



WHL • NEWSLETTER

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

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Presidents' Column



Dr. Dan Lackland



Dr. Xin-Hua Zhang

This edition of the Newsletter is quite unique as this will be a true **Presidents' Column** from both President and Immediate Past President. The World Hypertension Congress in conjunction with the annual meeting of the Brazilian Society of Hypertension was a great event resulting in the **Sao Paulo Call to Action**, that established the direction of global hypertension control. This is a great model of collaboration, and we do hope the document will have a high impact. These collaborations are further demonstrated with the many conferences and meetings WHL has co-organized and participated in.

Likewise, it has been a great pleasure to be a part of the 2019 WHL Excellence Awards, recognizing the accomplishments of the global hypertension leaders. Most impressive is the WHL family of official relations, member societies, organizations, partners, Envoys and Board. We are all committed to a better world with reduced global burden of hypertension-related diseases through high blood pressure awareness, treatment and control. Indeed, the WHL has maintained this theme from the very beginning, establishing a solid foundation to build and confidence for the future. Throughout the WHL history, the Newsletter has been a key resource,

and this valued asset has certainly been enhanced with the leadership of EIC Lawrence Beilin and Editorial Assistant Mary Trifault. The *Journal of Clinical Hypertension* under EIC Michael Weber has been the major global education and hypertension control resource for WHL, and with the Newsletter complement creates a comprehensive communication system for health care providers throughout the world. With these resources and the WHL foundation, the hopes from the Call and the Mission will be achieved.

Note from the Editor



Dr. Lawrie Beilin

Included in this Newsletter are accounts of World Hypertension Day activities, an outline of the "Sao Paulo Call to Action for the Prevention and Control of High Blood Pressure: 2019", an introduction to The Knowledge Action Portal (KAP) from WHO, and contributions by awardees of WHL Certificates of Excellence, some bravely taking the challenge to address 'Priorities for hypertension prevention and/or management over the coming 5 years.'

Also notable is the changeover of WHL Presidency from Dr. Daniel Lackland to Dr. Xin-Hua Zhang and appointment of new WHL officers. I wish them all success. In anticipation of these changes I felt it timely to step down from my position of Editor in Chief. In doing so I would like to thank those who have made my role easy and enjoyable. Especially to our Editor Mary Trifault, whose organisation, skills, energy, and tact underpin the newsletter. Also a hearty thanks to a tireless Dan Lackland, immediate

past President who now takes over as Editor in Chief, and who has been so supportive as Editorial Board member; to the other members of the Editorial Board, especially to salt reduction warrior Norm Campbell, and Michael Weber, Editor of the *Journal of Clinical Hypertension*, for wise council, and, importantly, to the many of you who have magnificently contributed over the last four years.

In a forthcoming issue I will offer some predictions for the future of high blood pressure control. Needless to say, substantial challenges remain, with only minor advances in new medications and with unhealthy lifestyles deeply embedded in culture. Nevertheless, as pointed out in this issue, an enormous amount can be achieved by better translating existing knowledge into practice. In this respect WHL should continue to have an important role working in collaboration with international partners. It should be a long and interesting journey. Bon voyage. *Lawrie Beilin*

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Sao Paulo Call to Action for the Prevention and Control of High Blood Pressure: August 2019

By Dr. Norman C. Campbell, CM MD FRCPC

Increased blood pressure is a leading risk for death and disability globally. The global best practices for hypertension prevention and control have been outlined in HEARTS (produced by the WHO and partner organizations including the World Hypertension League). HEARTS implementation requires a structured public health approach to clinical management of hypertension.

Unfortunately, experience has shown that a significant proportion of hypertension experts not only do not understand the public health approach but oppose parts of its implementation. In response, the World Hypertension League has developed the ‘**Sao Paulo Call to Action for the Prevention and Control of High Blood Pressure: 2019**’ to help align health and scientific organizations and hypertension experts with the recommendations of the HEARTS program and global statistics on hypertension. The fact sheet and call to action was initially presented at the World Hypertension Congress in Sao Paulo and is expected to be published in the *Journal of Clinical Hypertension* in late 2019.

The Declaration is posted on the World Hypertension League website, at [this link](#)

WORLD HYPERTENSION DAY 2019

We want to thank our members for another successful World Hypertension Day celebration highlighting “Know Your Numbers”! Below are highlights from this year’s WHD events:

China

From Universal Coverage of Blood Pressure Control to Universal Coverage of Health Care Services

The WHL Asia-Pacific Regional Office jointly organized the thematic event on 17th May 2019 with the Chinese Medical Doctors Association, the Chinese Hypertension League and the Beijing Lisheng Cardiovascular Health Foundation to celebrate World Hypertension Day. Government officers and hypertension specialists who lead major primary care based hypertension control projects nationwide attended the event and shared their experiences and lessons learned from implementation.



