

WORLD HYPERTENSION DAY 2026

Celebrate World Hypertension Day this May

JOIN US IN MARKING WORLD HYPERTENSION DAY (WHD) THIS YEAR, ON SUNDAY 17 MAY 2026.

The theme of this year's WHD, initiated by the World Hypertension League, is 'controlling hypertension together'.

May Measurement Month (MMM), established in 2017 by the ISH, will also run from 1 May to 31 July 2026. In addition, World Salt Awareness Week 2026 will run from 12 to 18 May 2026.

All three initiatives highlight the importance of better prevention, detection and treatment of high blood pressure.

In line with these campaigns, the ISH will once again be encouraging all healthcare professionals to do all they can to support reductions in the burden of



2026 WORLD HYPERTENSION DAY MAY 17

Controlling Hypertension Together

Initiated by the World Hypertension League WHLeague.org

hypertension – including through accurate blood pressure measurement and proper management of hypertension.

We will also be providing information and resources for patients and the public. We will encourage everyone – no matter who they are – to get their blood pressure checked, and if they do have high blood pressure, to follow what their healthcare professional advises.

STRIDE BP
www.stridebp.org

JOINT INITIATIVE WITH
ESH European Society of Hypertension
ISH International Society of Hypertension

Office Blood Pressure Measurement

- NO SMOKING, CAFFEINE, FOOD, EXERCISE 30MIN BEFORE
- QUIET ROOM
- COMFORTABLE TEMPERATURE
- 3-5 MIN REST
- NO TALKING DURING OR BETWEEN MEASUREMENTS

Back supported

Cuff to fit arm size (small, usual, large)

Arm bare and resting. Mid-arm at heart level

Validated electronic upper-arm cuff device (www.stridebp.org)

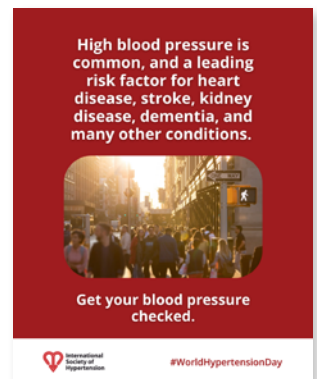
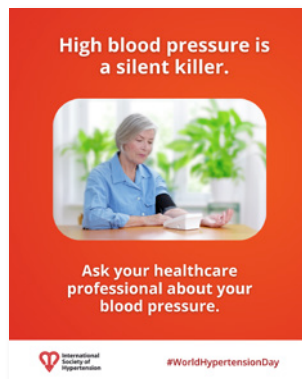
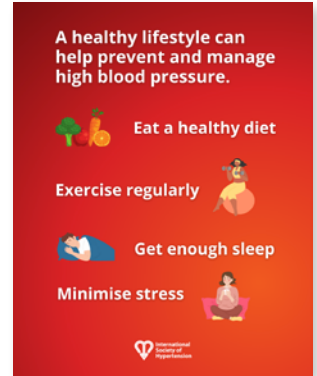
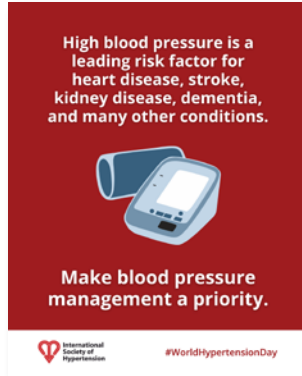
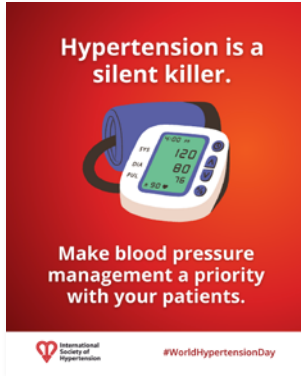
Take 3 measurements at 1 min intervals and use the average of the last two

Feet flat on floor

ISH posters and graphics

In advance of WHD and MMM, access the [resources area](#) of the ISH website for downloadable posters and graphics aimed at healthcare professionals

and the public. We encourage you to share these graphics on WHD and during MMM.



Let us know your plans

We want to know what you are planning for World Hypertension Day, May Measurement Month and Salt Awareness Week.



Share your campaign plans, and photos of your activities, with comms@ish-world.com, and we will promote your activities wherever we can.