



# WHL · NEWSLETTER

News from the World Hypertension League (WHL).  
A division of the International Society of Hypertension, and in official relations with the  
World Health Organization.

No. 144, June 2014

## Note from the Editor

This year has begun as a pinnacle time for hypertension risk and global blood pressure initiatives.

In this issue of the *Newsletter*, President Campbell describes many of the critical and exciting activities involving WHL. At the June Hypertension Conference in Athens, Greece, the International Society of Hypertension (ISH) and WHL leadership met and discussed joint efforts for the future with a major focus on salt intake and cardiovascular risks. The *Journal of Clinical Hypertension* is now the official journal of WHL and Editor-In-Chief has provided a description of this exciting and valuable resource. The WHL has been fortunate with outstanding leadership and Professor Detlev Ganten describes an opportunity for WHL and the World Health Summit. Also Professor Peter Sleight presented in Athens and continues his support of the WHL and mission. It is always a pleasure to report the works of member societies and the World Hypertension Day activities and Pakistan is showcased in this issue.

Again we thank each society for their dedication and commitment to the global hypertension prevention and control efforts, and look forward to presenting your successes in the *Newsletter*.

Dr. Daniel T. Lackland  
Editor, WHL Newsletter



ISH-WHL leadership meeting in Athens: First row (from left to right): Rhian Touyz, Mark Niebylski, Norman Campbell. Second row: Stephen Harrap, Ernesto Schiffrin, Daniel Lackland, J. Scannell, Helen Horsfield



Peter Sleight (President WHL 1995-2000) and Daniel Lackland (President Elect WHL & Editor, WHL Newsletter)

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## WHL News

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### ***The Journal of Clinical Hypertension* is the Official Journal of the World Hypertension League**

Even though *The Journal of Clinical Hypertension* (*JCH*) is based in the United States it has always enjoyed a broad international exposure. It is read in almost every part of the World, and we continue to be delighted that investigators and authors from so many countries submit their new research and commentaries to the Journal.

So it is particularly appropriate that *JCH* has become the official journal of the World Hypertension League. Many issues relevant to the WHL have regularly been addressed in our Journal, including innovative methods for hypertension screening, dietary health policies, and strategies for improving access to care in communities with limited resources.

Our relationship with WHL will strengthen this commitment. Indeed, official statements by WHL on these and similar subjects have appeared, or will soon appear, in the Journal. As well, we will soon publish the WHL's authoritative Hypertension Fact Sheet.

Recently, the Journal and the WHL started planning regular contributions to Medscape, the Web site widely used by physicians around the World to access new developments in medicine. As this program develops we will be sure to keep our readers and the members of WHL informed about the news items, interviews, and other content we will be posting on Medscape.

In January of this year *JCH* published the *Clinical Practice Guidelines for the Management of Hypertension in the Community*. This major work was a joint commitment of the American Society of Hypertension and the International Society of Hypertension, two organizations with which WHL has strong connections. And in keeping with WHL's mission, these guidelines are being translated into several languages and will be formatted to serve as a curriculum for teaching the practice of hypertension that is relevant to all clinical settings, regardless of local resource levels.

The Journal has been growing rapidly. Downloads of our articles have reached exceptional

numbers across all countries of the World. I strongly urge all those who are connected to WHL to regard *JCH* as *your* Journal. Access it frequently and download all articles of interest (this service is free!) and – most important – please submit your articles to us. As a major journal, we observe rigorous adherence to the peer review process, but continue to value submissions on all aspects of clinical hypertension.

One last thing: To keep abreast of what has been published in the Journal and to enable downloading, please sign up to receive e-mails of table of contents alerts from *JCH*. You can easily do this by visiting our Web site (see below), creating a free Wiley Online Library account, and following the prompts after selecting *Get New Content Alerts*.

My personal regards to you all.

