



# 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. 146, December 2014

## WHL News

**Celebrate World Hypertension Day on May 17, 2015 and Contribute to Improving Awareness of Hypertension**



**Know Your Numbers**

The World Hypertension League (WHL), in partnership with the American Society of Hypertension (ASH), the International Society of Hypertension (ISH), and other organizations, has hosted World Hypertension Day (WHD) annually. For the five-year period 2013-2018, the theme of WHD has been '**Know Your Numbers**' with the goal of increasing high blood pressure awareness in all populations around the world. This decision was based on the global statistics, indicating that only 50% of those with hypertension were aware they actually had it and that only a few populations had an awareness rate of more than 75%. And, in some populations, awareness is very low, less than 10%. To increase awareness of hypertension diagnosis, there are two critical components, namely: 1) establish high capacity community screening programs for blood pressure in those at risk and 2) have all health care professionals routinely assess blood pressure at all clinical encounters. Further, an important initial step to control hypertension and help achieve the United Nations

*continued on page 5*

## Note from the Editor

We had a great start to the New Year for global hypertension. In this edition of the *Newsletter*, World Hypertension Day 2015 is highlighted. With the WHL partners and member societies, we seek high global impact in improving blood pressure health around the world. Scientific hypertension sessions and meetings are listed and identified. As well, President Campbell's mission certainly described an exciting agenda for 2015. Our official journal, *Journal of Clinical Hypertension*, is readily available all partners and member societies and everyone is encouraged to access the contents: [http://onlinelibrary.wiley.com/journal/10.1111/\(ISSN\)1751-7176](http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)1751-7176)

Also features in this issue is a report from the SIREN project in Africa documenting the stroke assessment activities in this high risk population. WHL has well represented at the 2015 American College of Cardiology (ACC) meeting in March. Several sessions focused on hypertension treatment and control were featured at the

*continued on page 2*

Contents	Page
- <b>WHL News</b>	
Celebration of WHD 2015	<b>1</b>
Stroke Investigative Research & Educational Network (SIREN)	<b>2</b>
ACC Meeting San Diego	<b>6</b>
- <b>Note from the Editor</b>	<b>1</b>
- <b>President's Column</b>	<b>3</b>
- <b>News from Member Leagues</b>	
Up-date EHS Website	<b>6</b>
- <b>New WHL Associate Member</b>	
Cameroon Society of Hypertension	<b>7</b>
- <b>Calendar</b>	<b>7</b>

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## WHL News

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### Stroke Investigative Research & Educational Network (SIREN)



Dr. Mayowa Owolabi



Dr. Bruce Ovbiagele

The burden of stroke is increasing rapidly in people of African ancestry, but the unique factors contributing to its occurrence, pattern, subtype, and outcome remain poorly understood. SIREN is a multidisciplinary collaborative research network focused on exploring ways to promote a better understanding of the genetic and environmental risk and protective factors for stroke among people of African ancestry. SIREN, which is the largest study of stroke in Africa to date, is comprehensively phenotyping over 3000 case-control pairs (6000 subjects). The findings will then be compared to those in a cohort of African American stroke survivors, all the while simultaneously building sustainable capacities in phenomics, biobanking, genomics, biostatistics and bioinformatics for future high-level investigation of stroke and other vascular disease entities in Africa. SIREN is poised to substantially enhance our understanding of factors that could be addressed to improve stroke outcomes, and possibly other vascular disease entities such as coronary artery disease and chronic kidney disease in Africa; while simultaneously exploring potentially modifiable genetic pathways to stroke risk that may be common to Black Africans and Black Americans.

**Consortium:** H3Africa

**Funding:**

U54 HG007479 Collaborative Center Research Grant from NIH (NINDS and NHGRI), H3 Africa

**Countries:**

Nigeria, Ghana, South Africa, USA, UK

**Main Institutions:**

The main institutions involved include:

- University of Ibadan/University College Hospital, Ibadan, Nigeria

- Medical University of South Carolina, USA
- Federal Medical Centre, Abeokuta, Nigeria
- Sacred Heart Hospital. Abeokuta, Nigeria
- Blossom Specialist Medical Hospital, Ibadan, Nigeria
- Aminu Kano University Teaching Hospital, Kano, Nigeria
- Ahmadu Bello University Teaching Hospital, Zaria, Nigeria
- University of Ghana Teaching Hospital, Accra, Ghana
- University of Alabama at Birmingham, Birmingham, USA
- Kwame Nkrumah University Teaching Hospital, Kumasi, Ghana
- Institute of Genetic Medicine, Newcastle University, UK
- University College London, UK

**Publications:**

Owolabi, M.O., et al. Understanding the rise in cardiovascular diseases in Africa: harmonizing H3Africa genomic epidemiological teams and tools. *Cardiovascular Journal of Africa* 2014; 25(3):134-136. doi: 10.5830/CVJA-2014-030.

