

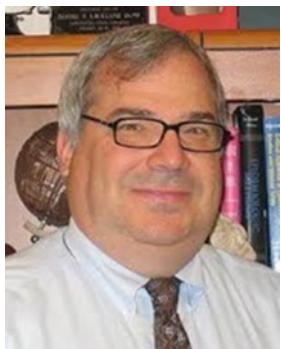
WHL • NEWSLETTER

News from the World Hypertension League (WHL)

In Official Relations with the World Health Organization

No. 190, December 2025

Note from the Editor



With this last issue of the Newsletter for 2025, it is so important to take a year-end pause to review and celebrate the global accomplishments and achievements from the WHL family. The inspiring words from

the WHL Excellence Awardees describe the ongoing quest for global hypertension control. The Hypertension on the Ground section clearly defines high blood pressure as a global AND lifetime issue with mandates to address. As well, the influence of the many activities from the member societies and partners show the upward trajectory for success continues.

Most important, the content of this special issue describes how we have worked together in 2025 to accurately measure blood pressure and implement strategies for all the world's population. As we celebrate these accomplishments, we look forward to your participation in the upcoming [World Hypertension Day](#) and the [Children's Art Program](#), as well as nominations for the [WHL Excellence Awards](#) and support and contributions to the World Hypertension League mission. Most important, wishing a wonderful Season of Peace for you and yours from the WHL Newsletter.

Dan

WHL Newsletter Editor-in-Chief

President's Column



We have reached the end of another year, and 2025 has been a particularly significant one for WHL. We organized a highly successful World Hypertension Congress in Chennai, India, which not only delivered high-quality scientific updates on advances in the pathophysiology and management of hypertension, but also offered young investigators a unique opportunity to present and discuss their research findings in the presence of leading international experts in the field.

Throughout 2025, WHL expanded its membership and welcomed several new Board members and Ambassadors, selected for their expertise and strong commitment to improving global hypertension control through their enthusiastic contribution to WHL activities.

WHL has also further strengthened its collaboration with other global organizations engaged in reducing the worldwide burden of cardiovascular disease. In particular, official relations with the World Health Organization (WHO) have been reinforced, alongside increased interaction with PAHO and Resolve to Save Lives. Additional examples of these collaborations are highlighted in this newsletter, including WHL's participation in the WHO Global HEARTS Forum and the invitation I received, in my role as WHL President, to take part in the 6th European Health Summit, held on 2–3 December 2025 at the Egmont Palace in Brussels. This meeting focused on key priorities for improving cardiovascular health, with particular interest generated by discussions

on the role of sleep disorders as risk factors for hypertension and cardiovascular disease.

Moreover, WHL was officially invited to participate in several major international events, including the 10th Saudi Hypertension Conference 2025 in Madinah; the 2025 World Stroke Congress in Barcelona, Spain; the meeting of the Central American and Caribbean Society of Arterial Hypertension and Cardiovascular Prevention (SCCH) in Punta Cana, Dominican Republic; the APHA Annual Meeting in Washington, DC; nationwide activities organized across China for National Hypertension Day on 8 October 2025; the Nigerian Cardiac Society & Joint PASCAR Meeting held in Abuja in 2025; and educational initiatives on salt reduction organized by IAPEN, India. Most of these activities are reported in this newsletter issue.

WHL is also conducting a global survey on cardiovascular risk assessment, guideline use, and barriers to implementation across different regions of the world. You are warmly invited to participate; completing the questionnaire will take only a few minutes. A QR code to access the survey is provided in this issue of the newsletter.

Finally, as this newsletter reaches you at the end of December, I would like to take this opportunity to wish you all a peaceful Christmas season — something we deeply need in these challenging times — and a joyful and positive 2026. We look forward to further strengthening the collaboration with you in WHL-related activities, with the shared goal of reducing the global burden of hypertension-related cardiovascular disease.

Gianfranco

WHL President

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SEASONS GREETINGS



HOT OFF THE PRESSES

Introduction to the Global Pregnancy Collaboration (CoLab)

Submitted by Leslie Myatt, PhD, FRCOG, James Roberts, MD, Kent Thornburg, PhD, FAPS

CoLab is a 501(c)(3) charitable organization with headquarters in Portland, Oregon, USA, with traditional ties to the University of Pittsburgh and the Oregon & Health Sciences University. Its leaders are excited to join forces with the World Hypertension League. The two organizations have in common the goal to improve the health of people across the globe who suffer from hypertensive conditions.

CoLab seeks to improve the health of mothers and their infants through collaborative research, improved access to medical care, education and management of data related to perinatal health. Pregnancy hypertension affects women across the globe and is a special focus for CoLab. Preeclampsia is a serious hypertensive disorder of pregnancy which affects some 5-7% of all pregnancies, with some regions having a prevalence of up to 18%. Some 10 million women are afflicted globally each year which results in over 70,000 maternal deaths and some 500,000 fetal deaths. Preeclampsia is diagnosed by the presence of maternal hypertension, proteinuria, and/or signs of organ damage including signs and symptoms of HELLP Syndrome (Hemolysis, Elevated Liver Enzymes and Low Platelets). While the field now recognizes subtypes of preeclampsia, the cause of the disease remains

uncertain. Importantly, women who suffer hypertensive disorders during pregnancy are at increased risk of development of cardiovascular disease in later life in direct proportion to the severity of hypertension in pregnancy, clearly showing pregnancy history as an important factor in screening for cardiovascular risk and the necessity for long term follow up after hypertensive pregnancy.

CoLab includes representatives from many countries including low- and middle-income countries. One goal of CoLab is to provide opportunities to help develop strong databases within participating groups and to store data so that multiple research teams can share data. CoLab sponsors an annual meeting at which representatives identify research areas related to pregnancy which are understudied and addresses these with recommendations for research targets, including fundamental, clinical, behavioral and commercial research.

Special attention is directed at approaching these issues in low resource settings. These findings and recommendations based upon them are published as a “white paper” in respected journals. A series of webinars are presented yearly that expand upon topics from the annual meeting. CoLab supports research efforts in several LIMC, an important part of its mission. In addition, it promotes research in cooperation with industrial and academic partners who seek biological samples that will aid in the diagnosis, prediction of risk, and eventual cure for the disease. As an organization we see many ways in which CoLab and WHL will benefit by working together.