Michael A. Weber, MD

Editor-in-Chief, *JCH*

*JCH* Web site:

[http://onlinelibrary.wiley.com/journal/10.1111/\(ISSN\)1751-7176](http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)1751-7176)

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### **Report from CEO**

Greetings colleagues & partners!

Despite having just assumed duties as the World Hypertension League's first Chief Executive Officer in January 2014, I am already impressed by the energies, resources, and opportunities that lie in our path. You are the backbone of World Hypertension Day and truly believe that you are the foundation for successes in 2014 and into the future. It is my duty, responsibility, and esteemed honor to assist your efforts and endeavors.

How we can enhance hypertension prevention and control can be a challenge at times especially in the face of limited resources and the uncertainty over best approaches. Yet, there are several ways in which member organizations can help all of us begin to address this.

*continued on page 6*

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## President's Column

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Dr. Norm Campbell

The World Hypertension League (WHL) is continuing to expand to address the critical need to enhance hypertension prevention and control efforts globally. More details on our recent efforts can be found on the WHL 2014 semi-annual report that is posted on the WHL website:

[http://www.whleague.org/images/2014\\_WHL\\_semi\\_annual\\_report\\_July\\_19\\_2014.pdf](http://www.whleague.org/images/2014_WHL_semi_annual_report_July_19_2014.pdf).

**Governance and Administration:** Following Executive and Board approval, the WHL council approved revised by-laws for the WHL in June 2014 which may be viewed at: [http://www.whleague.org/images/Approved\\_WHL\\_Constitution\\_and\\_By\\_Laws\\_Amended\\_June\\_2014.pdf](http://www.whleague.org/images/Approved_WHL_Constitution_and_By_Laws_Amended_June_2014.pdf).

The highlights include an amendment to ensure any future changes to by-laws requires the council's approval in addition to the WHL board approval, the addition of a new Treasurer position, the addition of a Chief Executive Officer (CEO) position, clarification that the WHL is currently an independent entity that is moving WHL offices to the United States. The WHL is in official working relations with the International Society of Hypertension (ISH) and the World Health Organization (WHO) and has plans to strengthen and enhance both of these collaborations. The Executive is working to draft travel, conflict of interest and other governance documents that will be posted on the WHL website. Kimbree Redburn has joined the administration of the WHL assisting our CEO Mark Niebylski. Kimbree has a M.A. in International Economics and Development (WHL Population Health and Economics Specialist [kimbree.redburn@gmail.com](mailto:kimbree.redburn@gmail.com)).

**New WHL board members:** The WHL welcomes Peter Nilsson (Sweden) as Treasurer and new board members Daniel Lemongoun (Cameroon), Krasimira Hristova (Bulgaria), and Marcelo Orias (Argentina). Rhian Touyz is joining Ernesto Schiffrin as the ISH Board representatives. The WHL leadership can be viewed at:

<http://www.whleague.org/index.php/features/module-positions>

**The new WHL website** (<http://www.whleague.org>): The website was launched in June 2014. Please review the website and provide us feedback on how it can be improved to best suit your needs. We would like the website to ultimately provide up to date resources and information to aid prevention and control of hypertension as well as to inform viewers about the WHL. Those experienced and interested in assisting with or contributing to or posting on the website can contact the WHL.

**WHL council member needs assessment:** A needs assessment was conducted and will be published in the Journal of Clinical Hypertension (JCH) soon. The results are helping guide the WHL in moving forward, however, the survey was limited by a lack of response from several regions and in particular from low income countries. A separate survey of African hypertension organizations is now being conducted in association with the Pan African Hypertension Society.

**World Hypertension Day:** Please celebrate World Hypertension Day with the WHL May 17<sup>th</sup>, 2015. The theme 'Know Your Blood Pressure' will be retained at least until 2018 to emphasize the need for all adults to have their blood pressure (BP) measured. Screening is a critical first step in identifying people who are at risk from hypertension and may benefit from drug therapy. In 2014, over 300,000 people had BP screened related to World Hypertension Day with a summary report available at:

<http://www.whleague.org/index.php/j-stuff/world-hypertension-day-report-draft>.

