

# May Measurement Month - What's Next?

## WHAT IS MAY MEASUREMENT MONTH?

A huge global public screening campaign led by the **International Society of Hypertension (ISH)** to highlight the importance of measuring blood pressure.

Launched in May 2017, the goal was to screen as many people as possible aged over 18 years who ideally had not had their BPs measured for at least 12 months prior. Neil Poulter, ISH President, said "Raised blood pressure is the biggest single contributing risk factor for global death and the worldwide burden of disease, and May Measurement Month has already begun to lay strong foundations for significantly increasing public understanding"



## REDUCING THE GLOBAL BURDEN OF DISEASE

Following the screening, objectives of the programme were to a) provide participants diet and lifestyle treatment advice to participants with blood pressure in the hypertensive range (>140mmHg systolic and/or >90mmHg diastolic), and b) to use the data on untreated hypertension to motivate governments to improve local screening facilities and policies - thereby reducing the global burden of disease associated with hypertension.

## THE LARGEST PUBLIC SCREENING OF ITS KIND

Overall implementation and management of the 2017 campaign was conducted by an ISH Project Team based at the Conference Collective in London, UK, with local screening activities in each country coordinated by at least one dedicated volunteer Country Leader, who in turn managed regional and site level volunteer efforts. Thanks to these incredible volunteers, over 100 countries took part in the campaign and we are on track to achieve blood pressure measurements from over 1 million participants - making this one of the biggest public screening exercises the world has ever seen.

We expect to receive all data by the beginning of December which will allow the analysis to be completed by the end of 2017. We hope the analysis will include (but not be limited to):

- The prevalence of previously undiagnosed hypertension at a national, regional, global and ethnic level among volunteers.
- Age and sex stratified levels of systolic (S) BP and diastolic (D) BP generated at a national, regional, ethnic and global level.
- The association between the same BP parameters, time of day and day of week, and where available, room temperature and altitude.
- The association between the same BP parameters and previous CV disease, diabetes, smoking and alcohol intake and, where available, anthropometric variables.

## WHAT NEXT? BE PART OF MMM 18:

Now we're looking ahead to May 2018 and to reaching even more countries and more people around the world and to improving the quality of data for our scientific analysis. If we are to achieve this, then once again, we need the generous help of volunteers from all over the world to make this happen. So if you'd like to help us create history and improve world health, please get in touch.



- MMM Project Team



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A Simple Measure to save Life - be part of it

#checkyourpressureMAY MEASUREMENT MONTH