WHO Global HEARTS Forum Report

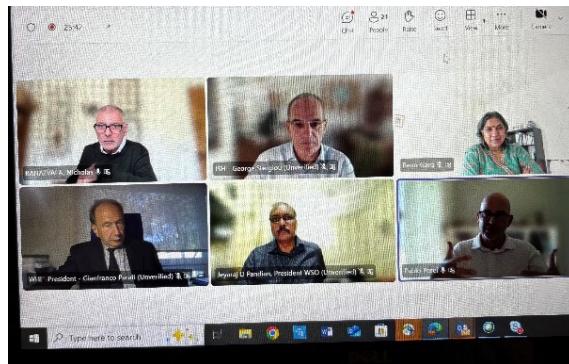
Summary Report on the 3rd meeting of the Global HEARTS Forum (30 Sept – 1 Oct 2025)

Submitted by Dr. Gianfranco Parati

The World Health Organization convened the 3rd Global HEARTS Forum as a two-day virtual meeting to coordinate partner action on hypertension control and broader cardiovascular diseases (CVD) prevention and control during the run-up to 2030. The Forum provided support to align implementation of the Global HEARTS

Initiative to support dissemination and uptake of the [Second Global Hypertension report](#).

The discussion focused on hypertension control at the core of primary health care within Universal Health Coverage. It calls for simple, standardised treatment protocols, team-based care, reliable access to essential CVD medicines and technologies, stronger population level prevention (tobacco, salt, trans fat, healthy diets, physical activity, reduced harmful alcohol use), digital registries and surveillance to track control rates, and financing/procurement reforms to ensure affordability, creating a clear mandate to accelerate HEARTS scale-up globally. There was discussion around the “150 million” target, the commitment to achieve 150 million additional people with controlled hypertension by 2030, as a pragmatic and unifying milestone, aligned with the Global Hypertension Report and the expansion of WHO’s Global HEARTS Initiative. The importance of advocacy and visibility to elevate CVDs as a global health priority was emphasized, also through the annual observance of World Hypertension Day (17 May), World Heart Day (29 September), and World Stroke Day (29 October).



To date, approximately 60 countries are implementing HEARTS at the primary care level. Looking ahead, WHO’s priorities include a new dyslipidaemia guideline for primary and secondary prevention of CVD, updated global CVD estimates and burden assessments, a policy brief on validated automated BP devices to address widespread device inaccuracy, establishment of global hypertension targets (covering cascade and outcomes), creation of a global community of practice for HEARTS implementers, and a status report on HEARTS implementation to track progress and share best practices.

During the discussion, Professor Gianfranco Parati, President of the WHL, presented the League's ongoing collaboration with WHO to strengthen hypertension and CVD prevention through HEARTS 2.0. WHL's current priorities include: coordinating global expert consultations to harmonize hypertension control strategies; promoting an integrated approach that links cardiovascular, kidney, and metabolic care within primary health systems; providing technical support to WHO on hypertension guideline implementation and population-level sodium reduction policies.

Prof. Parati stressed the importance of accurate blood pressure measurement, making use of validated out-of-office monitoring, and context-specific guideline adaptation as critical enablers for closing persistent gaps in hypertension control. He also reiterated WHL's role in advocacy and capacity building for primary-care providers, especially in low-resource settings. ■

2025 WHL EXCELLENCE AWARDEES



Dr. Taskeen Khan

2025 WHL Norman Campbell Excellence Award in Population Hypertension Control

As the recipient of the WHL Norman Campbell Excellence Award, I am

honoured to reflect on priorities in hypertension prevention and management. The foremost priority is scale: identifying, treating, and controlling hypertension at population level. The global commitment to place **150 million people on effective treatment**, as articulated in the NCD declaration, whilst modest is essential if we are to meaningfully reduce cardiovascular morbidity and mortality.

Equally important is prevention. Beyond pharmacotherapy, we must address upstream dietary risks. Emerging evidence highlights the **promise of potassium enriched salt substitutes** as

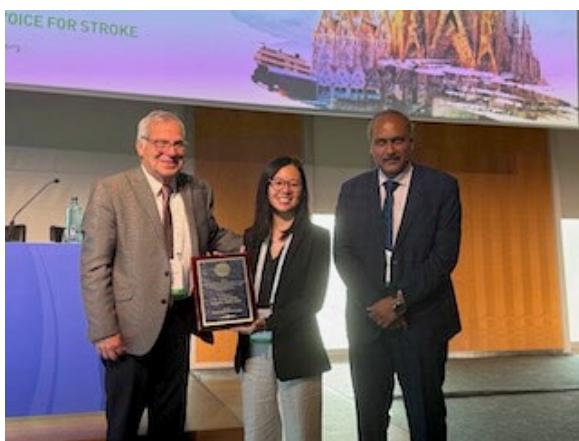
a simple, affordable intervention to lower blood pressure and reduce cardiovascular deaths—an approach with enormous relevance for low- and middle-income settings.

My work contributes to these priorities by strengthening hypertension programs that integrate standardized treatment protocols, reliable medicine supply, and routine monitoring, while also advancing policy dialogue on salt reduction strategies, including potassium replacement salt. Together, these efforts aim to move hypertension control from aspiration to achievable, life-saving impact at scale.

Excellence Award Winner Presentations



Dr. Dorairaj Prabhakaran is presented the WHL Dan Lackland Excellence Award during the AHA sessions in November in New Orleans. Left to right: Dr. Paul Whelton, Dr. Dorairaj Prabhakaran, Dr. Daniel Lackland



Dr. Kathy Trieu receives the WHL Graham MacGregor Excellence Award at the 2026 World Stroke Congress in Barcelona. L to R: Dr. Daniel Lackland, Dr. Kathy Trieu, and Dr. Jeyaraj Pandian

2026 WHL EXCELLENCE AWARDS

The Call for Nominations for the 2026 Excellence Awards is now open!

To view the 2026 Excellence Award Categories for individual named excellence awards and organizational/regional excellence awards, please visit the WHL Excellence Awards page [at this link](#). There you can download the nominations form, view past awardees and review award eligibility and descriptions.

