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 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.

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

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.

For more information on effective hypertension care, visit [https://resolutetosavelives.org/cardiovascular-health/hypertension/](https://resolutetosavelives.org/cardiovascular-health/hypertension/).