

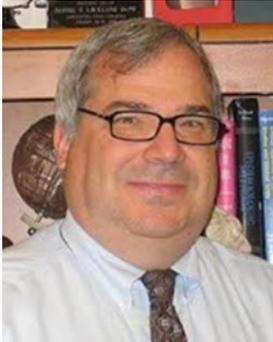
# WHL • NEWSLETTER

News from the World Hypertension League (WHL)

In Official Relations with the World Health Organization

No. 188, June 2025

## Note from the Editor



*Prof. Daniel Lackland*

We are so pleased to bring you the June Issue the Newsletter which showcases many exciting achievements over the past quarter. The 2025 World Hypertension Congress was indeed an upper tier science gathering with congratulations to

the Planning Committee. Likewise – the Newsletter celebrates the WHL Excellence Awards recipients with individual profiles coming in future issues. Please take a look at the Hot Off The Presses and Sodium Reduction Section featured articles, and consider submissions for future issues. The Newsletter also welcomes the new society members and the many World Hypertension Day events. We look forward to receiving your feedback for the Newsletter and your contributions.

*Dan*

*WHL Newsletter Editor-in-Chief*

## President's Column

Dear Colleagues



*Prof. Gianfranco Parati*

On May 17<sup>th</sup> we celebrated World Hypertension Day once more. It was again a great opportunity to promote wider awareness of the existence of high blood pressure levels in a large number of

asymptomatic individuals all over the world. In this newsletter examples of activities carried out in different countries of the world for the WHD are reported, and in my role as President of WHL I have been invited to virtually participate in a number of WHD events. On May 15<sup>th</sup> I participated in a PAHO meeting, organized by Dr. Pedro Ordunez, aimed at celebrating the success of the HEARTS program in several countries of Latin America. On that occasion I also had the privilege to present the 2025 WHL Organizational Excellence Award in Population Global Hypertension Control to Dr. Victor Elias Atallah, Minister of Health of the Dominican Republic. Under the leadership of Dr. Atallah, the HEARTS initiative was introduced in the Dominican Republic in 2019. Recognizing its success on January 8, 2024, the President of Dominican Republic officially declared HEARTS the foundation for Primary Health Care, anchored in three strategic pillars: 65% implementation in Primary Health Facilities by December 2024, with a target of 95% by December 2025; free provision of essential medications for hypertension and diabetes through Public Pharmacies, aligned with the HEARTS Clinical Pathway; and finally, ongoing training for healthcare professionals, emphasizing quality improvement and teamwork.

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Achievements due to application of the HEARTS package thus far included: formation of national and regional HEARTS management teams, training of a large number of healthcare professionals, and launch of hypertension and type 2 Diabetes Clinical Pathways, resulting in updates to the National Medicines List, integration of HEARTS training into medical internships, nursing curricula, and Family Medicine residencies and development of the SaLSa Guidelines, promoting culturally relevant healthy eating habits.

A few hours later, I (virtually) participated in another event in another part of the world, Manila, celebrating the kick off of the 2025 May Measurement Month Campaign in the Philippines, organized by Prof. Leilani Mercado-Asis, a board member of WHL, by Dr. Benjamin A. Balmores, Jr. M.D., and by Dr. Alejandro Bimbo F. Diaz, respectively Vice-President and President of the Philippine Hypertension Society. The next day, May 16<sup>th</sup>, I was engaged in a webinar organized by the Chinese Hypertension League involving Prof. Jiguang Wang, Prof. Yuqing Zhang (who is a special ambassador of WHL) and Prof Wenli Cheng, and I gave a lecture on blood pressure variability and its clinical relevance. Finally, on May 17<sup>th</sup> it was a great honour for me to participate remotely in another event, this time scheduled in Chennai, India, organized by Prof. Narasingan, Vice President of WHL, and aimed not only at celebrating World Hypertension Day, but also at inaugurating the Tamilnadu State Chapter of Indian Society of Hypertension. My talk was on the effects of obstructive sleep apnea on blood pressure and cardiovascular disease, in the context of the need to identify important comorbidities that might further increase the level of cardiovascular risk in hypertensive patients.

I have mentioned these events as examples of the many initiatives, some of which are also reported in other sections of this newsletter, that were implemented all over the world on May 17<sup>th</sup> to draw the attention of both health care providers and populations on the need of diagnosing and managing hypertension more efficiently. This has been and still is the aim of WHL over the years, as documented also in this

issue of the WHL Newsletter, carefully edited by Prof. Dan Lackland and Mrs. Mary Trifault.

Finally, I wish to give a warm welcome to two new members of WHL announced in this newsletter: the Georgian Society of Arterial Hypertension and Vascular Research and the Rwanda College of Physicians. We look forward to a close collaboration with them.

Let me conclude this message by asking all of you for your advice on what additional WHL resources or activities you think might be useful to further improve hypertension detection and control in the world. Indeed, I would be very grateful to you for your help and support to my efforts in this direction as WHL President during the next three years. I hope that, together, we might importantly contribute to improving prevention and control of high blood pressure, worldwide.

*Gianfranco*

*WHL President*

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## **HOT OFF THE PRESSES**

Frieden TR, Garg R, Moran AE, Whelton PK. Improved hypertension care requires measurement and management in health facilities, not mass screening. *Lancet*. Published online May 7, 2025.

[https://doi.org/10.1016/S0140-6736\(25\)00561-6](https://doi.org/10.1016/S0140-6736(25)00561-6)

A new *Lancet* viewpoint, co-authored by Drs. Tom Frieden, Renu Garg, Andrew Moran, and Paul Whelton, challenges the widespread practice of mass hypertension screening, arguing it is ineffective and diverts resources from programs that help many more people. Data from Thailand shows that despite screening 23 million people, population-wide hypertension control increased by less than 1%. Mass screening programs fail due to poor follow-up, a high proportion of false readings (both normal and abnormal), and weak linkage to ongoing care.