CHILDREN'S ART PROGRAM 2026 OPEN FOR SUBMISSIONS



Submissions Deadline: April 15th

This year's theme **"Controlling Hypertension Together"** emphasizes the importance of collaboration among families, healthcare providers, and the wider community. By working as a team, we can encourage healthy lifestyle choices—such as balanced nutrition, regular physical activity, and routine health checkups—that help prevent and manage high blood pressure more effectively.

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

Contributing artists and their artwork will be announced on **World Hypertension Day, May 17, 2026**. Click [here](#) for the submission form.

LET'S GET READY FOR WORLD HYPERTENSION DAY 2026!

Announcing the new WHD 2026 theme,
"Controlling Hypertension Together!"

2026 WORLD HYPERTENSION DAY

MAY 17

Controlling Hypertension Together

Initiated by the World Hypertension League WHLeague.org

PAST MEETINGS OF NOTE

European Health Summit - Brussels

Dr. Gianfranco Parati, WHL president, was invited to participate in the 6th Edition of the European Health Summit, held **2 - 3 December 2025** in Brussels, Europe. Under the theme "NextGen Simplified: Rethinking Health for Tomorrow", the 2025 edition was aimed at serving as a premier platform to drive forward Europe's health agenda through a high-level dialogue with key cross-sectoral stakeholders on critical challenges and opportunities. Among the topics that raised great interest was the role of sleep disorders as a risk factor for hypertension and cardiovascular disease.



Sleep is a vital sign of cardiovascular health, yet it remains largely overlooked in prevention strategies. Millions unknowingly live with disrupted sleep, raising their risk of hypertension, heart failure, and stroke. In particular, evidence is available that blood pressure at night is the most

important marker of cardiovascular health. Nocturnal BP has a strong prognostic value. Sleep related breathing disorders, such as snoring and obstructive sleep apnea, are associated with increased BP at night and also over 24 hours. They are also associated with arrhythmias, stroke, heart failure, coronary artery disease. There is thus a need to investigate and manage respiratory problems during sleep, and the associated risk factors, such as hypertension, obesity, heart failure, and CKD. There is also a need to identify these patients as early as possible and screen for disorders that can impact cardiovascular health.

While public awareness of this link remains dangerously low, recent evidence shows that consistent treatment of sleep disorders can help control hypertension and prevent cardiovascular emergencies. In particular, advances in technology are changing the equation, with digital health solutions making earlier interventions possible, strengthening prevention, and helping reduce long-term healthcare costs. With Europe's population aging, integrating sleep into cardiovascular care - including through the upcoming EU Cardiovascular Health Plan - is not an option: it's urgent for prevention and sustainability.

Healthcare systems need to provide effective, affordable and well-distributed tools for early diagnosis and early treatment of patients with sleep related problems.

The 10th Saudi Hypertension Conference (SHC2025) - Madinah

The Saudi Hypertension Society successfully concluded its biennial hybrid conference, held in Madinah, on **27 November** for 3 days. The conference attracted more than 200 participants from different medical disciplines, and discussed many aspects of hypertension care through 30 lectures and workshops taught by 25 national and international experts from various medical specialties, including WHL and ISH. The first day was dedicated to 6 workshops that covered BP measurement, lifestyle management, difficult to treat cases and electrocardiographic changes. The conference brought attention to adherence to effective care methods, including coordination

and continuity of care, certification of BP measurement, appropriate health information systems, adoption of lifestyle corrections and regular practice audits. Conference Chair Dr. Nawal Basri concluded the activities by launching the new Saudi Guidelines and an educational booklet for the public.



World Stroke Congress 2025 – Barcelona



Joint WSO/WHL Symposium on Salt Substitution: L to R: Dr. Bruce Neal, Dr. Kathy Trieu, Dr. Jeyaraj Pandian, Dr. Shen Li, and Dr. Daniel Lackland



At the WSC 2025 in Barcelona: L to R: Dr. Bo Norrving, Dr. Daniel Lackland, Dr. Kouamivi Agboyibor, and Maria Fredin Grupper



Doctors Craig Anderson, Daniel Lackland, and John Chalmers at the World Stroke Congress.

Central American and Caribbean Society of Arterial Hypertension and Cardiovascular Prevention (SCCH) Meeting – Punta Cana



Dr. Valentin Fuster was honored by the government of the Dominican Republic and the SCCH.



Dr. Valentin Fuster and Dr. Paul Whelton at the SCCH meeting in Punta Cana, DR.



Dr. Fernando Wyss, President of SCCH, speaks at the Opening Session.



Participants attend a WHL Round Table session.



Dr. Gianfranco Parati, WHL President, presents to SCCH meeting participants.

WHL Past President Dr. Daniel Lackland Honored at AHA Scientific Sessions



Daniel T. Lackland, DrPH, FAHA, professor of epidemiology and neurology at the Medical University of South Carolina and WHL Past President, received this year's Population Research Prize at the American Heart Association's Scientific Sessions 2025.

The meeting was held November 7-10 in New Orleans, as a premier global exchange of the latest scientific advancements, research and evidence-based clinical practice updates in cardiovascular science. Dr. Lackland was presented with the award during the AHA Presidential Session on Sunday, November 9: "I am so humbled and appreciative with this recognition, and truly feel it is a reflection of the collaborative accomplishments of the WHL family for population health".



L to R: Professors Stacey Rosen (AHA President) and Daniel Lackland (WHL Past President) at the AHA Presidential Session, November 9, 2025.

APHA Annual Meeting – Washington DC



Dr. Dan Lackland, WHL, and Dr. Pedro Ordunez, PAHO, at the APHA meeting in Washington, DC, November 2.

The Pan American Health Organization participated in the American Public Health Association (APHA) Annual Meeting & Expo that took place in Washington, D.C. from **November 2–5, 2025**, showcasing PAHO's leadership in public health across the Americas. The central theme this year was health security, *Making the Public's Health a National Priority*. PAHO contributed through expert-led sessions, interactive exhibits, and a dynamic joint booth with APHA.

Nationwide Activities Mark China's National Hypertension Day - October 8, 2025

Contributed by Chinese Hypertension League (CHL)

Guided by the theme "Healthy Weight, Ideal Blood Pressure", the 2025 National Hypertension Day campaign spotlighted the importance of maintaining a healthy body weight as a cornerstone for achieving and sustaining ideal blood pressure levels. This central message formed the core of nationwide efforts to promote public awareness and proactive health management.