Above: 1st Affiliated Hospital, Baotou Medical College

Below: Xilingol Region Central Hospital



The WHL Asia-Pacific Regional Office presented a World Hypertension League Excellence Award to the leadership and champion of the HEARTS Henan Hypertension Control Project, which aims to treat 14 million hypertensive patients in 3 years. Dr. Huang Hongxia, the Chair of the Executive Committee of HEARTS Henan Hypertension Control Project and the Deputy

Director General of Henan Provincial Health Commission received Distinguished Leadership awards; Dr. Wang Hao and Dr. Zhao Haiying received Excellence Awards for training and supervision of primary care providers; the Disease Control Division of Zhongmu County Health Commission received the Excellence Award for leading and supporting primary health care to improve hypertension control.



Above: Government officers celebrate WHD 2019 with the advisory committee members of the HEARTS China Hypertension Control Project.

Below: Dr Huang Hongxia (middle), Deputy Director General of Henan Provincial Health Commission, receives award from Prof. Liu Lisheng (left).



According to reports from Chinese Hypertension League members, 874 medical professionals participated in the World Hypertension Day Campaign, and 11,976 residents in China enjoyed free blood pressure measurements and medical consultations on 17th May 2019.



The 2nd Hospital, Hebei Medical University

Cuba

Cuba Simultaneous Blood Pressure Screening

By Dr. Jorge Luis León Alvarez and Dr. Manuel Delfín Pérez Caballero: National Technical Advisory Commission for the Hypertension Program

In celebration of World Hypertension Day on May 17, 2019, numerous activities were organized by the Ministry of Public Health of Cuba and the National Technical Advisory Committee of the Hypertension Program.



The activities had the central motto "Know your Numbers". Different health institutions in the country performed active screening of new hypertensive patients by measuring blood pressure in health centers, recreational parks, schools, museums, and work centers, with blood pressure measured for over 2400 individuals.



Health promotion activities were carried out on the radio, television and written press in order to promote awareness and efforts to prevent, diagnose and control hypertension. The National Course "Comprehensive Care for Hypertensive Patients" was held at the Hermanos Ameijeiras Hospital with more than a hundred participants, including general practitioners, internal medicine specialists, epidemiologists, nurses and teachers, among others. For more information please visit [this link](#).

India

By Dr. Anuj Maheshwari

Responding to the call from the World Hypertension League and the International Society of Hypertension, the Indian Society of Hypertension decided to participate in "May Measurement Month 2019" campaign and World Hypertension Day in India on the behest of Dr. C. Venkata Ram, Academic Director, & Prof. Narsingh Verma, Secretary General of the Indian Society of Hypertension under the leadership of Dr. Anuj Maheshwari, who has been appointed national coordinator.

125 physicians participated across the country at 78 centres, screening 167,639 people in India beginning from May 1, 2019 to July, 2019 after due ethical approval.



The countrywide program was inaugurated at Lucknow by the Hon'ble Mayor of Lucknow city, Mrs. Sanyukta Bhatia at IMA Bhavan, Lucknow. Across the country multiple awareness programs were organised outreaching the public as well as providing CMEs for health care professionals in various districts headquarters. This year the Indian Society of Hypertension succeeded in achieving the participation of rural populations in good numbers, and wishes to thank all the physicians, nurses and health care staff who participated, and we are looking forward to an even wider outreach next year.



Mumbai, India

The Success Story of WHD 2019

Hypertension: The Silent Killer

By Prof. Dr. Nilima Sonawane, Head, Dept. of Community Health Nursing, Institute Of Nursing Education, Sir J J Hospital Campus, Mumbai, India

“People take ownership of sickness and disease by saying things like MY high blood pressure MY diabetes, MY heart disease, MY depression, MY! MY! MY! Don't own it because it doesn't belong to you!”
— Stella Payton

Many people are not aware about their blood pressure, even though they know it is a silent killer. Moreover, they show their ownership of this disease, saying, “My blood pressure is 180/110 mm/Hg, but I don't take any medicine for it.” To combat this attitude, we initiated various community outreach programmes prior to and leading up to World Hypertension Day with the aim to spread awareness about high blood pressure.



The urban community was the setting of our “Know Your Blood Pressure” campaign.

The department of Community Health Nursing, Institute Of Nursing Education, Sir J J Hospital, Mumbai, under the Director of Medical Education and Research, Government of Maharashtra, participated in the campaign “10 Million Blood Pressures Globally” in an urban community setting, with the slogan “Know Your Blood Pressure”. We advertised by distributing pamphlets in the local language and using music, one to one communication, and home visiting.

