Day, Marina Bersaoui had a telephone interview for Radio station SRS. Besides hypertension, the activities and goals of the prevention commission were mentioned.

At the Esther Foundation in Paramaribo, which houses and cares for ex-leprosy persons as well as persons with disabilities, 17 staff members had their blood pressure measured. Age range was 23-58 years and 6 (35%) were known to have HTN. Of the 17 participants 4 (23,5%) had an elevated BP. There were 4 diabetics (23,5%) and 7 (41%) were not sure if they had hypercholesterolemia.

The importance of regularly getting measured and to know your numbers was explained. Finally, maintaining a healthy lifestyle was emphasized, especially in this COVID-19 period.



Staff of 2 National Kidney Dialysis Centers in Paramaribo and BP screening at the Esther Foundation in Paramaribo



Syria

Submitted by Dr. Usama Alanan, Tishreen University Hospital, Faculty of Medicine, Tishreen Univ., Syria



WORLD HYPERTENSION DAY
 Measure Your Blood Pressure,
 Control It, Live Longer

May 17, 2021

Please help us celebrate!

On the World Hypertension Day and by cooperation with World Hypertension League Organization (WHL)

Deanship of Faculty of Medicine & Tishreen University Hospital

Kindly invite you to attend the scientific symposium

Some new in hypertension

Chairman :Prof. Houssam balleh, Prof. Husain Saeed, prof. Abdulfattah Abaas

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NEWS FROM OUR PARTNERS

International Society of Nephrology (ISN) World Kidney Day and Hypertension

World Kidney Day is the culmination of a year-round global campaign that is celebrated annually on the second Thursday of March. A joint initiative of the International Society of Nephrology and the International Federation of Kidney Foundations–World Kidney Alliance, World Kidney Day aims to raise awareness of the importance of kidneys in health, and the effects of kidney disease that affects over 850 million people worldwide. Most recently the campaign focused on living well with kidney disease, the [World Kidney Day 2021 theme](#).

With hypertension being a major risk factor for both the development and also the progression of kidney disease – about 9 out of 10 people with stage 3 to 5 chronic kidney disease have high blood pressure – measuring and managing hypertension is critical to living well with kidney disease. Of note, of the more than 1100 activities held on for World Kidney Day 2021 by local organizers and champions, many included health checks which included blood pressure history in risk assessments as well as the measurement of blood pressure to identify those at risk.

In addition to the important local one-on-one interactions, the social media presence of World Kidney Day 2021 on March 11 was significant, reaching 164 million people on Twitter. The World Kidney Day Twitter content was liked, commented, shared, and clicked 40 thousand times, #worldkidneyday tweets gained almost 228 million impressions. The day was marked across the globe, with broad governmental and celebrity endorsement as well as media coverage. The press release was picked up by 132 news outlets with a potential reach of 123 million viewers.

There are clear parallels in the public health messages of World Kidney Day and World Hypertension Day – testing for hypertension and kidney disease, and controlling hypertension is so important to live longer and to live well.

NEWS FROM ISH



International
Society of
Hypertension

ISH Kyoto 2022 Meeting (12-16 October 2022)



Please watch our [invitational Kyoto 2022 Meeting video](#) and help us to promote the meeting. You will find our [promotional toolkit](#) on the meeting website and you can [register here](#).



See you in Kyoto in October 2022!

Hiroshi Itoh, MD PhD

Chair, ISH 2022 Kyoto

#ISH2022 #Kyoto

Visit www.ish-world.com for further information on the work of the International Society of Hypertension or follow us on Twitter @ISHBP.

NEWS FROM COALITION FOR ACCESS TO NCD MEDICINES & PRODUCTS

Forecasting Tool

The NCD Forecasting Tool for Essential Medicines and Products to help transform the availability and accessibility of medicines for hypertension for clients of public sector supply chains



Submitted by Molly Guy, Senior Program Officer, Noncommunicable Diseases

COALITION
FOR ACCESS
TO
NCD MEDICINES
& PRODUCTS

The [Coalition for Access to NCD Medicines and Products](#) is collaborating with the Kenya and Uganda ministries of health to test an NCD Forecasting Tool (NFT). The NFT was developed by the Coalition to support local stakeholders, such as NCD program personnel and health commodity supply chain managers, in conducting a five-year demand forecast for essential medicines and products for priority NCDs.