October 8, 2025, was the 28th iteration of China's National Hypertension Day. A coalition comprising the Beijing Hypertension Association (BHA), Shanghai Institute of Hypertension (SIH), Chronic Disease Institute for Green Health in Hainan (CDIGH), Hypertension Branch of Chinese Aging Well Association (CAWA), and Chinese Hypertension League (CHL) jointly proposed that

associated organizations and colleagues conduct health education and science popularization campaigns centered around this day. Hypertension is a critical public health issue confronting China. Although comparisons with data from 1991 and 2002 reveal substantial gains in awareness, treatment, and control rates over recent years, the challenge of hypertension prevention and management remains formidable, exacerbated by the rapidly aging demographic.

The series of events planned for the 2025 National Hypertension Day included organizing online and offline academic exchanges, conducting public consultation and health education sessions, distributing promotional posters and educational resources, and supporting regional awareness campaigns led by League Council members. This collective initiative urged all involved parties to utilize National Hypertension Day as a platform to pioneer novel promotional approaches, and to fully harness the power of new media channels such as the internet, Weibo, and WeChat. The aim was to roll out a suite of activities characterized by high public engagement, extensive social coverage, and effective dissemination, widely propagating knowledge on hypertension prevention and treatment. This effort seeks to heighten public attention towards blood pressure monitoring, strengthen daily self-management practices, effectively control hypertension risk factors, and thereby further enhance the rates of awareness, treatment, and control across the nation.

IAPEN Webinar

Submitted by Dr. Mansi Patil

The Hypertension Core Group of IAPEN India Association of Parenteral and Enteral Nutrition in collaboration with WHL organized a special webinar series to mark World Heart Day 2025. The series was conducted from **28th to 30th September** and received an overwhelming response from the professional community.

A total of 650+ registrations were recorded, and over 400 participants actively attended the live sessions across the three days. The sessions were designed to raise awareness and share knowledge on hypertension, cardiovascular

health, and nutrition-related interventions, aligning with the global theme of World Heart Day. The webinars were highly interactive and well-appreciated by the participants for their scientific content, expert speakers, and practical relevance. Sessions are available on [YouTube](#).



Overall, the World Heart Day Webinar Series was a resounding success, further strengthening IAPEN India and WHL's role in promoting awareness, education, and best practices in the fields of nutrition and cardiovascular health.

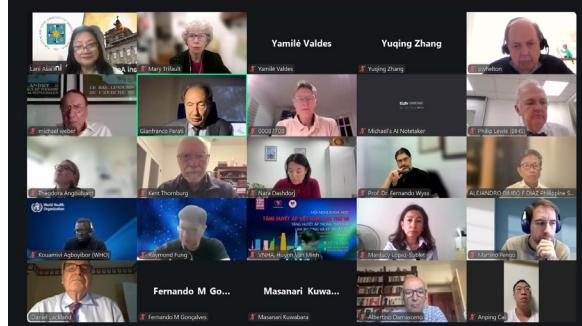
AHA Hypertension Scientific Sessions



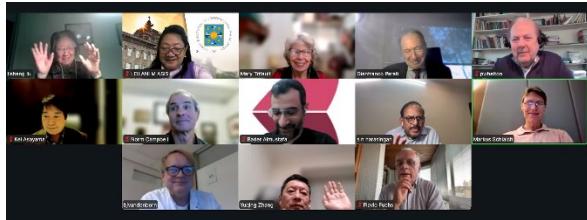
Left to Right: Professors Dan Lackland, Stacey Rosen, and Paul Whelton at the AHA Hypertension Scientific Sessions, September 4-7, 2025, Baltimore, USA.

Recent WHL Meetings

Council Members Zoom November 12th



WHL Executive & Board Zoom Meeting December 10th



WHL Board Member, Dr. Flavio Fuchs honored in Brazil

Submitted by Prof. Paul Whelton, WHL Past President

On September 11th, 2025 a large group of friends and colleagues from around the world assembled in Porto Alegre, Brazil to recognize the contributions of Flavio Fuchs, MD, PhD to the prevention and control of high blood pressure. At a morning session, colleagues and former trainees reflected on their experiences with Dr. Fuchs and his impact nationally and internationally. Dr. Whelton presented Dr. Fuchs with a proclamation from the World Hypertension League, signed by Drs. Parati and Whelton.

An afternoon scientific session included presentations by Drs. Fuchs, Whelton and Berwanger as well as a round table session, with active engagement of the audience. The day finished with a wonderful dinner and celebration.



Dr. Flavio Fuchs receives award and WHL proclamation after the symposium and Q&A session.



L to R: Dr. Sandra Fuchs, Dr. Flavio Fuchs, and Dr. Paul Whelton meet after the Awards Ceremony in the Hospital de Clínicas auditorium (the main teaching hospital for the University of Rio Grande do Sul).



An announcement was posted in the Hospital de Clínicas, Porto Alegre, Brazil.

JOURNAL OF HUMAN HYPERTENSION



JHH Announces Editorial Changes

The Journal of Human Hypertension (JHH) is undergoing some changes in its editorial team. Prof.

Michael Stowasser is stepping down from his role as Editor-in-Chief of the journal, which he has led since 2015. JHH would like to take this opportunity to warmly thank and congratulate Prof. Michael Stowasser for his dedication and success throughout his tenure as Editor-in-Chief. Michael has been a valued member of JHH for 17 years, having served as an Associate Editor from 2008 to 2015, before stepping into the role of Editor-in-Chief. Alongside being a pleasure to work with, Michael has also contributed to a number of key milestones at JHH, such as: we have launched 30+ collections, including the Editor's Choice, we have become affiliated with two prominent hypertension societies, one of which being the WHL and the other being the BIHS, and in 2024 we achieved our highest ever impact factor of 3.4. Furthermore, our open access publications have risen from 6.7% (2015) to 34% (2024), and our article downloads have increased from 530,377 (2015) to 822,409 (2024). None of this would have been possible without Michael's leadership, receptiveness and commitment – we wish him all the best for his next steps!