In India religious beliefs play an important role in health and disease, thus we started our campaign checking the blood pressure of a “sadhu”, which was inspiring to other people walking by and they started rushing in to have their blood pressure checked. People then

started bringing in their family members to have their blood pressure checked, and by 2 pm we had checked 300 blood pressures.



Hypertension awareness was provided by group teaching, using posters stating causes, risk factors, clinical manifestations, treatment & complications.

Shockingly, the majority were not aware of the dangers of elevated blood pressure. Some were victims of paralysis due to CVA and they motivated others to not neglect their hypertension.

Finally to quote “Success is not final; failure is not fatal. It is the courage to continue that counts.” Thus, we will continue our work until all people in India know their count.



The Health Team provided awareness of hypertension related to stroke and CV disease, and the importance of physical activity and nutrition in preventing and controlling hypertension.

Slovakia

By Dr. Stefan Farsky, President, Slovak League Against Hypertension

To celebrate World Hypertension Day 2019, 60 blood pressure screenings were held at a Kardiofitness Center in Martin, Slovakia. The event was organized as both a screening and a

workshop for health care professionals: "How to do ambulatory cardiovascular rehabilitation". The workshop provided hands-on fitness training to health care professionals and provided awareness to the general public on the importance of physical activity and nutrition (i.e. dietary salt reduction) for preventing or controlling hypertension. Based on our audience's enthusiastic participation and response to both the workshop and the screening, we felt assured our WHD activities had a positive impact upon our city.



A workshop for Healthcare professionals was held in Kardiofitness Center's Auditorium. Training in cardio-fitness activities was provided (below).



Paramaribo, Suriname

Submitted by Tanya Frijmersum
The Surinamese Physical Therapy Association

The prevention commission of the Surinamese Physical Therapy Association (SVF) held a blood pressure screening on May 17, 2019 at the Radio TV station *Shalom* in our capitol Paramaribo.

Before that screening, 2 members of SVF, Doesje de Boer-de Miranda and myself, had a live radio interview in '*Actua info*' at this same Radio TV station. The topic was hypertension and exercise/physical activity.



We also placed an article regarding World Hypertension Day in the evening newspaper '*de West*' on May 16, written by another member of SVF, Marina Bersaoui.

By focusing our outreach activities on media communications, we were able to reach a wide audience, and we will continue our advocacy of lifestyle changes toward the prevention of high blood pressure year-round.



Highlights, the Brazilian Society of Hypertension Meeting and the World Hypertension Congress

Sao Paulo, Brazil, August 7-9, 2019

From August 7th to 9th, the **Brazilian Society of Hypertension** held its annual meeting at São Paulo City. We had the honor to receive the **World Hypertension Congress**, sponsored by the **World Hypertension League (WHL)**, with the participation of 21 speakers from all over the world. During these days, we had the opportunity to discuss the role of arterial hypertension on cardiovascular morbidity and mortality, and how to better manage this problem. Despite all the efforts spent until now, it is clear that there is much more to be done.

In our meeting, it was possible to learn about the **HEARTS package**, and we enthusiastically established a commitment to implement this program in our country. All discussions will occur soon with the participation of the **Pan-American Health Organization (PAHO)** (Dr. Pedro Ordunez), the **Ministry of Health** (with

tremendous support from Dr. Eduardo Nilson, who will act in conjunction with the Ministry of Health), and the **Brazilian Society of Hypertension's** members, to define the cities.



WHL Board members meet with the leadership of the Brazilian Society of Hypertension

It is unnecessary to say how grateful we were for the presence of the current and past president of the WLH, Dr. Daniel Lackland and Dr. Norm Campbell, as well as with the presence of **WHO, PAHO, the U.S. Centers for Disease Control (USCDC), the World Stroke Organization (WSO), and World Heart Federation (WHF)** representatives, and partners of the **WHL** from all over the world. We learned about new technologies that have been developed to improve the treatment and control of arterial hypertension, and participated in an integrative discussion about the *Journal of Clinical Hypertension (JCH)*, including motivating talks by Dr. Michael Weber and Dr. Christian Bjorbaek.

Furthermore, the most significant document generated in this meeting was the **Sao Paulo 2019 Call to Action**, concerning the prevention and control of arterial hypertension all over the world. This document was exhaustively discussed and signed by all representative

members of our Society and other institutions cited above. We understand that the proposed actions will require arduous work, but we are ready for this task.



