

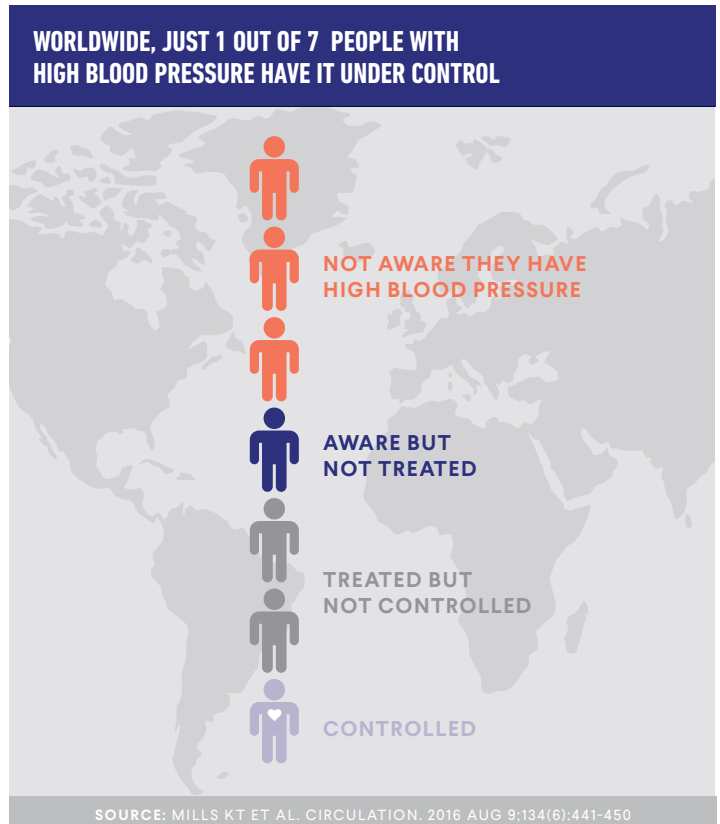
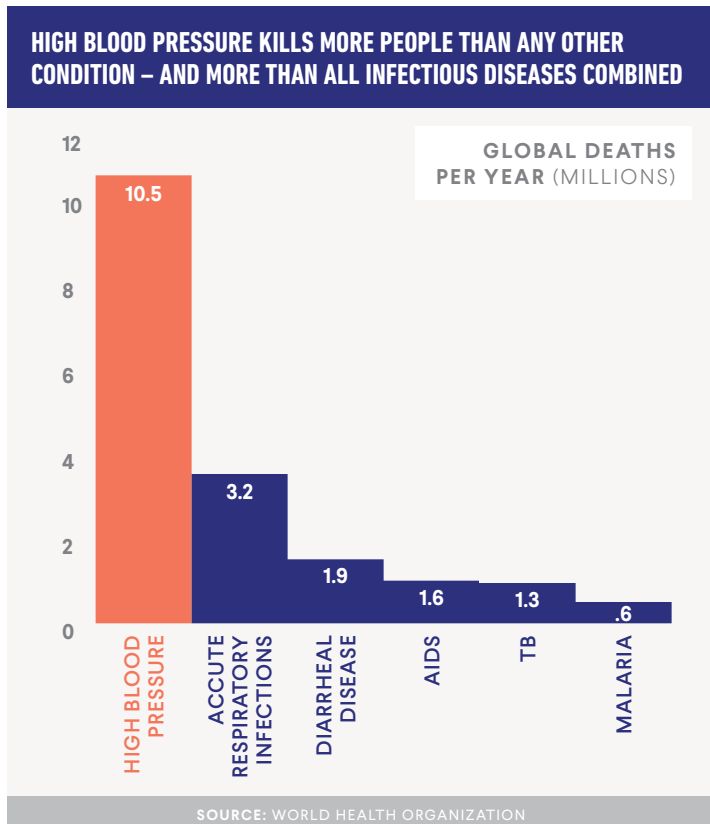
High blood pressure kills more people than any other condition globally

More than 10 million people each year die from hypertension which is more than all infectious diseases combined. In addition to being the world's leading cause of death, high blood pressure results in disabling strokes, heart attacks, kidney failure, and other complications. The economic costs of hypertension are also high: nearly US\$400 billion in 2016.

It is possible to reduce the risk of high blood pressure through improved nutrition and physical activity, but even with progress in these areas, more than a billion people will need medical treatment for hypertension. Medications to treat high blood pressure are safe, effective, and inexpensive, but control rates of blood pressure remain low. An estimated 1.4 billion people worldwide have high blood pressure, but fewer than 14% have it under control.

The Sustainable Development Goals, adopted by the UN General Assembly in 2015, includes a target of reducing premature death from noncommunicable diseases by one third and recognizes high blood pressure as the leading risk factor for cardiovascular disease. Additionally, the WHO Global Action Plan for the Prevention and Control of NCDs 2013–2020 and WHO's 13th General Programme of Work target reduction of blood pressure to improve health and prevent disease.

Communities that take a systematic approach to managing hypertension can greatly increase control of high blood pressure and prevent heart attacks, strokes, kidney failure, and other complications.





There are five steps needed to effectively control blood pressure



1 Implement practical treatment protocols

which are drug- and dose-specific and which establish steps to take if blood pressure is not controlled. Use of standardized, evidence-based protocols reduces clinical variability, and results in more efficient and cost-effective selection of medications and treatment approaches.



2 Regular and uninterrupted supply of medications and equipment

to ensure that the right medications and equipment get to the right place at the right time, and reach the patients who need them.



3 Community-based care and task sharing

so health workers who are accessible to patients in their communities can provide, adjust, and intensify medication regimens according to physician orders and protocols.



4 Patient-centered services

reduce barriers to care by lowering medical costs, increasing the convenience of medical visits and refills, providing once-daily regimens with the minimum number of pills possible, and improving access to blood pressure monitoring, including in homes, pharmacies, and other public places.



5 Information systems that allow continuous, real-time monitoring

to improve follow-up of patients whose blood pressure is not under control, measure program quality and coverage, and allow analysis of program data to improve patient care and system performance.

FOR ADDITIONAL
INFORMATION,
PLEASE REFER TO:

RESOLVE TO SAVE LIVES RESOURCES

www.resolve Tosavelives.org/resources/

THE WORLD HEALTH ORGANIZATION'S HEARTS TECHNICAL PACKAGE

www.who.int/cardiovascular_diseases/hearts/en/

AN ANNOTATED BIBLIOGRAPHY ON HYPERTENSION CONTROL

www.cdc.gov/globalhealth/healthprotection/ncd/pdf/HTN-Bibliography_Final_2018.pdf

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