The article notes that universal facility-based screening – i.e. measuring blood pressure in all adults visiting healthcare facilities – is a more efficient and effective approach that connects patients to treatment. Recommendations include equipping facilities with validated blood pressure monitors, screening at least all patients age 30+ who visit health facilities, ensuring

uninterrupted medication supply, and tracking and improving the control rate. Implementation of WHO's HEARTS technical package could strengthen hypertension management systems, particularly in low and middle-income countries, where over a billion people with hypertension remain untreated or inadequately treated.

## CHILDREN'S ART PROGRAM 2025



On WHD, we were delighted to announce the results of this year's Children's Art Program. [Click here](#) to view the submissions.



## 2025 EXCELLENCE AWARD WINNERS

We are so pleased to announce the 2025 Excellence Award Winners below and posted on the WHL website [at this link](#).

### Individual Named Awards

- Detlev Ganten Excellence Award in Basic Research in Hypertension: **Prof. Mieczyslaw Litwin, MD, PhD**

- Peter Sleight Excellence Award in Hypertension Clinical Research Trials: **Prof. Peter Sever, MB Bchir MA MRCP PhD FRCP FESC**

- Claude Lenfant Excellence Award in Population Hypertension Control Through Educational Activities and Guideline Implementation: **Prof. Nizal Sarrafzadegan**

- Liu Lisheng Excellence Award in Cardiovascular Risk Factor Control in Low- and Middle-income Populations: **Prof. GUAN Tingrui**

- Norman Campbell Excellence Award in Population Hypertension Control: **Dr. Taskeen Khan**

- Daniel Lackland Excellence Award in Collaboration and Advocacy for Population Hypertension Risk Reduction: **Prof (Dr) Dorairaj Prabhakaran**

- Graham MacGregor Excellence Award in Dietary Salt Reduction at the Population Level: **Dr. Kathy Trieu, BAppSc (ExSpSc&Nutr), MPH, PhD**

### Organizational Excellence Awards in Global Hypertension Control:

- Ministry of Health of the Dominican Republic, Dr. Victor Elias Atallah Lajam, Minister of Public Health

- Pakistan Hypertension League, Prof Dr Kashif Ali Hashmi, President

- Mayor and the Health Committee of, Pingdingshan City Government, China

### Regional Excellence Awards in Population Hypertension Control Through Educational Activities:

- Dr. Esperanza Cabral, Philippines
- Dr. Huynh Van Minh, Vietnam

**Detlev Ganten Excellence Award in Basic Research in Hypertension**



**Prof. Mieczyslaw Litwin, MD, PhD**

**Peter Sleight Excellence Award in Hypertension Clinical Research Trials**



**Prof. Peter Sever, MB Chir MA MRCP PhD FRCP FESC**

**Claude Lenfant Excellence Award in Population Hypertension Control**



**Prof. Nizal Sarrafzadegan**

**Liu Lisheng Excellence Award in Population Cardiovascular Risk Factor Control**



**Prof. GUAN Tingrui**

**Norman Campbell Excellence Award in Population Hypertension Control**



**Dr. Taskeen Khan**

**Daniel Lackland Excellence Award in Collaboration and Advocacy**



**Prof (Dr) Dorairaj Prabhakaran**

**Graham MacGregor Excellence Award in Dietary Salt Reduction**



**Dr. Kathy Trieu, BAppSc (ExSpSc&Nutr), MPH, PhD**

**Regional Excellence Award in Population Hypertension Control through Educational Activities and Guideline Implementation**



**Dr. Esperanza Cabral Philippines**

**Regional Excellence Award in Population Hypertension Control through Educational Activities and Guideline Implementation**



**Dr. Huynh Van Minh Vietnam**

**Organizational Excellence Award in Population Global Hypertension Control**  
**Ministry of Health of the Dominican Republic**  
 Dr. Victor Elias Atallah Lajam  
 Minister of Public Health

Under the leadership of **Dr. Victor Atallah Lajam**, Minister of Public Health of the Dominican Republic, the HEARTS initiative was introduced in the Dominican Republic in 2019. Recognizing its success on **January 8, 2024**, the **President of Dominican Republic** officially declared HEARTS the foundation for **Primary Health Care**, anchored in three strategic pillars:

- 65% implementation in Primary Health Facilities by December 2024, with a target of 95% by December 2025.
- Free provision of essential medications for hypertension and diabetes through Public Pharmacies, aligned with the HEARTS Clinical Pathway.
- Ongoing training for healthcare professionals, emphasizing quality improvement and teamwork.

**Organizational Excellence Award in Population Global Hypertension Control**  
**Pakistan Hypertension League**  
 Prof Dr Kashif Ali Hashmi  
 President, Pakistan Hypertension League




**Organizational Excellence Award in Population Global Hypertension Control**  
 Mayor and the Health Committee of  
 Pingdingshan City Government  
 China

The Mayor and the Health Committee of Pingdingshan City Government promote standardized hypertension treatment protocols and systematic management approaches to make new contributions to global hypertension prevention and control.

**WORLD HYPERTENSION CONGRESS 2025**

A big thanks to the Indian Organising Committee for all they did to make the WHC2025 a great success!



From Left to Right: Dr.S.Chandrasekar, Joint Organising Secretary; Dr.K.Kannan, Co-Chair; Dr.S.N.Narasingan, Chair, Indian Organising Committee; Dr.D.Prabhakar, Joint Organising Secretary & Treasurer



Dr. Paul Whelton presents the WHL Presidential Award to Dr.S.N.Narasingan, Organising Chair, Indian Organising Committee, WHC 2025, in grateful recognition of his contributions toward the Control of Hypertension in India and his support of the World Hypertension Congress 2025.

## SEAHEARTS- Taking the pressure off 2 billion people!

Pradeep Joshi<sup>1</sup>, Senaka Thalagala<sup>2</sup>, Churit Tengtrisorn<sup>3</sup>, Mahesh Gurung<sup>4</sup>, Rais Pokharel<sup>5</sup>, Abhishek Kunwar<sup>6</sup>, Nalika Gunawardena<sup>1</sup>, Xin-Hua Zhang<sup>7</sup>, Cherian Varghese<sup>8</sup>

(This WHC2025 Chennai session was jointly organized by WHL and WHO SEARO.)