Incorporating elements such as local disease prevalence, health seeking behavior, prescribing patterns, and clinical guidelines into the tool's algorithm, the goal of the NCD Forecasting Tool is to provide stakeholders with strategic information on the actual demand for and cost of delivering a reliable supply of quality medicines to those living with NCDs. This forecast will provide decision-makers in national and subnational governments and institutions with essential information they need to forecast, finance, procure, and deliver medicines for hypertension and other NCDs in the right quantities, to the right place, at the right time, for the right cost.

Please [contact us](#) if you are interested in learning more about the Forecasting Tool or are interested in its applicability for your country.

WHO Global Diabetes Health Compact World Health Assembly 74 passes new resolution on the prevention and control of diabetes

The Global Diabetes Compact was officially launched on April 15, 2021, with a vision to reduce the risk of diabetes and to ensure that all people diagnosed with diabetes have access to quality care and treatment, that is equitable, comprehensive and affordable, at [this link](#). The WHO HEARTS technical package has an additional module on diagnosis and management of type 2 diabetes - [HEARTS D](#): The Resolution on Reducing the burden of noncommunicable diseases through strengthening prevention and control of diabetes was adopted at the World Health Assembly in May. Please check out [this brief](#) from the NCD Alliance to learn more. ■

NEWS FROM PAHO

Submitted by Donald J. DiPette MD, WHL Envoy to Latin America and the Caribbean, Health Sciences Distinguished Professor, University of South Carolina, University of South Carolina School of Medicine

The theme of World Hypertension Day 2021 included increasing the awareness of the low rates of hypertension control globally which starts with championing obtaining accurate blood pressure measurements using proper technic and validated devices. In support of WHD 2021, the Pan American Health Organization (PAHO) held a highly successful and comprehensive webinar entitled: [“Measure Your Blood Pressure Accurately, Control It, Live Longer!”](#) on May 21, 2021.

The major priorities of PAHO continue to include supporting the HEARTS Initiative by expanding the number of countries implementing HEARTS and the HEARTS Technical Package with particular emphasis on improving blood pressure measurement. The target audiences of the webinar were primary health care providers, professional primary care and specialty societies, and country leadership and stakeholders.

The comprehensive webinar included a section focused on hypertension control and living longer, with topics spotlighting HEARTS in the

Americas by highlighting two successful country programs: Chile and Ecuador and a section devoted to measuring blood pressure accurately by discussing automated blood pressure devices and how to check whether a particular device has been properly validated for accuracy. In addition, the experience of Saint Lucia, the first country to implement a regulatory framework for using validated blood pressure devices, was detailed, and discussed. A third session targeted presently available HEARTS resources for education and training regarding up-to-date hypertension management and cardiovascular risk assessment in primary health care settings and learning more about accurate automated blood pressure measurement technique and devices.

In addition, the following WHL 2021 Awardees were recognized: Ms. Adriana Blanco-Metzler, Costa Rica (MacGregor Excellence Award), Dr. Enrique Paris, Minister of Health, Chile (Organizational Excellence Award), and Dr. Daniel Pineiro (Excellence in Diplomacy and Advocacy). The strong collaboration between organizations such as PAHO and WHL bodes well for the continued success in increasing the control rate of hypertension and decreasing the morbidity and mortality of cardiovascular disease globally. ■

SODIUM NEWS

Sodium evidence and cardiovascular disease (CVD)

Recently, there have been claims in a prominent cardiovascular journal that consumption of sodium 2300 - 4600 mg/day is not associated with increased cardiovascular risk and that the risk does not increase until the intake is above 5000 mg/day¹. However, the best existing evidence supports sodium reductions to below 2300 mg/day to reduce CVD.