For 2015, the aim is to have one million people screened. We welcome everyone to join the effort!

**Screening for hypertension:** New standardized WHL resources are now on the WHL website to aid community based BP screening programs to develop. New supporting resources are being developed including a power point slide set and video instructions.

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*President's columns continued*

The resources are being pilot tested 2014-15 with plans to revise based on field experience. Please do send suggestions for improvement and revision on this resource:

<http://www.whleague.org/index.php/j-stuff/blood-pressure-assessment-train-the-trainer>

**Standardized analysis of BP surveys:** A WHL expert committee has developed recommendations on how BP surveys should best be analyzed which also will be published in JCH soon. On top of this, WHL seeks to develop a group of experts in BP surveys to aid those in low resource settings. Those experienced and interested in assisting can contact the WHL.

**WHL Awards:** The WHL seeks to recognize those individuals and organizations contributing to efforts for prevention and control of hypertension and reduction in dietary salt. Those recognized in 2014 are listed on the WHL website

<http://www.whleague.org/index.php/news-awards-recognition/excellence-awardees>

but, in particular, I would like to recognize Professors Graham Macgregor, Derek Menton and Kikuo Arakawa as the inaugural recipients of the excellence awards. It is expected that the terms of reference for recognition will change but I strongly encourage people to nominate deserving individuals and organizations by February 15, 2015. Only complete nominations and no self-nominations will be considered.

**Preventing hypertension and reducing dietary salt:** The WHL with the support of many international health and scientific organizations issued a call for developing minimum standards for research on dietary salt:

(<http://onlinelibrary.wiley.com/doi/10.1111/jch.12364/abstract>).

Based on recent controversial studies that have used a single spot urine sample (first or second morning void) to assess usual dietary sodium intake, setting these standards is urgent and critical to help avoid research that is likely produce unreliable results and subsequent controversy. The WHL will initiate the

process to develop minimum research standards in 2014-15. A WHL expert group has also developed recommendations for standardizing nomenclature on dietary sodium with publication expected soon in JCH. We encourage all members to access JCH and contribute findings when appropriate.

**Recruiting new members and reconnecting with old WHL members.** The WHL is making concerted efforts to reconnect with new and previous member organizations. Please see if your organization is listed on the WHL website and if the information is current. If not, send us your up to date information. All WHL members should expect to receive an individualized mailing in the coming weeks. To better address regional needs, the WHL is also pleased to announce the Chinese regional office of the World Hypertension League. Other regional offices are being considered.

**Improving World Hypertension League:** Recognizing the burgeoning challenge in preventing and controlling hypertension, the Executive of the WHL welcomes suggestions on how it can be improved.

**Contact the World Hypertension League:**

[kimbree.redburn@gmail.com](mailto:kimbree.redburn@gmail.com);  
[admin@whleague.org](mailto:admin@whleague.org)



Norm Campbell  
President, WHL



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## World Hypertension Day 2014

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### Activity Report from Pakistan Hypertension League - Hyderabad Chapter

World Hypertension Day, annually celebrated on May 17<sup>th</sup>, provides an opportunity to emphasize on improvement, prevention and control of hypertension.

Increased blood pressure (BP) is the leading risk for death and disability globally. One of the major barriers to effective control of hypertension is simply that people are not

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*Activity Report from Pakistan continued*

aware their BP is high. Yet simple affordable step to incorporate routine BP assessment into community programs and workplaces as well as all health care settings could play a major role.

Professor Feroz Memon, Vice President, Pakistan Hypertension League (PHL), and coordinator, Hyderabad Chapter, organized a **Blood Pressure Awareness Program** on 17<sup>th</sup> May 2014, at Isra University Hospital, Department of Cardiology, Isra University, Hyderabad, in collaboration with PHL.