Cardiovascular diseases (CVD) are major public health problems in the WHO South-East Asia Region. The region is home to 2 billion people, and prevalence of hypertension among adults 30 years and above is estimated to be 32% in 2019, accounting for more than 294 million adults. Among adults with hypertension, only 1 in 3 are diagnosed, and nearly 1 in 6 do not have their blood pressure under control. The Implementation Roadmap for accelerating the prevention and control of NCDs in South-East Asia 2022–2030 provides strategic directions to the regions and advocates for strengthening and scaling up NCD services in primary health care to improve access and coverage. Considering the need for an ambitious target-oriented approach to combat the high burden of CVD in the region, the Seventy-sixth session of the WHO Regional Committee for South-East Asia endorsed a Resolution ‘SEAHEARTS: Accelerating prevention and control of cardiovascular diseases in the South-East Asia Region’.

SEAHEARTS serves as a platform to bring together tobacco control, salt reduction, and elimination of trans-fatty acids along with improved hypertension

and diabetes coverage and control through primary health care using the WHO HEARTS technical package. SEAHEARTS aims towards placing 100 million people with hypertension and/or diabetes on protocol-based treatment by 2025 and can be considered the world’s largest expansion of cardiovascular disease prevention and control in primary health care. In two years of its initiation, 8 out of 11 countries have set up national-level targets and monitor service outcomes in primary health care through digitalized patient information systems using unique Identifiers. Experiences of the SEAHEARTS interventions and good practices across countries in the WHO South- East Asia region was shared at the 6th World Hypertension Congress , in a session titled "Taking the Pressure Off Two Billion People," organized by the WHO South-East Asia Regional Office, and the World Hypertension League.



The session included a context setting presentation on SEAHEARTS achievements and panel discussion with five countries focusing on protocol-based management, availability of medicines, team-based care, systems for monitoring, and governance as enablers to implement WHO HEARTS technical package in their respective contexts. The session was moderated by Dr Xin-Hua Zhang and Dr Cherian Varghese. Sri Lanka highlighted its success in expanding hypertension treatment coverage and control to its nationally approved management protocols. The protocols were designed in 2022 along with simple algorithms for easy reference, and all medical staff at the primary care level were trained in phases. National protocol at the primary care level also was instrumental to improve team-based care and ensure that the specified medicines and tests are available in adequate stocks.

In India, most states are practicing morbidity-based drug forecasting to ensure availability and accessibility of medicines at all levels of care in the public sector. The drug forecasting tool takes consideration of various parameters including people with hypertension at the population level, people on treatment, and lost to follow up to quantify the requirements. Ready reckoners were developed to quickly assess stock positions according to patient load and linking drug distribution and periodic refilling. It has resulted in availability of protocol drugs stock available for at least 60 patient days at facility level.

Thailand highlighted the strength of a tiered system of service providers known as the system of 'three doctors' where medical officer, nurse and village volunteers comprise the three level of providers of hypertension care, coordinated through a robust referral system. The crucial role played by the first level of doctors and the villages who track defaulters/missing persons using a digital app was highlighted as a key feature of success with Thailand placing more than 11 million people with hypertension and diabetes on protocol-based management by December 2024 with nearly half achieving control status.



Bhutan highlighted its digitalized health information systems for monitoring the hypertension services outcomes of the people to the level of each primary health care unit and the use of dashboards at facility level to track the service outcomes and progress towards time bound targets set for facilities. The provision of the system to track follow-up dates and missed visits and used as the based for reminders was also highlighted as key features for the country's success in progress in hypertension service coverage with the recent past.

Nepal shared its experience of engaging local leadership, particularly mayors, to secure ownership, resources, and long-term commitment for the sustainable implementation of the 2023 Hypertension Care Cascade Initiative. The official 'Declarations of Commitment' by mayors and municipal stakeholders for integrated hypertension care within their municipal health programmes was highlighted as a key element in Nepal's success in engaging stakeholders of local governance for NCD management, promoting community mobilization for screening, supporting training for health workers, and ensuring competency in protocol-based management. Regular review meetings with municipal leaders to ensure continued monitoring, data verification, and programme adjustments were highlighted as key elements for success of Nepal to expand service coverage to more than 500 health facilities across three districts in eight months.

The audiences took keen part in discussion to understand more about implementation challenges, private sector engagement and also enquired about the approaches taken by countries to improve awareness and community engagement. WHO South-East Asia Regional Office will provide support to countries in scaling up hypertension coverage in primary health care with focus on improving drug forecasting and health information systems for NCDs. Hypertension and diabetes are tracers for primary health care and enhancing coverage and control of these two common NCDs will improve the NCD domain of the UHC service coverage index.

#### Affiliations

- WHO Regional Office for South-East Asia
- Regional Health Services, Ministry of Health, Sri Lanka
- NCD division, Ministry of Public Health, Thailand
- Jigme Dorji Wangchuck National Referral Hospital, Bhutan
- WHO Country Office for Nepal
- WHO Country Office for India
- Beijing Hypertension League Institute
- Prasanna School of Public Health, Manipal Academy of Higher Education Manipal, India

<sup>1</sup> [homev2 | WHO South-East Asia Regional NCD Roadmap](#)

<sup>2</sup> [SEAHEARTS: Accelerating prevention and control of cardiovascular diseases in the South-East Asia Region](#)

<sup>3</sup> <https://www.who.int/southeastasia/activities/seahearts-for-accelerating-cvd-control>

<sup>4</sup> [World Hypertension Congress 2025](#)

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## WHC2025 – INSIGHTS FROM A YOUNG DOCTOR

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Submitted by Dr. Beh Hooi Chin, Family Medicine Specialist, University of Malaya, Malaysia

I was deeply honored and thankful to represent both presidents Dato' Sri Dr. Azhari bin Rosman and Datin Emeritus Professor Dr Chia Yook Chin from the Malaysian Society of Hypertension and the Malaysian Society for World Action on Salt, Sugar and Health respectively at the WHL's Council Meeting in Chennai, India, 2025. Attending the WHC has been a long-held dream of mine since my days as a junior doctor. Finally, I had the opportunity to have this eye-opening experience and to present my abstract in this fruitful congress.