The National Academies of Sciences, Engineering, and Medicine (USA) conducted a meta-analysis of high quality randomized controlled trials which examined a weighted average of sodium intake of 3646 mg/day reduced to 2690 mg/day². The modest reduction in dietary sodium was associated with a 26%

reduction in CVD and a 15% reduction in total mortality rates. There was a linear association of sodium intake, and CVD between 2300 mg/day and 4100 mg/day. The risk ratio for CVD was reduced 0.32 per 1000 mg sodium/day reduction. The evidence was assessed as moderate due solely to a relatively low number of events. The long-term follow-up of the Trials of Hypertension Prevention (TOHP), which assessed sodium intake with the gold standard of multiple 24-h urines, was assessed as having low risk of bias by the National Academies of Sciences, Engineering, and Medicine ². In the TOHP trial there was a 32% reduction in CVD under 2,300 mg sodium/day compared to 3600-4800 mg. The association between dietary sodium intake and CVD was linear between 1500 mg and 3600 mg/day ³.

The National Academies of Sciences, Engineering, and Medicine Report concluded that many controversial studies were 'highly biased' and stated "the paradoxical J- and U-shaped relationships of sodium intake and CVD disease and mortality are likely observed because of methodological limitations of the individual observational studies" ². The use of equations to estimate 24 hr urine sodium (e.g. Kawasaki equation) has been shown to cause a spurious J curve with cardiovascular disease ^{4,5} and alters the association with blood pressure ⁶. Reverse causality, whereby people at risk reduce their dietary sodium but also have more events related to their risk has also been identified as a likely source of spurious J curves. Guideline and evidence-based medicine reviews mostly do not incorporate low quality evidence that is likely to produce false results nor should they. Reducing dietary sodium is on the most effective and cost saving mechanisms for government to improve population health.

Norm Campbell MD Emeritus Professor, University of Calgary, Special Advisor to the World Hypertension League Board.

Marcelo Orias, MD, PhD, Associate Professor Yale University, Profesor Adjunto, Universidad Nacional de Córdoba, Vice President, World Hypertension League

Paul K. Whelton, MB, MD, MSc, Show Chwan Chair in Global Public Health, Department of Epidemiology,

Tulane University School of Public Health and Tropical Medicine, Tulane University of Medicine, President-elect, World Hypertension League

- 1.O'Donnell M, Mente A, Alderman MH, et al. Salt and cardiovascular disease: insufficient evidence to recommend low sodium intake. *European Heart Journal*. 2020;41(35):3363-3373.
- 2.National Academies of Sciences, Engineering, and Medicine 2019. *Dietary Reference Intakes for Sodium and Potassium*. Washington, DC: The National Academies Press. <https://doi.org/10.17226/25353>
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- 4.He FJ, Campbell NRC, Ma Y, MacGregor GA, Cogswell ME, Cook NR. Errors in estimating usual sodium intake by the Kawasaki formula alter its relationship with mortality: implications for public health. *Int J Epidemiol*. 2018;47:1784-1795.
- 5.He FJ, Ma Y, Campbell NRC, MacGregor GA, Cogswell ME, Cook NR. Formulas to Estimate Dietary Sodium Intake From Spot Urine Alter Sodium-Mortality Relationship. *Hypertension*. 2019;74(3):572-580.
- 6.Naser AM, He FJ, Rahman M, Campbell NRC. Spot Urine Formulas to Estimate 24-Hour Urinary Sodium Excretion Alter the Dietary Sodium and Blood Pressure Relationship. *Hypertension*. 2021;77(0):HYPERTENSIONAHA.120.16651.

Salt Reduction Strategies Online Course

Submitted by Laura K. Cobb, DrPH, Director, Nutrition and Surveillance, Cardiovascular Health Initiative

As part of the **Resolve to Save Lives** project, Johns Hopkins University recently launched an online course on salt reduction. "[Global Salt Reduction Strategies](#)" is designed to help policy makers, advocates, and program managers to develop and implement sodium reduction interventions at scale, primarily in low- and middle-income countries.