At this time, we would also like to welcome Dr. Sunil Nadar, who will take over as Editor-in-Chief from January 2026. Dr. Nadar has been associated with the journal since 2002, initially as a regular peer reviewer for the journal and since 2012 as an Associate Editor. He therefore has considerable experience of working with the journal. He is a cardiologist with specialist interest in coronary intervention and secondary prevention and has authored many papers on the topic.

Along with the change in Editor-in-Chief, we also have a change in some of the Associate Editors at the journal. Prof. James Sharman, Prof. Gloria Valdes, Dr. J Brian Byrd and Dr. Anthony Bain are stepping

down, and we are pleased to announce that Dr. Kalpana Sabapathy, A/Prof. Martin Shultz and A/Prof. Jun Yang will join us as Associate Editors.

While honouring the strong foundation laid by the previous leadership, the new editorial team aims to continue their excellent work and further strengthen the journal's impact by encouraging diverse perspectives, fostering high-quality research, and expanding its reach within the academic community with the ultimate aim of improving patient care. The entire team at JHH would like to thank WHL for their support and look forward to continued collaborations and the exciting opportunities that this partnership brings. ■

UPDATE ON HTN GUIDELINES SURVEY

Survey on Hypertension Guideline Use and Implementation Barriers

Introduced by WHL President Dr. Parati in the September newsletter, and completed by more than 140 clinicians across 38 countries, the online Survey on Guideline Implementation has provided significant insights into national practices and the use of guidelines in cardiovascular care. We extend a sincere thank-you to all WHL members and regional offices who participated. We believe the information generated by the Survey will be highly valuable for guideline developers and policy makers. In particular, the open feedback on guideline implementation has offered important perspectives on the current guideline landscape and the barriers to delivering optimal cardiovascular care. The online Survey will remain open until February 1st, 2026, to gather input from as many clinicians as possible worldwide. If you have not yet done so, we warmly invite you to participate using the QR code link provided. We look forward to sharing the main results of the Survey in the first half of next year.



To go to the Survey scan the QR code
(valid until February 1st, 2026)

SODIUM REDUCTION NEWS

Dietary sodium, low quality research, mis and dis information. The need for new dietary sodium reduction advocates

Submitted by Drs N Campbell, F Cappuccio

The World Health Organization has indicated that reducing dietary sodium is one of the most cost-effective means to improve population health. National and international governments (GOs) and non governmental organizations (NGOs) including the World Hypertension League (WHL) agree and hence reducing dietary sodium is a major global health goal. The evidence supporting reduction in dietary sodium has been well documented including in a global call to action sponsored by the WHL (1).

In sharp contrast to the strong evidence presented by global GOs and NGOs, small groups of controversial scientists and clinicians have for many decades performed low-quality research with controversial findings and persistently advocate that there is harm from reducing dietary sodium (1-8). The WHL and other international and national NGOs have responded by carefully reviewing the research methodology that is appropriate to provide accurate reproducible results (7,8). Unfortunately, small groups of investigators continue to conduct and publish studies with low quality methods known to produce false health outcome associations (null or J curve associations) (2-8). The result has been a surge in low quality controversial publications on dietary sodium that could threaten dietary sodium reduction programs.

Many of the global advocates for high quality research on dietary sodium have retired and sadly Dr Graham MacGregor, the world's global advocacy lead, has passed away. With a third or more of hypertension attributed to high dietary sodium, the World Hypertension League requests its members to consider taking up an advocacy role to address low quality research through teaching, talks, manuscript reviews, letters to editors, and where appropriate, editorships, and meeting content.

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WORLD HYPERTENSION DAY REPORTS

We are excited to showcase several more campaigns from our member societies below, of their 2025 World Hypertension Day outreach activities.

INDIA

Bhubaneswar

Patient & Family Awareness Program on Prevention of Hypertension

Reported by: Sunita Sahoo

To mark WHD 2025, a Patient & Family Awareness Program on the Prevention of Hypertension was conducted at Apollo Hospital, Bhubaneswar. The initiative aimed to educate patients and their families about the causes, risks, prevention, and management of hypertension—a growing public health concern.

The program featured interactive sessions led by healthcare professionals focusing on:

- The importance of regular blood pressure monitoring
- Lifestyle modifications including dietary changes, physical activity, stress management, and reducing salt intake
- Information on medication adherence and routine health check-ups
- Q&A sessions to address public queries on blood pressure and heart health



Educational materials were distributed, and practical demonstrations of accurate BP measurement were also conducted to enhance patient understanding and participation. The event witnessed active involvement from patients, caregivers, and hospital staff, fostering a collaborative approach to hypertension prevention. The session successfully empowered attendees with practical knowledge and motivation to take control of their cardiovascular health.

Etawah Educational Program

Submitted by Dr. Mansi Patil, PhD, Nutrition Consultant, RightBP, an initiative to control BP

To commemorate World Hypertension Day 2025, the IAPEN India Etawah Chapter, in collaboration with Uttar Pradesh University of Medical Sciences (UPUMS), organized a comprehensive four-day educational program (May 14-17) aimed at promoting awareness and enhancing knowledge on hypertension among healthcare professionals and students.

Day 1: Inaugural Lectures & Practical Training

The program commenced with expert lectures and concluded with hands-on BP measurement

training, actively engaging students from various paramedical departments.

Day 2: Focus on Drug Therapy & Organ Impact

Day 3: Interactive Learning

- A Quiz Competition on hypertension tested and reinforced student knowledge.
- Lecture on Management of Hypertension in Surgical Patients, focusing on perioperative care.

Day 4: Creative Expression & Closing Ceremony

- Poster Competition showcasing student creativity and understanding.
- Declaration of results and a formal closing ceremony, celebrating the success and impact of the initiative.



Mumbai Webinars

Organized by IAPEN India Navi Mumbai Chapter, Lifeness Science Institute (LSI), in collaboration with Hypertension Core Group, IAPEN India, Nutrition Society of India, Mumbai Chapter. Sponsored by: Truhealthy Wellness Pvt. Ltd.

Objective:

To raise awareness about hypertension and share the latest multidisciplinary strategies and interventions for its prevention and management through two back-to-back expert-led webinars targeting healthcare professionals, students, and dietitians.

Webinar 1: Integrated Strategies for Prevention and Treatment of Hypertension - 22 May 2025

Key Takeaways:

- Holistic management of hypertension combining medical, nutritional, and physical activity interventions.