Dr. Beh (2<sup>nd</sup> from left) receives Abstract award from Dr. Paul Whelton, WHL President.

### Scientific Writing Workshop

The congress was enriching, filled with valuable information and new insights into hypertension. It sparked fresh research ideas and planning too. It started with the Scientific Writing Workshop chaired by Professor Dr Daniel Lackland, with Dr Rajeev Gupta on day 1 of the congress. The insightful guidance on manuscript writing and the interactive Q&A sessions were highly engaging and invaluable for young doctors.



The session provided step-by-step instructions on

crafting an abstract and manuscript for publication, emphasizing the importance of a structured approach that begins with a clear understanding of the research questions and objectives. We were also reminded to adhere to the journal's formatting and referencing guidelines and to seek feedback from mentors. These valuable insights and practical tips are not typically covered in textbooks during our medical school training.

### Blood Pressure Measurement

Another amazing symposium on Blood Pressure Measurement chaired by Prof Dr Gianfranco Parati and Dr Narsingh Verma was stunning. The sessions showcased the importance of measuring BP correctly, accurately and controlling BP adequately in order to reduce the complications of hypertension. The key takeaway was the gap between guideline recommendations and real-world clinical practice, which can significantly impact daily patient management. This highlighted the importance of the implementation sciences which focus on effectively translating evidence-based interventions into real-world settings, maximising their adoption, use and sustainability. We should always identify barriers to implementations such as lack of resources, staff resistance, and patient adherence issues, and design strategies to overcome them. These key messages were highlighted and delivered by Professor Dr Marc Jaffe in Optimizing Blood Pressure Measurement with Medical Assistants.

### Renal Denervation

Last but not least, the most remarkable session on day 3 was about Renal Denervation (RDN). The sessions included evidence base for RDN and updates on current trial data, real world experience and long term follow up data, RDN - Guidelines/Position papers/Cost effectiveness, given by Dr Atul Pathak, Prof Dr Markus Schlaich, and Prof Dr Kazuomi Kario respectively.

The sessions highlighted the efficacy and safety of RDN: 1) RDN shows significant, sustained office and 24hours SBP reductions over three years in real-world setting; 2) RDN decreased blood pressure without increasing medications burden; 3) the reduction in BP achieved after RDN treatment was independent of baseline

antihypertensives medications and did not result in increased medication burden over time; 4) from the Australian experience, RDN results in a significant and sustained 24-hours BP reduction at about 9 years follow up with lower medications burden and without evidence of adverse consequences on renal functions. The lecture provided a comprehensive summary of the efficacy, safety, sustainability, potential complications and cost effectiveness of RDN.



This three day congress was an incredibly valuable and enriching experience, marking a significant milestone in my journey of hypertension research and implementation studies. I believe that with my background in implementation science, I will try my best to help drive progress and transform the inspiration gained from these discussions into meaningful actions in the near future.

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## JOURNAL OF HUMAN HYPERTENSION

Journal of  
Human Hypertension



### AFRICA SPOTLIGHT

Submitted by Sunil Nadar

The distribution of hypertension worldwide is changing. Extensive public health measures including screening programmes in the western world have

resulted in a plateauing of the prevalence of hypertension, with better levels of control and indeed even a downward trend in hypertension related deaths in some countries. However, in many developing and low- and middle-income countries (LMIC), the prevalence is increasing, along with poor control in those diagnosed with hypertension. It is estimated that almost two thirds of patients with hypertension worldwide are living

in these countries. Better access to health care and better diagnosis alone cannot explain this increasing prevalence and it is thought that changing lifestyles also plays an important role.

The continent of Africa is vast and diverse in terms of economy, ethnicity, culture, climate and geography. It is the second largest continent and covers around 20% of the land mass. The UN Statistics Division has subdivided the African continent into five regions, Northern Africa, Central or Middle Africa, Southern Africa, East Africa and Western Africa. Apart from Northern Africa, which is mainly the countries around the Mediterranean (Egypt, Libya, Algeria, Morocco, Tunisia, Sudan and Western Sahara), the other four regions are often grouped together and referred to as “sub-Saharan Africa”. North Africa is considered to be more economically rich as compared to sub-Saharan Africa and accounts for around a third of Africa’s GDP. The North and the sub-Saharan region also differ racially, with the populations of the countries in the north being predominantly of Arab descent, while countries in the rest of the continent are of indigenous black African descent. Additionally, many countries especially South Africa and Namibia in the south and the countries surrounding the Mediterranean sea towards the north of the continent, have substantial populations who are of white European origin reflecting their eventful histories. Besides this, there are many local tribes, with their own diverse customs, and traditions and unique genetic identity.

As a continent, Africa often struggles as a whole in terms of health policies. There are many countries ravaged by civil war, while others are still recovering from the effects of past wars, political instability and the legacy of colonial rule. Extreme weather phenomena such as severe drought are common and also contribute to worsening health and famine. Transmissible diseases and vector borne infectious diseases such as guinea worm, Malaria and chikungunya still continue to be a major health issue, despite advances in their control. Inadequate human resources, inadequate budgetary allocation to health and poor leadership and management have been described by some authors as three challenges to better healthcare in Africa. They

suggested that radical solutions with innovative initiatives should be sought along with private sector investment in public health are required.

Alongside this, many countries in the continent have recorded positive economic growth over the last few years. This has been accompanied by an improvement in most health indices over the last two decades. However, along with economic growth, non-communicable diseases are also on the rise. According to data from the WHO, non-communicable diseases accounted for 37% of the deaths in Africa, in 2019, rising from 24% in 2000. Of these, cardiovascular diseases were the cause of 13% of all cause mortality and 37% of all non-communicable disease deaths.