Participants will review the scientific basis for sodium reduction and learn about evidence-based, comprehensive salt reduction strategies, including setting limits on nutrients of concern

on the food supply, using warning labels on packaged foods that exceed these limits, substituting salt with low-sodium salts and harnessing the power of government for salt reduction. This nine-module course is completely free of cost and can be completed at one's own pace: registration link [here](#).

World Heart Federation Partners with LOSALT® in Bid to Tackle Hypertension

In the wake of World Hypertension Day, the World Heart Federation announced its partnership with LoSalt®, the UK's leading reduced sodium salt. With a shared purpose of reducing incidence of hypertension, the partnership has been formed in a bid to raise consumer awareness, particularly in relation to reducing sodium consumption. For full article [click here](#). ■

INCIENSA - COSTA RICA SALT REDUCTION PROGRAM

Submitted by Adriana Blanco-Metzler, MSc, INCIENSA, Award recipient, **2021 Graham MacGregor Excellence Award in Dietary Salt Reduction at the Population Level**

Adriana Blanco-Metzler is a researcher leading efforts to reduce dietary sodium in Costa Rica and who has had a substantive impact on dietary sodium reduction in the Americas. She works in the Costa Rican Institute for Research and Teaching in Nutrition and Health (INCIENSA). Since 2009 she has worked with PAHO/WHO expert and technical advisory groups on dietary salt reduction and on several regional and national sodium reduction programs.

Adriana assisted the development of a PAHO/WHO dietary sodium reduction policy document with Costa Rica as a supporting country. She led the drafting of a national action plan for sodium reduction in Costa Rica and also had a key role in the National Strategy and Action Plan for a Comprehensive Approach to Chronic Noncommunicable Diseases (NCD) and Obesity which incorporates reduction in dietary sodium. With a competitive grant, Adriana has led the implementation and evaluation of the Costa Rican sodium reduction plan. A part of the work

was developing critical new insights into interventions to reduce discretionary sodium that have regional and global importance. A regional social marketing and communication plan was developed based on the research to reduce discretionary sodium.

Through competitive grants Adriana worked to have 5 Latin American countries include sodium in the nutrient labeling of packaged foods and monitored the sodium content of these foods. The economic benefits of sodium reduction were modeled for several Latin American countries and a policy brief developed. Adriana is currently leading a Resolve to Save Lives grant to develop interventions to reduce discretionary sodium. With Adriana's support, Costa Rica became the first government to have a membership in the World Hypertension League and she aids Costa Rica in celebrating World Hypertension Day.

Since 2009 Adriana has been a key leader in efforts to reduce dietary sodium in the America's through the PAHO/WHO programs and in Central and Latin America. She has received 4 international recognitions for her work. The Graham Macgregor Award recognizes her major accomplishments as well as her knowledge, dedication and passion to enhance population health through reductions in dietary sodium.

EDUCATIONAL RESOURCES SECTION

HEARTS Resources

- [Cardiovascular Disease Risk Calculator App](#)
- [HEARTS Technical Package](#)
- [HEARTS-Diabetes Module](#)
- [WHO Global Diabetes Compact](#)



To Check Accuracy of Blood Pressure Monitors [click here](#)



Virtual Course to Improve Blood Pressure Measurement [click here](#)



Technical resources for accuracy of blood pressure measurement [click here](#).