We gathered a selected group of specialists having the same objectives, and we also got new friends who will be in our thoughts and actions from now on. Thank you for coming and bringing such a huge opportunity to work together. ■

Commentaries by the 2019 WHL Excellence Award Winners

Reducing Population Salt Intake - An update on latest evidence

By Dr. Feng He

Winner, WHL MacGregor Excellence Award in Dietary Salt Reduction at the Population Level



The Global Burden of Disease (GBD) study shows that high salt intake is a leading dietary risk factor, accounting for 3 million deaths and 70 million disability adjusted life-years in 2017.¹ The WHO has recommended a reduction in population

salt intake from the current level of ≈ 10 g/d to less than 5 g/d. A few recent cohort studies have challenged this recommendation as these studies suggested a J-shaped association, i.e. both lower and higher salt intakes were associated with an increased risk of cardiovascular disease (CVD) events and deaths.²⁻⁴ However, these studies have several methodological problems, one of which is the biased estimation of salt intake from a single spot urine with formulas. An analysis of the Trials of Hypertension Prevention (TOHP)

follow-up data has clearly illustrated that inaccurate estimation of salt intake is an important contributor to the J-shaped findings.^{5,6} When salt intake was measured by the most accurate method of multiple non-consecutive 24-h urinary sodium excretions, there was a direct linear association with CVD events⁷ and all-cause mortality, down to a level of 3 g/d (Figure).⁶ When the accurately measured salt intake was replaced with the estimated values from sodium concentration using formulas, the linear relationship was altered to a J-shaped appearance.⁶ Furthermore, when sodium concentration was kept constant in the formulas, the estimated salt intake appeared to be inversely related to mortality at lower levels of salt intake.⁶ These findings indicate that variables in the formulas, other than sodium, could at least partially explain the increased risk with a lower salt intake reported in some cohort studies. This is not surprising, given that other variables in the formulas (age, sex, body weight and creatinine concentration) are known to be associated with mortality.

Most cohort studies have used salt intake estimated at baseline and looked at its association with subsequent occurrence of CVD events or death. Such studies cannot capture the changes in salt intake during many years' follow-up. A recent study demonstrated that the salt-related CVD risk increased by up to 85% with the use of long-term salt intake as measured by multi-year 24-h urine collections instead of single baseline 24-h urine.⁸

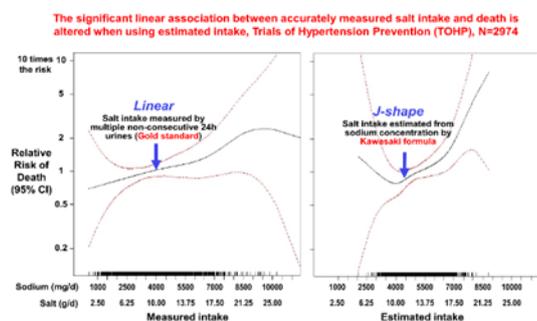


Figure. Relationship between salt intake estimated by different methods and the risk of death (adapted from He et al, *Hypertension* 2019).⁶

As summarised in a recent paper in the *Journal of Clinical Hypertension*,⁹ the latest evidence from good quality studies has provided further strong support for a population-wide reduction in salt intake.¹⁰ Paradoxical J-shaped findings

from methodologically flawed studies should not be used to derail critical public health policy, nor divert action. Salt reduction as recommended by the WHO remains an achievable, affordable, effective and important strategy to prevent CVD and premature death. Several countries have been successful in reducing salt intake^{11,12} and many other countries have started salt reduction initiatives. Urgent action is needed to speed up salt reduction worldwide. [References:](#)

Priorities for hypertension prevention and/or management over the coming 5 years: An international viewpoint.

By Giuseppe Mancina, University of Milano-Bicocca, Milan, and Policlinico di Monza, Monza, Italy;

Winner, Peter Sleight Excellence Award in Hypertension Clinical Research



I have no doubt that for hypertension the priority is to substantially increase the percentage of patients achieving blood pressure (BP) control in the

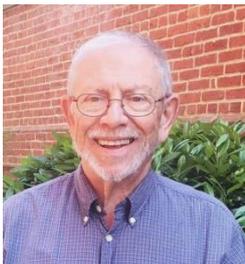
hypertensive population, which is variable between countries but on average extremely low. Because uncontrolled hypertensives have an average cardiovascular risk that approaches that of untreated hypertensives, this is the reason why hypertension is still the most important cause of death and burden of disease worldwide.

Achieving a substantially greater BP control means to identify and correct the major causes of this phenomenon. It is clear that poor BP control in people with an elevated BP does not primarily depend on lack of effective antihypertensive drugs because antihypertensive drugs made available by research performed over the last decades can adequately reduce and control BP in most hypertensive patients. In real life, however, two barriers oppose BP control, i.e. low adherence to antihypertensive treatment and therapeutic inertia, i.e. failure to up-titrate treatment when BP remains above the target values that are believed to maximize cardiovascular protection. Both goals are extremely difficult to be achieved for a variety of reasons, which in the case of low adherence to

treatment includes that the responsible factors are different between patients as well as that simple and accurate measurements of adherence to treatment in clinical practice are not available. Optimism has been fueled, however, by recent evidence that treatment strategies based on an initial two drug combination may substantially improve adherence and drastically reduce the large number of patients remaining in monotherapy despite the evidence that the multifold antihypertensive mechanisms made available by combination treatment is necessary to achieve BP control in most cases. Initial dual combination treatment has been strongly supported by the recent European and USA hypertension guidelines, and we may thus hope that a substantial improvement in the rate of “real life” BP control will become a reality in the future.