Recent data confirms that the prevalence of hypertension is increasing in all countries of Africa. In view of this, the Pan-African Society of Cardiology (PASCAR), identified hypertension as the highest area of priority for reducing cardiovascular disease on the continent with an aim to achieve 25% control of hypertension in Africa by 2025. More recently, the World Hypertension League issued a “call to action” to improve awareness, treatment and control of hypertension in Africa. Their goals were to diagnose 80% of adults with hypertension, treat 80% of diagnosed hypertensives and control 80% of the treated hypertensives by 2030.

At the JHH, we have a special spotlight issue on hypertension in the African continent. We have a collection of papers that explore the scale of the problem, the barriers to optimal care, the inequalities in hypertension management among the various regions and also review innovations and processes that have been adopted to improve its management here. Africa is a continent of contrasts. The affluent areas are often intermixed with the economically deprived areas, and this economic status correlates with the various health metrics in those areas. It is our hope that this spotlight issue on the African continent will showcase the excellent work that is ongoing in tackling non-communicable diseases such as hypertension which are increasing in prevalence and also would help promote newer ideas, research and innovations to keep hypertension under control.

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## SODIUM REDUCTION SECTION

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### **PERSPECTIVE** [“The Growing Global Benefits of Limiting Salt Intake: an urgent call from the World Hypertension League for more effective policy and public health initiatives.”](#)

Brent M. Egan, Daniel T. Lackland, Susan E. Sutherland, Michael K. Rakotz, Janet Williams, Yvonne Commodore-Mensah, Daniel W. Jones, Sverre-Erik Kjeldsen, Norm R. C. Campbell, Gianfranco Parati, Feng J. He, Graham A. MacGregor, Michael A. Weber & Paul K. Whelton

This perspective on sodium reduction was published in the March 2025 issue of the *Journal of Human Hypertension (JHH)*, [at this link.](#)

The aims of this paper include: (i) highlighting factors underlying the growing time-dependent benefits of limiting salt consumption on BP and cardiovascular disease (CVD) events worldwide and (ii) encouraging policy and public health initiatives to limit sodium consumption to <2000 mg daily (<5000 mg NaCl) in adults, as recommended by the World Health Organization (WHO), within ten years, recognizing more time may be required. ■

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## WORLD HYPERTENSION DAY REPORTS

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Several WHD Reports are included below. We received a great many submissions and will publish additional reports in the next issue.

### **China**

#### **Hypertension Education Session for Village Doctors in Qiaotou County Hospital, Yingde City, Guangdong Province, China**

Submitted by Dr. Anping Cai, May 19, 2025

As part of WHD activities, I joined colleagues from Guangdong Yingde People’s Hospital in visiting Qiaotou County Hospital, a rural village facility, to deliver a hypertension education session based on the 2024 Chinese Hypertension Guidelines. This initiative was aligned with the World Hypertension League’s WHD2025 theme and reflects the Chinese Hypertension League ongoing commitment to promoting effective hypertension management at the grassroots level. The audience consisted of village doctors responsible for managing the health of local residents in resource-limited settings. Most

of them had minimal formal medical education, yet they play a crucial role as the first line of care in their communities. Recognizing this, I tailored the session to be as practical and accessible as possible.

During the lecture, I focused on three key areas:

### 1. How to Measure Blood Pressure Accurately

I provided training in correct BP measurement techniques, emphasized the importance of using validated devices, and pointed out common mistakes that can lead to inaccurate readings.

### 2. Strategies to Control Blood Pressure

I introduced simple, guideline-based treatment pathways suitable for village-level practice, including the importance of medication adherence and follow-up.

### 3. Lifestyle Modification

I highlighted the importance of a low-salt diet, weight management, and good sleep hygiene. These points were particularly relevant given the common dietary and lifestyle patterns in rural communities. The village doctors showed great enthusiasm and were actively engaged throughout the session. Many asked thoughtful questions and shared challenges they face in clinical practice, such as limited access to healthcare resources and lack of formal continuing medical education. This visit reinforced the importance of grassroots-level engagement in improving hypertension awareness and control. By providing village doctors with practical knowledge and confidence to apply it, we take a meaningful step toward reducing the burden of uncontrolled BP in underserved areas. I look forward to similar outreach activities and contributing to WHL's mission of promoting equitable hypertension care globally.

## China's Nationwide Campaign to Combat Hypertension



Submitted by the Chinese Hypertension League (CHL)

In response to the World Hypertension League's (WHL) call, the Chinese Hypertension League (CHL) launched a series of activities for World Hypertension Day 2025. The initiative urges academic institutions, organizations, enterprises, CHL members, and the public to actively

participate in awareness campaigns around this global observance. The goal is to enhance hypertension patients' self-management knowledge and strengthen societal attention to hypertension prevention and control.

Hypertension is one of China's most prevalent chronic diseases, has seen a rising prevalence with an alarming trend toward younger populations. According to the latest statistics, 245 million people in China suffer from hypertension, making it a critical public health challenge.

To ensure consistent and high-quality public health messaging, the Chinese Hypertension League (CHL) designed unified promotional materials for this year's World Hypertension Day activities. These standardized display materials—including educational posters, brochures, and digital content—were distributed to affiliated associations and hospitals across China.

### Key Activities of WHC 2025 in China

#### 1. Nationwide Offline Free Clinics and Health Education Events

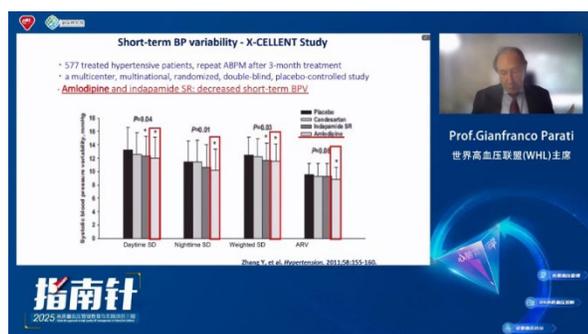
Medical institutions and community centers across China organized free blood pressure screenings and educational sessions, empowering citizens with essential knowledge on hypertension prevention and management.