WELCOME TO NEW BOARD MEMBERS



Prof. Leilani Mercado-Asis, MD, PhD, MPH, Med (DE)

Philippine Society of Hypertension Working Group, Head for Legislation, 2021-2023; Philippine Society of

Hypertension, Immediate Past President 2019-2021; Program Director, Master in Public Health International UST/Postgraduate Certificate, University of Leeds, UK

BIO:

Prof. Mercado-Asis is a graduate of Medicine at the University of Santo Tomas, Manila, Philippines. Her advancement in the medical profession includes Internal Medicine Residency at UST Hospital, Fellowship in Endocrinology and Metabolism at the National Institutes of Health in USA, and a doctorate studies of the same field in Gifu University School of Medicine in Japan. She entered the academy at the UST Faculty of Medicine and Surgery and has been teaching for the past 29 years. She furthered her professional growth to obtain masteral degrees in Public Health and Medical Education focused on Distance Education. Prof. Mercado-Asis established the UST Master in Public Health International program in collaboration with the University of Leeds, and is currently the Program Director.

Research is her utmost passion. She authored and co-authored numerous publications in the field of diabetes, thyroid problems, dyslipidemia, hypertension, pituitary tumors and adrenal abnormalities. Her community and public health involvement includes the establishment of the Subic Bay Metropolitan Authority medical facilities that now serve over 300,000 employees. She formed several alliances with various medical societies to strengthen advocacies and strategize programs for specific health issues like diabetes, goiter, osteoporosis, and hypertension.

Prof. Mercado-Asis received numerous awards in her professional journey, including the Dr. Cyrus Katzen Pheochromocytoma and Paraganglioma Humanitarian Award in Washington DC, USA in 2012, Dangal ng UST Award in 2004 (Gawad San Alberto Magno Awardee - Outstanding Researcher in the Health Sciences), and the 2017 Gusi Peace Prize International Award in Medical Education, Research, and Patient Care & Service. She has been a consistent recipient of UST Rector's Gold and International Publication Award since 1999 up to the present.



Dr.S.N.Narasingan, MD President Indian Society of Hypertension (InSH)

BIO:

Vice Chairman, Lipid Association of India [LAI]; National President, Indian Society of Hypertension; Former Adjunct Professor, The TamilNadu Dr.M.G.R. Medical University; Managing Director: SNN Diagnostic Centre & SNN Specialities Clinic, Chennai; Dean: Prof.M.Viswanathan Diabetes Research Centre & MV Hospital for Diabetes

Academic: Dr. Narasingan published 71 articles in prestigious medical journals, contributed chapters for medical textbooks on lipid disorders, atherosclerosis, hypertension, diabetes & cardiovascular disorders, and delivered 566 guest lectures at national level conferences & 51 at international meetings.

As Vice Chairman LAI, he published expert consensus statement recommendations for Lipid Management 2016 Part 1 & consensus statement on Management of Dyslipidaemia in Indians 2017 Part 2 & Part 3 in 2020

Awards: Life time achievement award by The TamilNadu Dr.M.G.R Medical University; Master Teacher Award by Indian College of Physicians &

API, India; Distinguished Teacher Award by Govt. Stanley Medical College & Hospital; Dr. Jivraj Mehta Award 2015 by API & Indian College of physicians; Medical Excellence Award by WTCC; World Hypertension League award in recognition for “setting highest academic standards in the field of medicine”.

Congratulations to Dr. Paul Whelton WHL President-Elect

Submitted by Gianfranco Parati MD
Professor of Cardiovascular Medicine, University of Milano-Bicocca & Scientific Director, Istituto Auxologico Italiano, Milan, Italy; Secretary General, World Hypertension League.

It is a great pleasure for me to announce a special and important prize given to Dr. Paul Whelton for his great achievements.

Dr. Paul K. Whelton, MB, MD, MSc, is Show Chwan Professor of Global Public Health at Tulane University School of Public Health and Tropical Medicine in New Orleans, Louisiana, USA, and is currently also President Elect of the World Hypertension League.