- Role of nutraceuticals and evidence-based diet in controlling blood pressure.
- Need for interdisciplinary collaboration among cardiologists, dietitians, and fitness experts.



Webinar 2: Pre-Hypertension: Medical & Dietary Perspectives - 23 May 2025

Organized by: Lifeness Science Institute (LSI) in collaboration with: NSI Mumbai Chapter & IAPEN Hypertension Core Group

Highlights:

- Focused discussion on early identification and lifestyle
- modification in pre-hypertensive individuals.
- Importance of sodium control, DASH diet, physical activity, and stress management.
- Real-world insights into dietary counseling and clinical practice for prevention.

Feedback & Participation:

- Over 300 participants attended across both webinars.
- Positive feedback highlighting expertise of speakers, practical applicability, and engaging discussions.
- Enthusiastic participation in Q&A sessions.

Conclusion:

Both webinars successfully emphasized the need for early intervention and multidisciplinary strategies in addressing hypertension and pre-hypertension. They reinforced the critical role of clinical nutrition and lifestyle modifications in public health initiatives.

Kuala Lumpur, Malaysia

World Hypertension Day and World Salt Awareness Week Celebration

Submitted by Dr. Siti Zulaikha Shazali, Family Medicine Specialist, Klinik Kesihatan Cheras Baru, Cheras, Kuala Lumpur, Malaysia

On 15 May 2025, Klinik Kesihatan Cheras Baru, in collaboration with the Cheras District Health Office, organized a successful community program at Pusat Aktiviti Warga Emas (PAWE), Cheras, in conjunction with World Hypertension Day and World Salt Awareness Week.



Over 60 participants attended the event, which focused on raising awareness about hypertension, the dangers of excessive salt intake, and healthy lifestyle practices. The day began with a lively aerobics session, followed by opening speeches and a series of engaging health talks covering hypertension management, healthy eating, mindfulness, and smoking cessation. Informative booths provided health screenings, medication counselling, mental health support, and dietary advice.



A key attraction was the "WOW Truck," a mobile health initiative offering fun, interactive physical activities. The program received positive feedback from the community and demonstrated the

importance of collaboration in promoting public health. It served as a reminder that community-based efforts play a crucial role in disease prevention and health education.



Nilai, Negeri Sembilan, Malaysia

Malaysian Society for World Action on Salt, Sugar and Health (MYWASSH) at the Ministry of Health Malaysia Allied Health Professionals 'Program Santai Sihat Madani' (Relaxed, Healthy, Civilized Program) Exhibition

Submitted by Dr Chong Karleen, Organising Chair 'Program Santai Sihat Madani' (Relax, Healthy, Civilized Program)

On 26 – 27 April 2025, the Malaysia Society for World Action on Salt, Sugar and Health (MYWASSH) was invited to be a part of the program 'Santai Sihat Madani' (Relax, Healthy, Civilized) with the Allied Health Professions held in AEON Mall, Nilai, Negeri Sembilan, Malaysia. This program was organised by the Allied Health Sciences Division Members Association, in collaboration with the Ministry of Health (MOH) Allied Health Sciences Division and Malaysia Madani, with the theme of 'Allied Health in Action: Strengthening Recovery, Inspiring Wellness'.



Volunteers representing MYWASSH (Left to right) Teo Zhi Yee, Soveena a/p Raguraman, Chong Karleen, Prof Datin Dr Chia Yook Chin, Navina a/p J. Kumar and Yew Pei Yun in front of the MYWASSH booth (members not in picture Dr Jazlan Jamaluddin and Dr Daniel Cheng Maong Hui

During the opening ceremony, the Director-General (DG) of Health Malaysia, Datuk Dr. Muhammad Radzi Abu Hassan acknowledged the important role of MYWASSH, which is in line with the vision of MOH. The MOH has recently launched the war on Sugar, Salt, Smoking, and Stigmatisation against mental health (4S). The DG explained that these four pillars should be set as our guidance and objective, to be disseminated to fellow Malaysians in order to promote a healthier society.



Volunteers for day 2 (left to right) Navina a/p J. Kumar, Teo Zhi Yee, Dr Say Yee How, Prof Dr Ching Siew Mooi, Viola Michael, Soveena a/p Raguraman, and Yew Pei Yun

After the opening ceremony, the DG visited the MYWASSH booth. Our president, Prof Datin Dr Chia Yook Chin explained about our society's background, year of establishment and objectives. The DG commended the society for its effort and encouraged it to continue its valuable work. He then presented a certificate of participation to MYWASSH to our president.



MYWASSH booth activities included a health screening campaign, a questionnaire for research, a colouring competition, and education/consultation.

MYWASSH had an estimated 240 visitors to the booth throughout the two days event. For the health screening campaign, we did measurement

of height, weight, waist circumference, blood pressure and bioelectrical impedance analysis (BIA) – assessing body fat and muscle mass. Questionnaires were also handed out during the health screening and we got a total of 135 respondents. A colouring competition was also held for children below 12 years of age with the theme of '*low sodium, heart healthy diet: enjoy your fruits and vegetables*', using the same theme as the World Hypertension League Children's Art Program. We had a total of 70 entries and gave out a total of 10 prizes to our lucky winners. A short interactive talk was also held on Sunday, 27th April 2025 by Dr Hazizi, Public Health Specialist from Negeri Sembilan, promoting low salt and healthy lifestyle to the audience.

Overall, it was a fruitful, successful event, inculcating salt and sugar reduction and promoting healthy lifestyle to the Nilai community.

SPOTLIGHT ON WHL MEMBERS

Thai Hypertension Society Hypertension Camp

Thailand is facing a significant risk of increasing cardiovascular disease, especially stroke, in the very near future. Data from Thai Ministry of Health revealed that the mortality from stroke in Thailand was highest ever in the year 2023, with total 350,934 cases (961 cases per day) and 47,275 death (130 death per day). Both coronary artery disease and stroke is still increasing. The opportunity to best control this dreadful threat is to have better blood pressure control.