## 2. CHL Hosts Online & Offline Academic Seminars

On the evening of May 16, CHL held an online WHD 2025 webinar. We proudly invited current WHL President Prof. Gianfranco Parati and CHL President Prof. Jiguang Wang together. In the meantime, two newly appointed special ambassadors from WHL, Professor Zhang Yuqing, Vice President of CHL, and Dr. Cai Anping, council member of CHL, participated in this webinar.

Prof. Parati delivered a keynote speech titled Precision Measurement: Advances and Review of Blood Pressure Variability, sparking insightful discussions among experts.



## 3. Extensive Social Media Coverage

The campaign gained widespread attention on digital platforms, with engaging content raising awareness about hypertension risks, prevention, and treatment.



## A Long-Term Battle Requiring Collective Efforts

This year's World Hypertension Day activities

successfully bridged communication between healthcare providers and the public, receiving overwhelming praise. Moving forward, CHL and partner institutions will continue to uphold the "Healthy China 2030" strategy, leveraging professional expertise to safeguard public health and help hypertension patients achieve a higher quality of life.

## Egypt

Submitted by Saber Mostafa, Clinical Nurse Educator, Aswan Heart Centre, Magdi Yacoub Foundation, Aswan

On WHD, the Magdi Yacoub Heart Foundation participated in the world awareness campaign under the slogan: "Measure Your Blood Pressure Accurately, Control It, Live Longer!"



## The campaign activities included:

- ✔ Health awareness sessions to educate participants about the symptoms of hypertension and ways to prevent it.
- ✔ Distribution of educational booklets containing essential tips for maintaining healthy blood pressure.
- ✔ Broadcasting educational videos explaining blood pressure and the importance of controlling it.



## India

Submitted by Dr.S.N.Narasingan, WHL Vice President

- **Webinar:** “Understanding and Combating Hypertension In India”, in the *Voice of Health Care* on 17th May.
- **Hybrid Meeting:** Indian Society of Hypertension with the World Hypertension League on 17th May, attended by 120 doctors. Dr. Gianfranco Parati, WHL President, delivered a lecture on “Effects of obstructive sleep apnea on blood pressure & cardiovascular disease”. Three other talks were given on various aspects of hypertension, including “Tackling Resistant Hypertension” given by myself. Dr.Ch.Vasanth Kumar, InSH President and Dr.Narsingh Verma, InSH Treasurer also participated. As chief guest, Dr.Gianfranco Parati inaugurated the Tamilnadu State Chapter of Indian Society of Hypertension.
- **Free blood pressure screening program** conducted in a school at Chennai followed by a Scientific Program for doctors.
- **Public interactive session** conducted with active participation by the public.
- **Wide WHD coverage** by press & media



Dr. Parati gives lecture at InSH/WHL meeting on WHD.

### WHL highlights accuracy in BP measurement and hypertension control

Chennai, May 19: World Hypertension Day, observed annually on May 17th, raises global awareness about the dangers of high blood pressure—the leading risk factor for global health issues. Initiated by the World Hypertension League (WHL) in 2005, the day promotes the importance of accurate BP measurement and effective hypertension management.

In India, under the leadership of Dr. S.N. Narasingan, WHL Vice President, on hypertension risks and management, and a pledge-signing campaign. The event is held in collaboration with the Indian Society of Hypertension (President: Dr. Ch. Vasanth Kumar), Tamil Nadu Chapter (Chairman: Dr. K. Kannan; Secretary: Dr. S. Chandrasekari), and the Association of Physicians of India, Chennai Chapter.



From 11:00 AM to 1:30 PM, a series of expert medical talks and discussions will update doctors

This year's theme, “Measure Your Blood Pressure Accurately, Control It Effectively”, the Children's Art Program, thanking young artists and their sponsors worldwide. Addressed by

## Accurate BP Checks Key to Taming Hypertension



CHENNAI, MAY 19: World Hypertension Day focuses on raising awareness about the importance of hold a full-day event on May 18, 2025, at Chettinad Vidyasram in Chennai. The event will start with blood

## Mali

At the initiative of TENSION-TON, medical professionals (cardiologists, nephrologists, general practitioners, nurses, students) and community organizations (patients and their loved ones) met for a forum on May 17<sup>th</sup> in Bamako, the Malian capital.



This forum aimed to bring together healthcare professionals and users to discuss the latest scientific advances, prevention issues, and clinical practices related to hypertension. The event was part of an effort to raise awareness about a silent but potentially serious condition: hypertension currently affects nearly 30% of the Malian population.

### The forum highlighted the importance of:

- Earlier and more frequent screening for hypertension in the Malian population.
- Strengthening partnerships between learned societies and patient associations.

- Better access to monitoring tools such as self-measurement.
- Ongoing therapeutic education, for both patients and caregivers, with task delegation.



#### Some recommendations:

- Opening hypertension/resistant hypertension registries in Mali.
- Promoting home self-measurement as standard practice.
- Training professionals more widely on the new recommendations.




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## NEWS FROM OUR PARTNERS

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### Protecting One Billion Hearts! Global Call to Action to Control Blood Pressure launched on World Hypertension Day 2025

**Join us** in calling for the policies and investments that will make controlling high blood pressure—one of the most powerful and affordable public health interventions available today—a reality worldwide.

- By joining this call to action – led by Resolve to Save Lives and 19 co-leads from 13 countries – you can drive momentum towards preventing 75 million deaths and 150 million heart attacks and strokes over 25 years.
- Signing on means committing to spreading awareness and advocating to governments,

funders, and the private sector to protect one billion hearts and livelihoods worldwide.

- Every \$1 invested in hypertension control generates up to \$18 in economic returns, saving lives and strengthening economies.



*Please add your name now at [this link](#).*

## NCDconnect

Unifying Health Access

### Supporting Hypertension Programs Through Access to Essential Products

NCDconnect is a not-for-profit procurement platform developed by the IDA Foundation, which brings over 50 years of experience in global health supply chains. The platform was created to support Ministries of Health, NGOs, and implementing partners in improving access to quality-assured, affordable products for non-communicable disease (NCD) care, including hypertension.

