

# WORLD HYPERTENSION DAY

World Hypertension Day, May Measurement Month and Salt Awareness Week all happened in May. Here we report on some of the activities which took place around the world, shared with us by our members and partners.

## Malaysia

A community event organised by a clinic in Cheras, Kuala Lumpur in Malaysia, linked to World Hypertension Day and Salt Awareness Week, aimed to:

- raise awareness about hypertension
- educate the public on the harmful effects of excessive salt intake
- and promote health interventions for disease prevention and management.

The event, organised by Klinik Kesihatan Cheras Baru, in collaboration with the Cheras District Health Office, featured interactive talks and educational booths offering hands-on learning experiences.

ISH member Siti Zulaikha Shazali, Family physician in Malaysia, was part of activities.



Over 60 participants from the local community were enthusiastic in their participation.



In conjunction with May Measurement Month 2025, the Malaysian Society of Hypertension and the Malaysian Society for World Action on Salt, Sugar and Health (My-WASSH) organized multiple awareness initiatives across Malaysia. Key activities included free public blood pressure screenings at shopping malls, the annual MSH Hypertension Conference, and participation in a diabetes awareness run. Additionally, as educational webinar emphasised the health benefits of reducing dietary salt intake. Yook Chin Chia, member of the ISH Asia Pacific Regional Advisory Group, was part of these activities.







## Pakistan

Pakistan Hypertension League, in collaboration with the Pakistan Cardiac Society, the Pakistan Society of Internal Medicine, and Go Red for Women Pakistan, arranged a symposium at Nishtar Medical University, Multan, Pakistan, on World Hypertension Day.

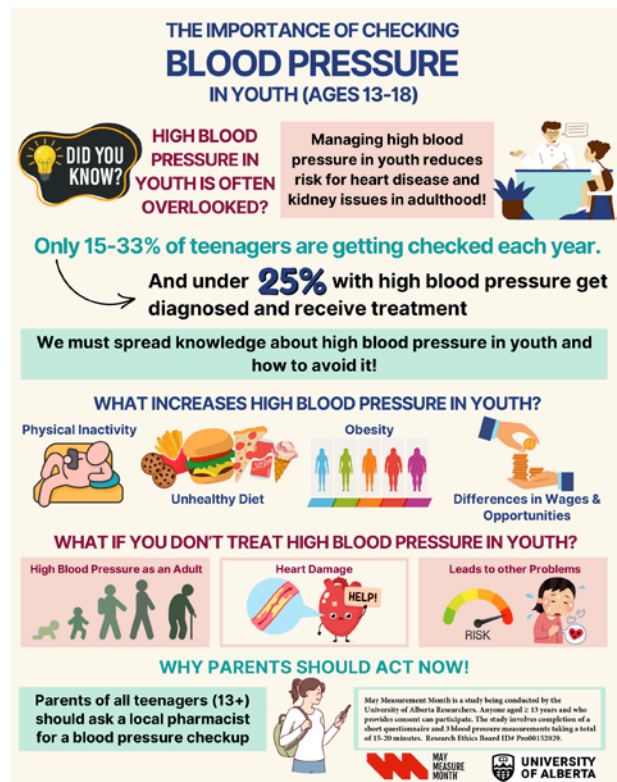
Session topics included the prevalence of hypertension and cardiovascular risk factors.

Pakistan Hypertension League, together with Pakistan Cardiac Society, held a health awareness walk and a yoga session to spread the message of a healthy lifestyle.



## Canada

Hypertension Canada and a research team at McMaster University in Canada launched blood pressure screening for teenagers (13-18 years old) during May Measurement Month at local pharmacies. The team created a video and infographic.





## China

The Chinese Hypertension League (CHL) launched a nationwide campaign for World Hypertension Day 2025, promoting early detection and effective management of hypertension.

The campaign activities included:

- Free health screenings and public education, with hospitals and community centres across China offering free blood pressure checks and interactive sessions to empower citizens with actionable health knowledge
- A global webinar with speakers including World Hypertension League President Gianfranco Parati and CHL President Jiguang Wang
- Digital outreach, including short videos, infographics and live Q&A sessions which reached millions online
- The promotion of Stride BP online training, designed to standardise blood pressure measurement techniques worldwide.

Activities by the CHL this year attracted over tens of thousands of people, including both elderly hypertensive patients and health-conscious younger individuals, demonstrating broad population coverage.

Medical professionals delivered in-depth knowledge on hypertension prevention, treatment, and daily management.



Additionally, more than thousands of copies of educational materials were distributed, significantly enhancing public awareness and understanding of hypertension.





## Japan

An event made possible through the support of the Japanese Society of Hypertension and the Japanese Association of Hypertension was held in Hiroshima City on 16 May.

The event featured community blood pressure screening and a series of lectures on public health, offering a chance for citizens to better understand the importance of blood pressure control and take steps towards healthier lifestyles.

A total of 218 citizens participated in the blood pressure screening. Many took the opportunity to ask attending physicians detailed questions about their blood pressure readings. All participants received a record of their blood pressure values along with a handout entitled, '10 Tips for Managing Your Blood Pressure,' which offered practical lifestyle guidance. Some participants with



elevated readings expressed their intention to visit a nearby clinic, signalling a positive step toward follow-up care.

The public lectures drew a crowd of 154 people, far exceeding the initial capacity. The talks proved popular with attendees.

Local businesses and medical institutions were part of the event, which organisers believe made a significant contribution to raising awareness about hypertension and promoting preventive healthy behaviours.