Claude Lenfant Excellence Award in Population Hypertension Control

By Dr. Jeffrey Cutler, 2019 Winner



I am honored to be named as the 2019 recipient of this award. My career has involved clinical trials and epidemiology of cardiovascular diseases, with primary emphasis

on identification, management, and prevention of hypertension, at the National Heart, Lung, and Blood Institute, largely under the leadership of Claude Lenfant. During my 38 years affiliated with NHLBI working with numerous colleagues there as well as throughout the scientific community, I have had opportunities to contribute significantly to large, multicenter studies of hypertension treatment and prevention, addressing questions of *whom* to treat -- notably, through the Multiple Risk Factor Intervention Trial (MRFIT) and Systolic Hypertension in the Elderly Trial (SHEP)--, *how* to treat -- Antihypertensive and Lipid-Lowering Treatment to Prevent Heart Attack Trial (ALLHAT)--, *how low* to treat -- Systolic Pressure Intervention Trial (SPRINT)--, and *how to prevent* hypertension – Trials of Hypertension Prevention (TOHP) and Dietary Approaches to Stop Hypertension (DASH).

Further, and more directly related to public health and my primary specialty of preventive medicine, I have worked on dissemination and implementation of findings from this research, notably through association with Ed Rocella, the long-time coordinator of the National High Blood Pressure Education Program; through my Associate Editorship of the AHA Hypertension Primer; and other efforts. I would like to acknowledge the support of Paul Whelton in many of these activities, who has been such a leader in clinical trials and guidelines including the first U.S. guidelines on hypertension prevention; and of Jeremiah Stamler, who has mentored me in so many ways, and with whom I have shared a “consuming” interest in the role of dietary salt reduction in countering the population burden of above optimal blood pressure. Finally, in the light of the SPRINT results and recent guidelines for BP goals, prevention research and implementation programs for nutritional and lifestyle changes, including salt reduction, need to be high priorities as we move forward.

Detlev Ganten Excellence Award in Hypertension and Global Health Implementation

By Dr. Eduardo Moacyr Krieger, 2019 Winner
President, Brazilian Academy of Sciences



It is a great honor to receive the Detlev Ganten Excellence Award from the World Hypertension League, first because of the importance and the prestige of the WHL as an

outstanding nongovernmental organization committed to optimizing and advancing the prevention of hypertension globally. Importantly also is the name of the prize. I know Detlev Ganten as one of the most important scientist in the area of hypertension since the time he was Professor of Pharmacology in Heidelberg, in the eighties, and already a leader in the International Society of Hypertension and the President of the World Hypertension League in which organizations I collaborate as representative of Brazil. More recently, I am collaborating with him as a member of the Executive Committee in the World Health Summit he created in Berlin. The prize comes after a long journey of more than 60 years working with great pleasure in the area of hypertension where

my mentor Eduardo Braun-Menendez in the fifties introduced me. I had the important collaboration of many disciples for my research who now are leaders in cardiovascular physiology and hypertension in Brazil and deserved to be recipients of this prize with me.

Finally, I need to acknowledge the Medical School of Porto Alegre, my alma mater. and the University of São Paulo, Ribeirão Preto and the Heart Institute, that gave me support to develop my scientific and academic career. In the future, the prevention of hypertension will be more effective and personalized due to the advances of genetics and big data. As demonstrated regarding the prevalence and treatment of resistant hypertension that I coordinated in Brazil (Hypertension 2018; 71:683-690) we highlighted the importance of: the adherence to treatment and the involvement of the Academic Health Centers in studies with direct impact on the National Health System.

High salt consumption: A major struggle for cardiovascular diseases: Argentine experience

By Dr. Felipe Inserra, Former President of Argentine Society of Hypertension (2013–2015); Sociedad Argentina de Hipertensión Arterial (SAHA)

Winner, 2019 WHL Recognition of Excellence Award in Dietary Salt Reduction



The excessive consumption of sodium chloride around the world is one of the leading behavioral causes for maintaining high morbidity and mortality in the general population. The Argentine

Society of Hypertension (SAHA) has been involved in different strategies to diminish salt consumption and to reduce the prevalence of high blood pressure in the general population.