The current catalogue includes over 200 NCD related products — among them 27 antihypertensive medicines and 3 validated blood pressure monitoring devices. Product selection is based on the WHO Essential Medicines List and adapted to national priorities and treatment protocols.

NCDconnect was developed to respond to the specific challenges of NCD care in LMICs, through:

- A specialised catalogue focused on the needs of NCD programs and implementers
- Consistent, reliable supply options to ensure continuity of care, even in remote settings
- Fair, transparent pricing through a not-for-profit model that supports strategic planning and equitable access

The platform is already being used by organisations seeking to streamline procurement and strengthen NCD responses in low- and middle-income countries. To coincide with WHD, NCDconnect also published a blog on the importance of accurate BP monitoring in LMIC health systems, and how access to the right tools can support national strategies.

**Read the blog:** [www.ncdconnect.org](http://www.ncdconnect.org)



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

### [Reflections by the Coalition on the Zero Draft of the Political Declaration for the NCD HLM4](#)

The Fourth UN High-Level Meeting on NCDs and Mental Health (HLM4) presents a pivotal moment for countries to recommit and take action

to better prevent and control NCDs and promote mental health, including by ensuring access to NCD medicines, products, and care. Concrete commitments on NCD financing will be particularly critical for advancing progress, including commitments to 1) invest more; 2) invest better; and 3) strengthen transparency. This statement outlines the Coalition for Access to NCD Medicines and Products' ("Coalition") reflections on the Zero Draft of the Political Declaration of the HLM4, recognizing areas of strength and offering recommendations to consider as the Political Declaration is further developed.

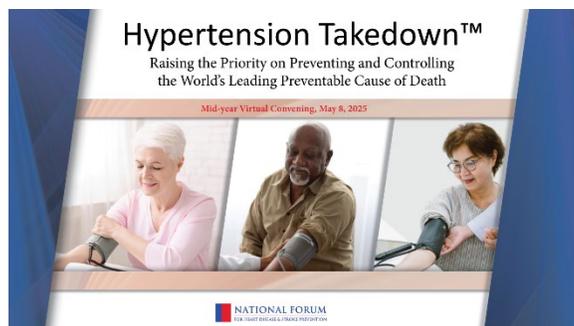
### **Coalition Meeting, Kampala, Uganda June 25-27**

*"Prepare, Declare, and Act: Let's make it happen!"*

We are excited to host our annual face-to-face Coalition meeting in Kampala, Uganda! This will mark the first time the Coalition has held their annual in person meeting in the Africa Region. The meeting will further advance the Coalition's advocacy priorities for the High Level Meeting, titled "Transforming lives and livelihoods through leadership and action on NCDs and the promotion of mental health and well-being" and explore innovative solutions to address access barriers post-HLM.

## **NATIONAL FORUM** FOR HEART DISEASE & STROKE PREVENTION

The National Forum for Heart Disease & Stroke Prevention **Mid-Year Virtual Convening** brought together patient advocates, providers, public health, researchers, industry, governmental, and nonprofit partners to advance new initiatives and strategies to improve the prevention and treatment of hypertension.



WHL Immediate Past President, Prof. Paul K. Whelton, and Past President Prof. Daniel T. Lackland, gave presentations on "Hypertension: World's Leading Preventable Cause of Death", and "Vital Conditions for Health and Wellbeing: How They Relate to Hypertension."

[You can view the full sessions from the Mid-Year convening by clicking here.](#)



**Salt Awareness  
Week**

### **Open letter to Minister for Public Health, Ashley Dalton**

As part of Salt Awareness Week, **Action on Salt** wrote to the UK Minister for Public Health Ashley Dalton, calling for this government to re-prioritise salt reduction as a matter of urgency, and issued a press release on a report looking at the nutritional quality of ready meals, to demonstrate the feasibility of reformulation and the need for stronger action from businesses and government. [To view the press release click here.](#)



# International Society of Hypertension

<https://ish-world.com/>

## World Hypertension Day and May Measure Month Resources Page

World Hypertension Day (May 17) and MMM (May 1- July 31) are a reminder of the importance of patient adherence in hypertension management. At the ISH, we plan to use these awareness initiatives as opportunities to highlight the need to find ways to make it as easy as possible for patients to stick to their treatment plan.

There are several ways to get involved in World Hypertension Day and MMM. [At this link](#), please see several downloadable resources designed to support your efforts in educating patients and the wider online community about the risks associated with hypertension and the importance of accurate blood pressure measurement.

### ISH 2026 - Dubai



**Follow the ISH on Instagram and BlueSky**  
The ISH is now on Instagram and BlueSky. Follow and connect with us on these new platforms!  
[Instagram](#) & [BlueSky](#)

## MEMBER HIGHLIGHT – KOREAN SOCIETY OF HYPERTENSION (KSH)

Submitted by Hyeon Chang Kim, MD, PhD, FAHA; Professor, Department of Preventive Medicine, Yonsei University College of Medicine

### 1. Overview

The Korean Society of Hypertension (KSH) celebrated its 30th anniversary in 2024,

reaffirming its leadership in hypertension research, education, and policy advocacy in Korea. KSH actively collaborates with both domestic and international organizations to enhance hypertension awareness, treatment, and control.

### 2. Key Academic Activities

KSH organizes two major scientific meetings annually. The KSH Scientific Meeting in May is a domestic event focused on national research and clinical advancements. The Hypertension Seoul conference in November is an international meeting, gathering experts from around the world for knowledge exchange and collaboration.



### 3. MMM BP Measurement Campaign

KSH continues its commitment to hypertension awareness and prevention through its participation in May Measurement Month (MMM) and World Hypertension Day.

### 4. Korea Hypertension Fact Sheet 2024



Since 2018, KSH has published an annual Hypertension Fact Sheet to monitor the burden of hypertension and assess management trends in Korea. The 2024 Korea Hypertension Fact Sheet, highlighting 13 million hypertensive patients in Korea, with an awareness rate of 77.2%, a treatment rate of 74.1%, and a control rate of 58.6%. These achievements place Korea among the global leaders in hypertension management. The Fact Sheet was featured in *Clinical Hypertension*, the official journal of KSH, and [can be accessed here](#).