In Thailand we have increasing prevalence of high blood pressure which resulted from several risk factors such as increasing obesity, urbanization, socioeconomic stress, alcohol abuse, and inability to control daily salt intake. Most of all, we have a very significant threat from ambient air pollution which occurs every year from March to June. Many cities in Thailand had the level of PM2.5 about 5 to 10 times higher than WHO threshold during the dry season. These risk factors for high blood pressure cannot be solved easily in the next few years.

Unfortunately, the awareness of high blood pressure in Thai people is still low and the result of the latest National Health Survey a few years ago revealed that this awareness is even lower than in the past decade.



The Thai Hypertension Society has announced a new Thai hypertension guideline in 2024. Blood pressure of 130-139/80-89 mmHg is defined as "BP at risk" instead of "high-normal" and the suggestion for diagnosis is easier and faster with just one outpatient visit together with careful standard blood pressure measurement. The Thai Ministry of Health has tried to encourage health centers all over the country to make hypertension diagnosis earlier, with just one or two outpatient visits, but progress has been slow and the inertia in making diagnosis is ongoing in almost every health center.



With the inspiration from the Summer School project of APSH and ISH and with the help of the ISH, the first hypertension camp was successfully completed, as one full-day training event, on March 2024 and the second on August of the same year. The third camp was even more successful than the previous two with more physicians and other health care personnel team

from hospitals from all regions of Thailand, and a fourth camp was also successful.



The purpose of the the Thai hypertension camp is to address the major challenges in the country's health issues, the pitfalls of practices, and opinion sharing to find the best solution for each individual hospital. The feedback and responses from participants were better than we had expected, and the faculties of the camp also learned a lot from the scholars. All the suggestions were used to improve the contents and processes of upcoming camps.



From the previous hypertension camps, the Thai Hypertension Society has developed a hypertension network which has helped to gather important patient information for the May Measurement Month project, supported by ISH, and also been involved in data gathering in a few prospective clinical observation epidemiological researches. The Thai Hypertension Society plans to continue this hypertension camp project for the next several years with the support from ISH, as long as we can afford it, and as long as the hypertension risk in Thailand remains high.

Apichard Sukonthasarn MD, FACP
President Thai Hypertension Society

NEWS FROM OUR PARTNERS



[Lessons learned from treating 34 million people with hypertension](#)

A new research article published in the Journal of the American College of Cardiology shares lessons learned over eight years of collaborative efforts implementing HEARTS programs around the world. It's a must-read for any local, state or national government looking to implement and sustain hypertension control programs, with valuable insights into common barriers to and facilitators of successful, scalable blood pressure control.

[Global Development Assistance for Health Allocated to Cardiovascular Disease Control, 2015 to 2022](#)

A new landmark report co-authored by Resolve to Save Lives in the Journal of the American College of Cardiology quantifies for the first time the glaring mismatch between high cardiovascular disease burden and low cardiovascular disease funds from high income country governments and international development agencies.

Despite accounting for roughly 31% of total mortality and 15% of total disease burden in low- and middle-income countries, just 0.1% of global health funding (or 1 in 1000 dollars) is dedicated to controlling cardiovascular disease.

There are solutions that will help turn the tide and save lives: Along with renewed foreign aid from high-income countries, low- and middle-income countries can self-finance cardiovascular disease control by taxing unhealthy foods and tobacco. Prevention will be key—it has been estimated that countries could experience upwards of \$18 return-on-investment for every \$1 invested in programs that help prevent and control high blood pressure.

[New feature: Action plans for program managers using the Simple App for improved patient care](#)

The user-centered, open source [Simple app](#), developed by Resolve to Save Lives, now has a new feature to help care for patients in the primary health care setting. The Simple dashboard now includes action plans, a new program management feature that allows managers to create actionable and measurable goals directly in within the dashboard.

This new feature helps close the loop on crucial quality improvement initiatives. Typically, at a district or state level, program officials use the Simple hypertension dashboard to determine in real time which actions are needed to improve key health indicators, such as blood pressure control rates. But it can be difficult to track progress accurately across the quarter, and health workers are not always able to tell which actions they should prioritize to ensure better outcomes. With the new Simple action plans, the actions set for each facility are clearer, measurable, and visible to the whole care team.

[Research prioritization to scale-up lower-sodium salts](#)

Lower-sodium salt substitutes (LSSS) can taste the same as table salt and are proven to help lower high blood pressure and reduce risk of heart attack, stroke, and early death, yet many don't use or promote them. A new report co-authored by Johns Hopkins University, Resolve to Save Lives, and The George Institute highlights four key areas to prioritize future research—safety, acceptance, cost, and implementation—to help fill in research gaps and increase global LSSS acceptability and adoption.

[Potassium-enriched salt for patients with hypertension: a Hypertension Australia and National Hypertension Taskforce of Australia Position Statement](#)

The National Hypertension Taskforce of Australia recently released a statement supporting potassium-enriched, low-sodium salt substitutes as an effective, affordable way to help lower blood pressure and reduce cardiovascular risk. Worldwide, most people consume twice the recommended amount of table salt per day, putting them at increased risk for heart attack, stroke, and early death. Replacing regular salt 1:1 with potassium-enriched, lower-sodium salts is

one of the most cost-effective ways to reduce cardiovascular risk, and aligns with WHO guidance and the global goal to reduce salt intake by 30% by 2050.

[PAHO's HEARTS Quality Framework for controlling high blood pressure](#)

A new article in *The Lancet Regional Health – Americas* unveils the HEARTS Quality Framework, a practical blueprint to help countries dramatically reduce high blood pressure and cardiovascular disease risk through primary health care. When followed, the framework produces real-world gains: HEARTS in the Americas now spans 33 countries, 10,000+ primary care facilities, and 6.3 million patients, with more than 60% with their blood pressure under control.



**COALITION
FOR ACCESS
TO
NCD MEDICINES
& PRODUCTS**

Coalition for NCD Medicines and Products quarterly update:

As we reflect on 2025, a highlight this year was the 4th High Level Meeting on NCDs and Mental Health (HLM4) at the 80th UN General Assembly (UNGA)

in September. The Coalition mobilized with the NCD community and worked hard to prepare for HLM4. We are proud of the progress made together and pleased to see most countries united behind the Political Declaration. While the Declaration is not perfect, it remains an important step forward for ensuring equitable access to NCD commodities and care, particularly with governments agreeing to the first-ever targets for tracking and accelerating the NCD response. As a Coalition, we are proud of the role we played in bringing forward strong commitments from our member countries.