The average salt intake in Argentina is higher than 11 g/day, more than double the WHO recommendation; as a result, SAHA committed to taking the lead in reducing salt intake. To achieve this, we have carried out various activities designed to:

- Increase awareness of the high consumption of salt in our country, not only among health professionals but mainly in the general population:

- Highlight the central role that high sodium chloride intake plays in increasing blood pressure levels and its consequences:

- Reinforce the relevance that public health policies have on the reduction of salt consumption, including essential interactions with food manufacturers:

- Support collaboration among scientific societies and the national and provincial ministries of health.

As a result of many of these the level of awareness in the general population has increased, helping to reduced salt consumption. However, it is crucial to consider the importance of ongoing education and review of national healthcare policies.

Contribution of the Argentine Society of Hypertension. Key achievements:



The program "Less Salt More Life" was part of an agreement between the Ministries of

Health, Agriculture, Science and Technology and the Argentine Chamber of Food Producers (COPAL). SAHA has had an important role in sharing scientific experience for the "Less Salt More Life" program. For more than two years the National Ministry of Health organized a series of meetings to put together all related stakeholders: such as government healthcare policymakers, production technicians of four different categories of food, Argentine Society of Hypertension representatives, and specialized biochemical laboratories analyzing food sodium chloride and other components. The program started in 2013, and its main objective was the progressive reduction of sodium chloride content in processed foods during the following two years, in the range of 5 to 16 % depending on the technical possibilities of each type of food. The renewal of the program for two additional years allowed the participation of more than 250 products.

SAHA supported the elaboration of a National Sodium Law with the primary purpose of promoting the reduction of sodium consumption in the population. The essential aspects of the law are:

- To develop guidelines for the promotion of healthy habits and, as a priority, to reduce the use of sodium in the population

–To establish and control the guidelines for the reduction of sodium content in foods

–To include on food packaging warnings on the risks involved in excessive sodium consumption

–To establish limitations on the spontaneous offer of salt-shakers in restaurants, and to promote the availability of salt with low sodium content in gastronomic establishments

–To determine that the sodium content in salt sachets should not exceed 500 mg.

–To develop awareness campaigns that warn about the risks of excessive salt consumption and promote the use of foods with low sodium content

Together with the National Ministry of Health, we organized activities to educate the community on the health effects of foods. We put much emphasis on the need to offer the community precise and straightforward information. I would like to highlight the strong commitment of Daniel Piskorz and Judith Zilberman from SAHA, and the leadership of Sebastian Laspiur and Daniel Ferrante from Argentine Department of Non-communicable diseases (NCDs) from the Ministry of Health, during those years.

Priorities for hypertension prevention and/or management over the coming 5 years - an international viewpoint

By Prof. Dr. Horacio Carbajal

Winner, Recognition of Excellence Award for Population Cardiovascular Risk Factor Control



–Increase initiatives to reduce sodium consumption and other prevalent cardiovascular risk factors, such as overweight-obesity and sedentary lifestyle from an early age.

–Reach an agreement, between the different organizations worldwide about the BP thresholds for hypertension diagnosis as well as about the goals of BP treatment in order to provide a simple message to primary care.

–Accelerate local, regional and global actions to expand and improve, among hypertensive patients, the knowledge of their disease and its treatment.

–Promote an active role of the patient in order to reach hypertension control, including home BP self-monitoring and the reporting the results to the doctor for an adequate orientation on the steps to follow (feedback).

–Quickly implement the local/regional models that have been shown to improve hypertension control, and evaluate the possibilities to improve these experiences and to export them to other areas. ■

May Measurement Month 2019

NOTE: May Measurement Month is an initiative of the International Society of Hypertension launched in 2017 to build upon and extend WHL's World Hypertension Day.

The Global Blood Pressure Screening Campaign continues to build evidence to influence health policy

Thousands of volunteers from over 80 countries came together for the third time to run the largest synchronised and standardised blood pressure screening campaign during May 2019. Early indications show that MMM19 has once again screened over 1 million people and the data are now being analysed.

We saw a busy MMM across our social media feeds (@maymeasure) with photos of blood pressure screening sites in many imaginative locations in both urban and rural areas, including, universities, workplaces, markets, shopping malls, places of worship, and even a wedding banquet!

2019 has also been a busy year for publications, with MMM's first supplement of 39 national papers from MMM17 published in the *European Heart Journal* Supplement in early April. This was followed by the publication of the global MMM18 analysis in the *European Heart Journal* on May 1st. We plan to publish a further supplement of national papers for MMM18 and a global paper for MMM19 by the end of 2019 or very early 2020.

Ultimately, the goal of MMM is to influence health policy where it is most needed to prevent unnecessary illness and death. To this aim we are creating a guidance document to assist relevant national personnel to use their MMM data to improve local policy.