### 5. Future Initiatives

KSH aims to expand digital health strategies, strengthen policy recommendations for hypertension prevention, and enhance collaborations with global hypertension societies to promote best practices in hypertension control.

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## WELCOME TO NEW WHL MEMBERS

### Georgian Society of Arterial Hypertension and Vascular Research

Submitted by Ann Rekhviashvili MD, PhD, FESC, EHS  
President of Georgian Society of Arterial Hypertension and Vascular Research



Dear WHL Members,  
We are happy and proud to be part of this valuable community. We have held many activities and some are listed below:

1. Polish-Georgian Joint Meeting on Hypertension Management, 2018
2. Thai - Georgian Joint Meeting on Hypertension, 2018
3. Meet the Experts – regular meetings with medical doctors involved in hypertension management from different regions and cities of Georgia
4. World Hypertension Day – actively involved from 2018 till now
5. May Measurement Month – actively involved from 2018 till now



#### Activities include:

- a) Blood pressure measurement in public places;
- b) Leaflet distributions regarding hypertension measurement, target organs of hypertension, hypertension – silent killer, risk factors for hypertension etc. to increase awareness of arterial hypertension.
- c) Organizing and participation of students' conferences regarding arterial hypertension.
- d) Participation in national broadcastings to address the population's attention to arterial hypertension, its complications and hypertension management characteristics in special populations.

e) Publications in popular journals to increase awareness on hypertension and improve its control on a national level.

f. Examination of populations living in regions with limited access to healthcare facilities (namely, villages of the mountain part of Adjara, Shatili-Khevsureti, etc.) to reveal new cases of hypertension, assess BP control and treatment status, to evaluate target organ damage and give proper prescriptions and recommendations.

g. Workshop in hypertension: Clinical case discussions and state of the art treatment recommendations according to current European hypertension guidelines, Batumi, 2025.

#### In May 2025 we conducted the following:

- met with hypertensive patients offline and online to answer all their questions regarding hypertension – from BP measurement errors and techniques to treatment and prevention;
- conducted master classes on blood pressure measurement via different BP manometers in hospital settings for nurses;
- broadcastings and social media to increase awareness on hypertension among people living in Georgia;
- From May 13-19 our Society with medical students, residents, and junior doctors organized activities during Salt Awareness Week, with messages sent to food companies, bread factories and restaurants to decrease salt amount in products.
- planted trees to save the world and increase awareness of hypertension.



## Rwanda College of Physicians

[www.rcp.rw](http://www.rcp.rw) | [physiciansrwanda@gmail.com](mailto:physiciansrwanda@gmail.com)



### Organizational Summary

Rwanda College of Physicians (RCP) is a professional organization committed to advancing medical care, education, and research in Rwanda.

Our mission is to contribute to upgrading medical care delivery, strengthening the capacity of health professionals through continuous education, and promoting research to support evidence-based medical practice and public health policy.

Our vision is to ensure equitable, accessible, and high-quality health care for all. RCP plays a key role in shaping health systems through professional development, scientific engagement, and regional collaboration. Recent initiatives include organizing national scientific symposiums, expanding specialist training programs, and partnering with stakeholders to address noncommunicable diseases, including hypertension.



World Hypertension Day national scientific symposium

- **Postgraduate Training Programs:** RCP continues to oversee and support residency training in various internal medicine subspecialties in partnership with the Ministry of Health and academic institutions.
- **Research and Policy Dialogues:** RCP regularly hosts scientific conferences and public lectures to promote evidence-based clinical and policy decision-making.



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## PRESIDENTIAL AWARD

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The RCP President gives a presentation on WHD.

### Recent Activities:

- **WHD 2025:** RCP organized a national scientific symposium under the global theme “Measure Your Blood Pressure Accurately, Control It, Live Longer!” The event brought together experts in cardiology, nephrology, internal medicine, and public health, and included community-based screening activities.



Dr. C. Venkata Ram is presented the WHL Presidential Award, in grateful recognition of his contributions to the World Hypertension Congress 2025 and his support of the World Hypertension League Mission, at the UT Southwestern College of Medicine.

**From l to r:** Professors Wanpen Vongpatanasin, Shawna Nesbitt, Daniel Lackland, Venkata Ram, James de Lemos and Amit Khara

<b>Calendar of Events</b>
<b>Coalition for Access to NCD Medicine</b> June 25-27, 2025 Kampala, Uganda
<b>4th World Congress on Clinical Lipidology</b> June 27-29, 2025 Vienna, Austria <a href="#">Click here for more information</a>
<b>European Society of Cardiology</b> August 29 – September 1, 2025 Madrid, Spain <a href="#">Click here for more information</a>
<b>AHA Hypertension Scientific Sessions</b> September 4-7, 2025 Baltimore, MD, USA <a href="#">Click here for more information</a>
<b>World Heart Day 2025</b> September 29, 2025 <a href="#">Click here for more information</a>
<b>World Health Summit</b> October 12- 14, 2025 Berlin, Germany & Digital <a href="#">Click here for more information</a>
<b>World Stroke Congress</b> October 22-25, 2025 Barcelona, Spain <a href="#">Click here for more information</a>
<b>World Diabetes Day</b> November 14, 2025 <a href="#">Click here for more information</a>
<b>Hypertension Seoul</b> November 7-8, 2025 Seoul, Korea <a href="#">Click here for more information</a>
<b>AHA Scientific Sessions</b> November 7-10, 2025 Baltimore, MD, USA <a href="#">Click here for more information</a>
<b>Inter-American Society of Hypertension Meeting</b> January 15-17, 2026 Guatemala City, Guatemala <a href="#">Click here for more information</a>
<b>International Society of Hypertension 2026</b> October 22-25, 2026 Dubai, UAE <a href="#">Click here for more information</a>

**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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 Prof. Gianfranco Parati  
 Internet: <http://www.whleague.org>

**Editorial Office:**  
 Editor-in-Chief: Dr. Daniel Lackland  
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