Two distinct points were selected for camping. People were openly invited for BP measurements during three hours of camping, between 9:00am to 12:00am.



Blood pressure measurements for 'Know Your Numbers' awareness.

Two teams of doctors, supervised by Dr. Owais Shams and Dr. Nadeem Memon (hospital side) and by Dr. Zain Islam Arain and Dr. Muhammad Sumair Khan (academic area), provided awareness and measured BP along with Body Mass Index (BMI) of around 455 individuals. Those who were found to have high blood pressure readings were referred to cardiologist for further management. The overall program was closely supervised by Dr. Nandlal Rathi and Dr. Mohammad Zaman Baloch in a very effective manner.

The event was honored by Profs. Asadullah Kazi, Chancellor of Isra University, and Ghulamqadir Kazi, Chairman of Isra Islamic Foundation and Vice Chancellor of Isra Uni-

versity, and Dr. Abdul Ghani Kazi, Pro Vice Chancellor of Isra University.

This free of cost camping program helped people to "know their blood pressure" and we are going to assure this work will contribute a lot and beneficial results can be as certain, as the data collected from here will also be included in the World Hypertension Pool and then policies can be made to decrease the overall burden of this highly prevalent disease.



High blood pressure information distributed at World Health Day in Pakistan.



Discussions on high blood pressure education during World Health Day in Pakistan.

Professor Feroz Memon  
Coordinator PHL Hyderabad Chapter  
& Vice President  
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## WHL Announcement

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### Invitation to the “World Health Summit” October 19-22, 2014, Berlin, Germany

Today’s scientific progress is immense: never before have we known so much about diseases and treatments, yet health worldwide has not improved accordingly. We have to take more responsibility. Hypertension is an example: it is easy to diagnose, treatment is effective and prevention is possible in many cases. Still, millions suffer from its untreated consequences like stroke and cardiovascular disease. Successful programs for detecting and fighting hypertension have been organized thanks to the programs of members of the World Hypertension League and thanks to the dedicated work of many international experts. To reach their full potential, these developments need to be implemented on a society-level and across borders. Hypertension can actually serve as a model for the successful fight against the non-communicable diseases which are the new threats of societies around the world.

We need a forum where representatives from academia, the private sector, civil society, and politics meet and benefit from their experience – across borders and across sectors – to achieve similar success with challenges like the devastating effects of climate change on health or the problems which ageing societies impose on healthcare systems. Only with more collaboration of international experts from all health-related fields can we address these challenges.

Since its inception in 2009, the World Health Summit (WHS) provides the ideal framework for joint action to set the agenda for better health worldwide. Topics of the 2014 program include:

- Climate Change and Health
- Universal Health Coverage
- Physical Activity for Health & Healthy Ageing
- Translational Medicine
- Medical Education

To accomplish this mission, we need the valuable support and experience from experts like you. Hypertension experts have much to

offer to other groups joining the battle for a healthier world.

All of you are cordially invited to contribute and share your expertise at the World Health Summit 2014, October 19 – 22, held in the Ministry of Foreign Affairs in Berlin. Further information and registration are available online: <http://www.worldhealthsummit.org/>.



Detlev Ganten  
Founding President, World Health Summit  
President 1990-1995, World Hypertension  
League

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*Report from CEO continued*

Specifically, the WHL would like to hear from all of you. Your voice is important to us! It may be tomorrow or perhaps not for a few years, but, when the time is right for you, please send us programmatic or population elements that illustrate your activities, successes, energies, surveys or measurements, or even the challenges faced. These may be photographs, news releases, posters, accolades, testimonials, logos, or even a quote representative of your mission. Nothing will be considered too small or too large. Together, they will be the face of the WHL.