We would like to thank everyone who has been involved. MMM helps to save and improve lives and this cannot be done without the dedication and support of thousands of volunteers all over the world.

If you would like to know more about future plans for MMM, please contact the MMM Project Manager at manager@maymeasure.com.
YouTube: [“How May Measurement Month Started”](#) ; www.maymeasure.com



LETTER FROM ISN PRESIDENT

There is a bi-directional relationship between hypertension and kidney disease. Hypertension, a leading cause of chronic kidney disease, and its detection is often an early indicator of previously unknown kidney health issues. Early detection and timely intervention can help mitigate the adverse health impact of both conditions.

The close links between these conditions is one of the drivers behind the decision of the International Society of Nephrology (ISN) and the World Hypertension League (WHL) to start working together, especially by combining our advocacy, education and awareness-raising efforts. With hypertension and kidney disease patients sharing common risk factors and requiring similar public health interventions, it makes sense to collaborate closely on educating clinicians, patients and other stakeholders on how the conditions are related and can be managed efficiently.

This collaboration builds upon our existing ties through the Global Coalition for Circulatory Health. Thanks to WHL, as a next step in this collaboration to share knowledge, soon ISN members will receive electronic access to the *Journal of Clinical Hypertension*. The two societies are will hold a joint webinar in the near future, with experts from both of our organizations discussing strategies for tackling the disease burden. This webinar will be hosted on the ISN Academy

I look forward to continuing our collaboration.

Vivekanand Jha, President of the International Society of Nephrology, 2019-2021 www.theisn.org

Mission of the Journal of Clinical Hypertension (JCH)

As the journal of the World Hypertension League and its member organizations and partners, the *Journal of Clinical Hypertension* is committed to being inclusive and non-discriminatory in providing opportunities for individuals and organizations working in the broad field of hypertension, regardless of their

The Journal of Clinical Hypertension (JCH) is the Official Journal of the World Hypertension League.
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geographic location or financial resources, to publish original manuscripts that are judged by the journal's editors and peer reviewers to fall within the journal's purview and to meet its high standards of scholarship.

UPCOMING MEETINGS OF NOTE

Hypertension Canada Congress
September 25-28, 2019
Edmonton, Alberta

Over three days, through presentations, debates, and discussions, we will showcase cutting-edge research abstracts, address knowledge gaps head-on, and inspire innovation through open exchange to drive improved health outcomes for people living with hypertension, and more. **This year's theme is “A Whole-Patient Approach”.**

The Canadian Hypertension Congress has been re-designed to showcase and strengthen hypertension research and advance knowledge translation to whole patient care. Informed and driven by scientific and primary care communities, the Congress integrates basic science, population health, and clinical knowledge in hypertension with the most commonly requested primary care topics in cardiovascular disease, diabetes, obesity, dementia, and others. The Congress gathers key opinion leaders and faculty and showcases the

latest research in hypertension and related conditions and delivers evidence-based breakthroughs and best-practices, from bench to patient care, to keep you at the leading edge in practice. The Westin Edmonton, the Congress' host venue, is right in Edmonton's revitalized downtown core, steps away from fabulous restaurants, shops, and the Ice District area attractions, along with the highly walkable River Valley. **Find more information about the Congress [here](#) and register today.**

Asian-Pacific Congress of Hypertension - Brisbane 2019



Trefor Morgan, MD Michael Stowasser, MD

The 15th Asian-Pacific Congress of Hypertension (APCH2019) will be held in Brisbane, Australia in conjunction with the Annual Scientific Meeting of the High Blood Pressure Research Council of Australia between 24-27 November 2019 at the Brisbane Convention & Exhibition Centre.

The Congress aims to bring together clinicians and scientists from throughout the Asia Pacific region to further understanding about the causes, diagnosis, prevention and treatment of hypertension and its sequelae.

Five satellite meetings are proposed for Sunday 24th November:

1. **Aldosterone and Hypertension**
2. **Sodium and Blood Pressure**
3. **Role of the Sympathetic Nervous System in Hypertension and Target Organ Damage**
4. **Gut Microbiome and Hypertension**
5. **Central Blood Pressure: What's New?**

as well as a Clinical Masterclass targeting primary care physicians. Dr. Daniel Lackland will give a presentation on behalf of the World Hypertension League. The Congress will feature 27 plenary and keynote speakers covering all aspects of hypertension research (including basic, clinical and population

science) and its management. The structure is designed to allow a large number of original oral Free communications and Posters. Young investigator awards are available for people submitting abstracts. **Full details [here](#)**

Focus on KAPS Portal

The Knowledge Action Portal (KAP) is a flagship online community-driven platform launched by the WHO Global Coordination Mechanism on the Prevention and Control of Non-communicable Disease (WHO GCM/NCD). The KAP presents users with an innovative way to enhance global understanding, interaction, and engagement across sectors for the purpose of fulfilling existing and initiating new commitments to non-communicable disease (NCD) prevention and control. In addition to serving as a reputable resource for users to access NCD information across sectors, the KAP will connect users through an attractive and easily accessible layout featuring seamless usability.

