

STANDARDIZED HYPERTENSION MANAGEMENT: Reducing Cardiovascular Disease

BY THE NUMBERS

> 1 billion

Over 1 billion people worldwide have hypertension or high blood pressure

> 47%

Over 47% of the people who have high blood pressure are not aware of their condition

1 in 7

Only 1 in 7 persons with hypertension have it under control

The Issue

Hypertension or high blood pressure is also called the “silent killer” because it has no warning signs. It accounts for 10.4 million preventable deaths worldwide each year.

In many developing countries, people are not aware that they have high blood pressure because blood pressure is not routinely measured. Those who are diagnosed, often do not have access to healthcare services and or treatments that could control their blood pressure and reduce their risk of death and disability from heart disease and stroke. If current trends continue, related costs over the next decade could be as high as \$3.6 trillion annually. Detection, treatment and control of hypertension is a major public health issue worldwide that cannot be ignored.

CDC's Response

Based on lessons learned from successful global tuberculosis and HIV management programs as well as successful hypertension programs in the US we know that controlling hypertension worldwide is difficult but can be achieved.

“Many developing countries are seeing growing numbers of people who suffer from heart attacks and strokes due to undiagnosed and uncontrolled risk factors such as hypertension.”

Margaret Chan, WHO Director-General

A patient gets his blood pressure measured as part of a new hypertension screening and treatment program at the Lighthouse Clinic in Lilongwe, Malawi. Photo by: Linda Kupfer



CDC's Response (continued)

The Standardized Hypertension Treatment and Prevention (SHTP) project promotes the use of evidence-based tools and practices to improve blood pressure control:

- Standardized treatment protocols
- Team-based care and or task-shifting
- Procurement and access to a core set of medications
- Registries for patient monitoring and evaluation
- Patient empowerment

- Community engagement
- Policy interventions
- Sodium reduction counseling

This project is being piloted in two countries. In Barbados, the focus is to improve patient care in two publically-funded clinics and in Malawi to enhance two HIV care focused clinics funded by the U.S. President's Emergency Plan for AIDS Relief. Educational materials and toolkits are available as a resource.

Our Partners

- Baobab Health Trust
- Barbados Ministry of Health
- Healthy Caribbean Coalition
- Lighthouse Trust
- Malawi Ministry of Health
- Pan-American Health Organization
- University of West Indies
- World Health Organization

HYPERTENSION WORLDWIDE

Worldwide, 1 in 3 adults has high blood pressure—a condition that leads to heart attack and stroke.

Everyone can take **five concrete steps** to help prevent high blood pressure:

- Healthy diet
- Physical activity
- Avoiding tobacco
- Avoiding harmful use of alcohol
- Managing stress in healthy ways

CDC
CENTERS FOR DISEASE CONTROL AND PREVENTION
DEPARTMENT OF HEALTH AND HUMAN SERVICES

For further information, please visit:
<http://www.cdc.gov/globalhealth/healthprotection/ncd/hypertension-treatment.html>

Hypertension toolkit:
<http://www.cdc.gov/globalhealth/healthprotection/ncd/hypertension-toolkit.html>

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