His contribution to medicine and science is extraordinary and well acknowledged worldwide. Dr. Paul Whelton's research interests include cardiovascular and renal disease epidemiology, prevention, clinical trials, health policy, and global health. He has led many of the major NIH-funded blood pressure intervention trials, including the Trials of Hypertension Prevention (TOHP, Phases I and II), the Trial of Nonpharmacologic Intervention in the Elderly (TONE), the Antihypertensive and Lipid-Lowering to Prevent Heart Attack Trial (ALLHAT), and the Systolic Blood Pressure Intervention Trial (SPRINT). He chaired the 2017 ACC/AHA Guideline Writing Committee for Prevention, Detection, Evaluation, and Management of High Blood Pressure, as well as many working groups and committees for institutes at the NIH, the American Heart Association, the Institute of Medicine, the Irish Government, and the Show Chwan Health System in Taiwan. Amongst many awards and honors, he received the American Heart Association Population Research Prize. He has published more

than 400 peer-reviewed manuscripts and 70 books, book chapters, supplements, or monographs.

This year, Dr. Whelton has been awarded the **ESH Honorary Membership**. The European Society of Hypertension is a very active Scientific Society involved in promoting hypertension control and research on its pathophysiology, diagnosis and treatment not only in Europe but also worldwide, and this award is a well deserved acknowledgment for his outstanding contribution to Hypertension Research and Clinical Management as well as for his engagement in promoting international collaborations worldwide in this field.

The WHL Executive Board members congratulate Dr. Whelton for this important achievement, which gives additional relevance to his outstanding contribution to WHL leadership and related activities.



UPCOMING MEETINGS OF NOTE

World Health Summit

October 24-26
Berlin & Digital

As we find ourselves in the second year of the COVID-19 pandemic, it is safe to say that the world is now a different place than it was before.

There are many take home messages from this global crisis: The importance of health for the individual as well as for societies, the relevance of science and an evidence-based approach for political decision-making, and the significance of global health in research, politics and the economy.

This year's World Health Summit will reflect on pressing topics such as:

- Pandemic Preparedness and Response
- Vaccines: Health as a Global Public Good
- Mental Health and COVID-19
- The Role of the European Union in Global Health

Please find information and registration [here](#).

LINKS OF NOTE

LINKS A global community for cardiovascular health

For more information, please go to [this link](#).



Tool for Checking Validation Status of Blood Pressure Devices: [Click here](#)



2019 WHO Essential Medicines List (EML) for Hypertension Combination Therapy: [Click here](#)



NCD Alliance Newsletter: [Click here](#)



World Stroke Organization (WSO) Current Newsletter: [Click here](#)



Int'l. Society of Hypertension (ISH) Newsletter: [Click here](#)



SCIENCE OF SALT WEEKLY: [Click here](#)
Publication of weekly Medline searches related to dietary sodium



KNOWLEDGE ACTION PORTAL (KAP)
WHO's platform for NCD info, [Click here](#)



HEARTS CVD RISK CALCULATOR APP: [Click here](#)

Mission

The objectives of the WHL are to promote the detection, control and prevention of arterial hypertension in populations. The World Hypertension League (WHL) is a federation of leagues, societies and other national bodies devoted to this goal. Individual membership is not possible. The WHL is in official relations with both the International Society of Hypertension (ISH), and the World Health Organization (WHO).

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Dr. Daniel T. Lackland (Charleston, USA), Past-President
Dr. Marcelo Orias (Cordoba, Argentina), Vice-President
Dr. Paul K. Whelton (New Orleans, USA) President-Elect
Prof. Gianfranco Parati (Milan, Italy), Secretary-General

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Calendar of Events

European Society of Cardiology Congress 2021

August 27-30, 2021

Virtual Conference

[click here for registration](#)

European Stroke Conference (ESOC 2021)

September 1 -3, 2021

Virtual Conference

[click here for registration](#)

World Heart Day

September 29, 2021

Hypertension Council Sessions 2021

September 27-29, 2021

Virtual Conference

[click here for registration](#)

World Health Summit

October 24-26

Berlin & Digital

[click here for registration](#)

World Stroke Day

October 29, 2021

13th World Stroke Conference (WSC)

October 28-29, 2021

Virtual Conference

[click here for registration](#)

AHA Scientific Sessions

November 13-15, 2021

Boston, MA

[click here for registration](#)