Officially launched in November 2018, the KAP is an innovative tool providing users with access to a range of NCD-related resources, campaigns, news, events, and more. To date, the KAP has collected over 1400 NCD resources and engaged individuals from 160 countries, establishing itself as a community-driven platform for NCD information, interaction, and inspiration.

To expand the accessibility and functionality of the KAP for our user base, we are delighted to announce the following updates:

Language Translations – The KAP is now available in all 6 official UN languages. Users can view, navigate and contribute to the site in Arabic, English, French, Mandarin, Russian, and Spanish.

Virtual Assistant – The KAP will be the first WHO-hosted platform to incorporate a virtual assistant or 'chatbot' to support navigation of the site. It can answer questions on various aspects of the site, provide links based on users' preferences, and is active 24 hours a day.

For more information [Click here](#)



PAST MEETINGS OF NOTE

European Society of Hypertension



Dr. Dan Lackland, WHL President, presents the Peter Sleight Excellence Award in Hypertension Clinical Research to Prof. Giuseppe Mancia at the 29th European Society of Hypertension Meeting in Milan.

Second International Pediatric Hypertension Congress

By **Joseph T. Flynn MD, MS**; Dr. Robert O. Hickman Endowed Chair in Pediatric Nephrology; Prof. of Pediatrics, Univ. of Washington; Chief, Div. of Nephrology, Seattle Children's Hospital

The second International Congress of Hypertension in Children and Adolescents was held in Warsaw, Poland from May 24-26, 2019. Co-chaired by Drs. Brian Rayner from South Africa and Mieczysław Litwin from Poland, the Congress brought together over 120 delegates to discuss the latest developments in the field of pediatric hypertension.

The keynote opening address, "Childhood Blood Pressure Matters" given by Dr. Joseph Flynn from the United States, set the stage for a stimulating meeting. Other topics addressed included new pediatric blood pressure guidelines, early vascular aging, endothelial dysfunction in hypertension, and clinical approaches to common problems such as neonatal hypertension and resistant hypertension. Several dozen abstracts were presented, with 12 as oral presentations and the remainder as e-posters. Plans are currently underway for a third Congress, which will again be held in Warsaw in the spring of 2020.

LINKS OF NOTE

2019 WHO Essential Medicines List (EML) for Hypertension

Combination Therapy: [Click here](#)

World Stroke Organization (WSO) June 2019 Newsletter [Click here](#)

LINKS A global community for cardiovascular health

LINKS is an online community and resource-sharing platform that connects people working to improve cardiovascular health around the world. LINKS members are eligible to apply on behalf of government, non-governmental organizations, or the private sector for one-time, catalytic grants to improve cardiovascular health in low- and middle-income countries (LMICs). For more information on **LINKS** grants, please go to [this link](#).

Int'l. Society of Hypertension (ISH) July 2019 Newsletter, [Click here](#)

SCIENCE OF SALT WEEKLY –

Publication of weekly Medline searches related to dietary sodium, [Click here](#)

KNOWLEDGE ACTION PORTAL (KAP)

WHO's interactive online platform for NCD information, [Click here](#)

WORLD STROKE ACADEMY APP [Click here](#)

RESOLVE TO SAVE LIVES new 90-second primer on how simple, practical hypertension treatment protocols can improve blood pressure control rates & save lives [click here](#)



Dr. Dan Lackland, WHL President, presents the Distinguished Service Award to Mary Trifault, Assoc. Editor, WHL Newsletter, at the NY Hilton Hotel.

Sign up for the WHL Newsletter [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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Calendar of Events

Hypertension Canada Congress

September 25-28, 2019
 Edmonton, Alberta, Canada
[click here](#)

14th Annual CMHC

October 10-13, 2019
 Chicago IL
[click here](#)

World Health Summit

October 27-29, 2019, Berlin, Germany
[click here](#)

Patient Centered Meeting on Diabetes, Dyslipidemia and Hypertension

October 31 – November 3, 2019
 Vienna, Austria
[click here](#)

15th Asian Pacific Congress of Hypertension

November 24-27, 2019
 Brisbane, Australia
[click here](#)

ESO-WSO 2020

May 15-20, 2020
 Vienna, Austria
[click here](#)

Joint ESH-ISH 2020 Meeting

May 29 - June 1, 2020
 Glasgow, Scotland
[click here](#)