

# HYPERTENSION: A NEGLECTED GLOBAL HEALTH CRISIS

## The race against a silent killer

Though it rarely causes symptoms, hypertension can lead to stroke, heart attack, heart failure, kidney damage and early death.

A **new report** from the World Health Organization shows that:

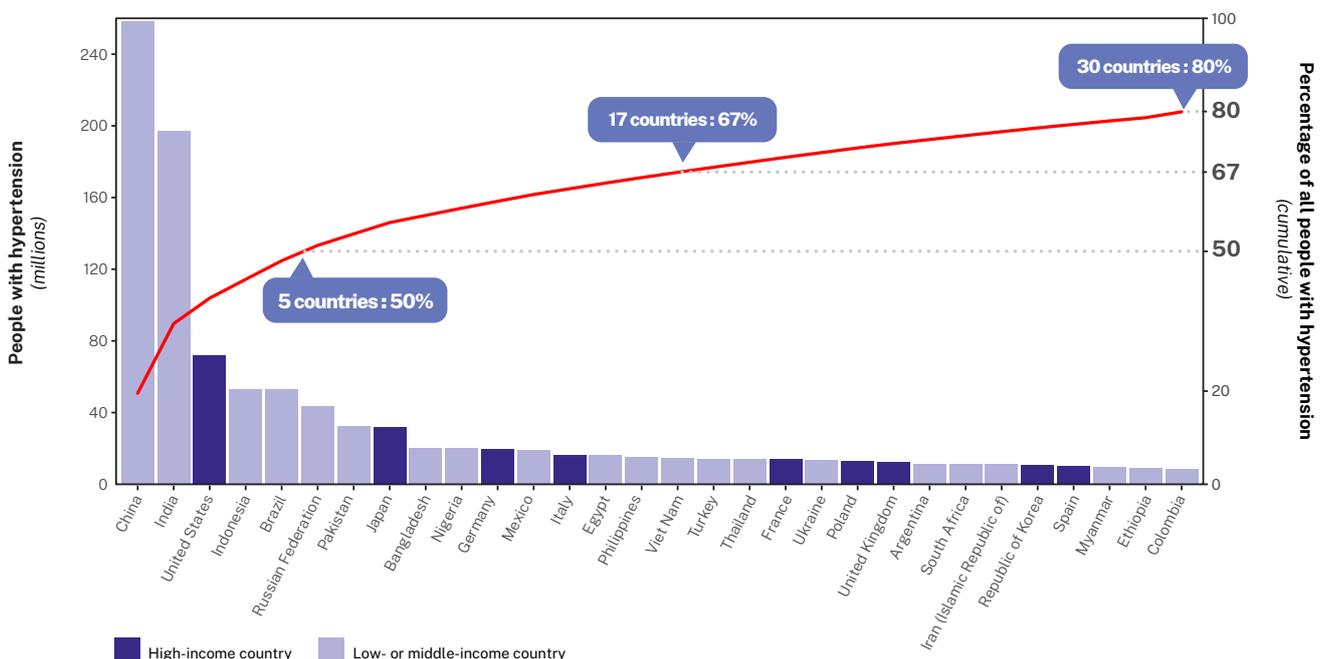


- High blood pressure leads to more than **10 million deaths** every year — that’s one person dying every 3 seconds.
- The **number of people with hypertension<sup>1</sup> has doubled** since 1990, from 650 million to 1.3 billion.
- Each year, **more than 2 million deaths** caused by high blood pressure **can be linked to eating too much salt**.
- The economic benefits of hypertension treatment **outweigh costs by 18 to one**.

### Who has hypertension?

- 1 in 3 in three adults worldwide has high blood pressure.
- Nearly half of all people with hypertension are undiagnosed.
- 80% of people with hypertension do not have it under control.
- Hypertension can strike in the prime of life. More than one third of deaths attributed to high blood pressure occur in adults under the age of 70.

### Just five countries account for half of all people living with hypertension in the world.





## Hypertension can be stopped.

Controlling hypertension with daily medication can prevent heart attacks, strokes and early death.

- The [WHO HEARTS](#) technical package provides practical, cost-effective strategies for effective hypertension care at the primary care level.
- Worldwide, more than 17 million patients are enrolled in HEARTS programs — receiving care in some 35,000 facilities in more than 33 countries.
- In India, Bangladesh, Sri Lanka and Ethiopia, the rate of treated and controlled blood pressure improved from 18% at program outset to 46% in the first five years of implementing WHO HEARTS.

Improving hypertension treatment and reducing salt consumption worldwide could prevent **76 million deaths, 20 million strokes, 79 million heart attacks, and 17 million cases of heart failure by 2050.**

## Better hypertension management will save millions of lives.

Five proven strategies to effective hypertension care:



**Simple, proven treatment protocols:** standardized, evidence-based, drug- and dose-specific treatment protocols for the treatment of hypertension



**Access to quality, affordable medications:** uninterrupted supply of quality-assured drugs and of externally validated, automated digital blood pressure monitors



**Team-based case and task-sharing:** nurses, pharmacists, outreach workers, and others collaborating with clinicians to support patient care



**Patient-centered care:** reducing barriers to care through improved patient education, and treatment at convenient times and locations close to the patient's home or place of work



**Information systems:** establishing accurate and practical information systems that support frontline health care workers and enable longitudinal tracking of WHO-recommended data indicators for hypertension care

For more information on effective hypertension care, visit <https://resolvetosavelives.org/cardiovascular-health/hypertension/>.