When appropriate and with permission, these elements may appear in future newsletters, updated website, slideshows, at meetings, perhaps even in grant applications. They will be the learning landscape we navigate through and continue to change. I already had the privilege to view a few samples of members’ hypertension work to include dietary salt marches, conference posters with impactful outcomes, plans for ‘train the trainer’ symposia, and more in Africa, India, Russia, and beyond.

Believe in me and yourselves, there are some fabulous success stories just waiting to be told on our road to success. I thank you!

With kindest regards,  
Mark L. Niebylski, PhD, MBA, MS  
Chief Executive Officer

## People

Professor Derek Denton of the University of Melbourne received the 2014 WHL Award for Excellence in Dietary Salt Reduction at the Population Level.

E-mail: [ddenton@unimelb.edu.au](mailto:ddenton@unimelb.edu.au)

## Electronic Newsletter Delivery



<http://www.whleague.org/index.php/j-stuff>

## Impressum

The objectives of the WHL are to promote the detection, control and prevention of arterial hypertension in populations. The World Hypertension League (WHL) is a federation of leagues, societies and other national bodies devoted to this goal. Individual membership is not possible. The WHL is a division of the International Society of Hypertension (ISH), and is in official relations with the World Health Organization (WHO).

### Board Officers:

Dr. Norman Campbell (Calgary, Canada), President  
Dr. Daniel T. Lackland (Charleston, USA) President-Elect & WHL Newsletter Editor  
Dr. Liu Lisheng (Beijing, China), Past President  
Dr. Xin-Hua Zhang (Beijing, China), Secretary General  
Dr. Peter Nilsson (Malmö, Sweden), Treasurer

### Members:

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Dr. Marcelo Orias (Cordoba, Argentina)  
Dr. Anita Rieder (Vienna, Austria)  
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### Interim Board Member:

Dr. Mark Gelfer (Vancouver, BC, Canada)

### Special Advisor to the Board:

Dr. Darwin Labarthe (Chicago, USA)

### ISH Representation:

Dr. Ernesto Schiffrin (Montreal, Canada)  
Dr. Rhian Touyz (Glasgow, UK)

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## Calendar

### XXII National Congress of the Brazilian Society of Hypertension and XX Scientific Sessions of the Inter-American Society of Hypertension

August 13-16, 2014

Salvador, Bahia, Brazil

*Information:* Dr. Carlos M. Ferrario  
Program Chair

E-mail: [cmf@cmflearningsystems.com](mailto:cmf@cmflearningsystems.com)

Website: <http://www.iasonline.org>

### High Blood Pressure Research 2014 Scientific Sessions Conference

September 9-12, 2014

San Francisco, CA, USA

*Information:* Council for High Blood Pressure Research 2014, 7272 Greenville Ave  
Dallas, TX 75231, USA

E-mail: [sessionsadmin@heart.org](mailto:sessionsadmin@heart.org)

### Annual Scientific Meeting 2014 of the British Hypertension Society

September 22-23, 2014

Edinburgh, UK

*Information:* BHS Meetings Secretariat Hampton Medical Conferences Ltd.

Hertfordshire SG12 9PW, UK

Email: [bhssecretariat@hamptonmedical.com](mailto:bhssecretariat@hamptonmedical.com)

### 6<sup>th</sup> World Health Summit

October 19-22, 2014

Berlin, Germany

*Information:* Tobias Gerber,

Media & Communication Manager

WHS Foundation GmbH, Charitéplatz 1 10117  
Berlin, Germany

E-mail: [tobias.gerber@charite.de](mailto:tobias.gerber@charite.de)

Website: <http://www.worldhealthsummit.org>

### XIX World Congress of the International Society for the Study of Hypertension in Pregnancy (ISSHP)

October 26-29, 2014

New Orleans, LA, USA

*Information:* Center for Continuing Education,  
Tulane University Health Sciences Center,  
1430 Tulane Ave (TB 51)

New Orleans, LA 70112, USA

E-mail: [cme@tulane.edu](mailto:cme@tulane.edu)