



*Dedicated to the Prevention and Control of Hypertension Globally*

# World Hypertension League

In official relations with the *International Society of Hypertension* and the  
*World Health Organization*

For immediate release

## **Accuracy in BP Measurement and Effective Hypertension Control Promoted on World Hypertension Day, May 17<sup>th</sup>**

**Raised blood pressure is the biggest single contributing risk factor to global health.**

**World Hypertension Day** is aimed at raising attention on the importance of a better hypertension control. This important worldwide activity, started by the World Hypertension League (WHL), was first held on May 14, 2005, and since then World Hypertension Day has been an ever-expanding yearly event.

Its purpose is to communicate to the public the importance of hypertension and its serious medical complications, and to provide information on its prevention, detection, and management.

To do this requires cooperation of health care professionals, media, volunteer organizations and government in each country.

**Measure Your Blood Pressure Accurately, Control It, Live Longer** is this year's theme to increase high blood pressure (BP) awareness and accuracy in BP Measurement, toward effective treatment of hypertension for a healthy, longer life.

We wish to highlight **the contributions of the Children's Art Program** on World Hypertension Day. Thank you to all the children and their sponsors from around the world for their artwork highlighting hypertension awareness in youth. We are also happy to announce our **WHL 2023 Excellence Award Winners**, for their stellar contributions to global hypertension prevention and control.

**We would like to highlight several hypertension educational resources, below:**

### **Certification Courses:**

- [Free blood pressure measurement training and certification course](#) for health care providers sponsored by WHO/PAHO/WHL. A new course on Home Blood Pressure Monitoring will be released by the end of May, via the link above.

### **Calls to Action:**

- [WHL Hypertension Call to Action in Africa \(\*Hypertension\*\)](#)
- [African Call to Action implementation manuscript \(\*Journal of Human Hypertension\*\)](#)
- [WHL/RTSL/ISH Global Call to Action on Dietary Sodium \(\*Journal of Human Hypertension\*\)](#)
- [Sao Paulo Call to Action for the Prevention and Control of High Blood Pressure](#)

### **Accuracy in Blood Pressure Management:**

- Guidance on accurate blood pressure evaluation via the [STRIDE BP program](#)
- The Accuracy in Measurement of Blood Pressure collaborative ([AIM-BP](#))
- [Online tool](#) for checking the validation status of blood pressure monitors in multi-languages



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## **Guidelines and Strategies:**

- [WHO Guidelines for the Pharmacological Treatment of Hypertension in Adults](#)
- [Resolve to Save Lives Salt Reduction Framework](#) and [Under Pressure – Strategies to improve access to medicines to treat high blood pressure in low- and middle-income countries](#)
- ESH Blood Pressure Monitoring Practice Guidelines [paper](#) and [posters](#)
- [Cardiometabolic Risk Management in Primary Care](#)

**WHL Newsletter:** to subscribe to our free quarterly newsletter [click here](#)

## **Studies:**

- Studies by investigators from low- and middle-income countries - "[Global Cardiovascular Disease Prevention and Management](#)"

**Thank you to our partners for the many joint statements of support issued on WHD 2023  
and for the numerous outreach events!**