Our journey to HLM4

A major goal for the Coalition this year was partnering with countries and regional stakeholders to advance bold commitments for financing NCDs, including through strong primary health care. We released a [position piece](#) ahead of World Health Assembly to raise awareness of the need to finance more, better,

and transparently to achieve 2030 goals. The Coalition also released reflections on the [Zero Draft of the HLM4 Political Declaration](#) and made a statement at the Multi-stakeholder Hearing, highlighting the power of multisectoral partnerships to strengthen access to NCD services.

Fast forward to June: The Coalition gathered in Uganda for the [2025 Annual Meeting](#) that brought together government, industry, civil society, implementers, and academia. Our multisectoral platform, dynamic membership, and unique focus on access attracted new country members—the Democratic Republic of the Congo (DRC), Egypt, and Somalia—in addition to World Stroke Organization, Access Accelerated, International Generics and Biosimilar Medicines Association (IGBA), and GIZ also joining us, growing our membership by 32% in 2025. The Annual Meeting closed with top priorities identified for the next year, including investing better, regulatory harmonization, and procurement efficiency through last-mile innovations and regional procurement. Leading up to UNGA, Coalition members contributed opinion pieces in a [Re:Solve Global Health special issue](#) on women's health and NCDs, and we released a white paper outlining strategies to more efficiently invest in NCDs.

Bold country commitments

At the Coalition's flagship event at UNGA, [Advancing access and financing for NCD medicines and products: Translating political commitments into practical, collaborative action on NCD prevention and care](#), co-hosted with the Consulate General of Denmark in New York, Brazil Ministry of Health, IGBA, Novo Nordisk, Access Accelerated and PATH, we saw bold commitments and concrete steps identified to close financing and access gaps for NCD medicines, products, and care. A [highlight reel](#) and [full event recording](#) are available along with a LinkedIn post.

Looking forward:

The commitments made at UNGA now kick off our journey to take these commitments to action. The Coalition has developed a Roadmap

for 2026-2028 to improve NCD and mental health medicine and product access and integrated service coverage through three primary strategies: Country and regional impact by driving access and efficiency; change-making advocacy for better NCD and mental health investments; and regional harmonization; and Leadership and comprehensive perspective through a diverse membership.

International Society of Hypertension



Latest issue of *Hypertension News* out now, featuring contributions on:

- adherence
- the latest hypertension guidelines
- reducing antihypertensive treatment in nursing home residents
- hypertension and pregnancy
- a new aldosterone synthase inhibitor
- addressing hypertension in Africa
- and much more

[Read today.](#)

[Registration now open](#) for 2026 ISH Meeting and the 17th Emirates Cardiac Society Annual Conference (ISH-ECS 2026) - taking place from **22nd to 25th October 2026**.



ISH to host Annual Scientific Meetings

The ISH will hold a Scientific Meeting every year, following a decision by the ISH Council designed to accelerate scientific progress in the field of hypertension. 2026 will be the ISH's first annual meeting. [Find out more.](#)

Save the date: ISH webinar to explore how to get the most out of mentorship

This online session from the ISH Capacity Building Network is aimed at early to mid-career researchers, and will take place on **2nd February 2026 from 20:00 to 21:00 UK time**.



Strong ISH presence at pan-African hypertension meeting: The ISH was pleased to have a significant presence at the 2025 conference of the Nigeria Cardiac Society (NCS) and Pan-African Society of Cardiology (PASCAR). [Read more.](#)

ISH part of Pakistan Hypertension League Annual Meeting 2025: The ISH was pleased to be part of the Pakistan Hypertension League (PHL) annual conference. [Read more.](#)

ISH part of large global gathering in hypertension in China: The ISH was pleased to be part of the [Chinese Hypertension Meeting](#) (CHM) 2025.

ISH represented at Hypertension Seoul 2025: The ISH was pleased to be part of [Hypertension Seoul](#) 2025.

WELCOME TO NEW WHL MEMBER

GAMMUN CENTRE FOR CARE AND DEVELOPMENT NIGERIA (GCCDN)

FORMATION: The motivation to set up the GAMMUN NGO began when Rev. Zachariah Yieju (Late) and Tulari Tine (Founders) were inspired because of their personal commitment and heartfelt concerns for women and children who were suffering due to HIV/AIDS stigma and discrimination and other reproductive health issues in 2010.



VISION STATEMENT: A Healthy and Just Society.

MISSION STATEMENT: To build and strengthen sustainable individual, family, institutional and community initiatives for health and development through partnership at all levels.

GCCDN is a Rights-based Non-Governmental Organization headquartered in Akwanga, Nasarawa State with field operational offices in Taraba, Borno and Kano States. We build relevant partnerships to ensure a healthy and just society. GAMMUN does various programmes and activities with a range of stakeholders spanning across the country.



THEMATIC AREAS:

PREVENTION, CARE, AND SUPPORT (PCS)

Goal: Elimination of all forms of vulnerability and marginalization in target communities

DISABILITY INCLUSIVE DEVELOPMENT (DID)

Goal: Improve the quality of lives of People with Disabilities



WOMEN AND YOUTH DEVELOPMENT

Goal: Improved wellbeing for women and youth



PROTECTION

Goal: Eliminate all forms of Gender Based Violence

HEALTH

Goal: Build Healthy Communities



Calendar of Events	
Inter-American Society of Hypertension Meeting	January 15-17, 2026 Guatemala City, Guatemala Click here for more information
International Stroke Congress (ISC 2026)	February 4-6, 2026 New Orleans, USA Click here for more information
9th Big Sky Cardiology Update 2026	February 14-15, 2026 Fujairah, UAE Click here for more information
4th International Congress of Hypertension in Children, Adolescents and Young Adults	May 7-9, 2026 Prague, Czechoslovakia Click here for more information
World Heart Summit	May 16-17, 2026 Geneva, Switzerland Click here for more information
World Congress of Cardiology 2026	October 8-10, 2026 Rio de Janeiro, Brazil Click here for more information
18th World Stroke Congress	October 21-23, 2026 Seoul, Korea Click here for more information
International Society of Hypertension 2026	October 22-25, 2026 Dubai, UAE Click here for more information

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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