Owolabi, M.O., Ovbiagele B. (2014): Global clinical neuroscience: Journey of a thousand miles begins with a single step. *Journal of the Neurological Sciences* 2014; 344:223 doi: 10.1016/j.jns.2014.06.011.USA.

Dr. Mayowa Owolabi, PI  
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*Note from the editor continued*

San Diego meeting (see page 6). The ACC meeting provided a forum for scholarly exchanges with WHL partners and society members.

Clearly 2015 has started with great hope and the future of risk reduction and prevention of population hypertension-related outcomes is bright with the combined efforts of the WHL partners and member societies.

A handwritten signature in black ink, appearing to read 'Daniel T. Lackland'.

Daniel T. Lackland,  
Editor, WHL Newsletter

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## President's Column

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Dr. Norm Campbell

The World Hypertension League (WHL) continues to expand its activities for hypertension prevention and control. The WHL annual report from 2014 outlines last year's activities and is now available on the WHL

website

([http://www.whleague.org/images/WHL\\_2014\\_Annual\\_Report.pdf](http://www.whleague.org/images/WHL_2014_Annual_Report.pdf)). The increased capacity of the WHL is in large part due to having Mark Niebylski PhD as the Chief Executive Officer now firmly in place for his second year. Mark is very well supported by Kimbree Redburn MA, the WHL Population Health & Economics Specialist who also joined us in 2014.

### **In 2015 the WHL will focus on several ongoing activities.**

The WHL is continuing to develop regional offices to help drive prevention and control more effectively in regions with similar languages, cultures, resources, and health systems. The WHL China-East Asia Office in Beijing opened on World Hypertension Day May 17, 2014. In 2015, offices will open in Sub Sahara Africa, Latin America and in South East Asia-India. The WHL also is encouraging other regions to consider opening offices to better serve their populations by helping align and leverage national hypertension actions and WHL-global actions for prevention and control.

World Hypertension Day (WHD) and the WHL will continue to highlight the need to improve awareness of hypertension. WHD May 17, 2015 will again focus on blood pressure (BP) screening with an aspirational goal of One Million BP screenings and will be celebrated in alliance with the International Society of Hypertension (1). Please do participate and help us celebrate WHD. There will be several mechanisms to submit BP readings as well as photographs from your events on [www.whleague.org](http://www.whleague.org). Guidance for WHD 2015 along with a data collection form will be both posted on our website and disseminated to all members and partners. Given our emphasis to increase BP screenings and awareness, the WHL BP screening committee is pilot testing the WHL resources on how to run a screening program in low resource settings and is continuing to seek funding opportunities to

further develop screening venues and resources (2). Several current resources including instructional videos are available on the WHL website in the resource section. Members of the WHL screening committee are also continuing to work with device companies to identify optimum automated devices for screening BP in low resource settings where inexpensive robust accurate devices are needed that require little to no external power sources. There are several potentially exciting device innovations.

On May 17<sup>th</sup> 2015, as part of WHD, the WHL will issue a challenge to all its member organizations to develop strategic plans for preventing and controlling hypertension (3). To aid countries and regions in strategic planning, the WHL has developed a template for strategic planning (4), a template with instructions for developing a national fact sheet and call to action with instructions (5), a supporting slide set, a global fact sheet and call to action (6), and compiled available strategic plans on our website (<http://www.whleague.org/index.php/j-stuff/web-links>). The WHL has also hosted several talks on strategic planning. Improving the prevention and control of hypertension will only occur by careful strategic planning. With the International Society of Hypertension, the WHL has sponsored a fact sheet and call to action on hypertension prevention and control in Sub Sahara Africa. The fact sheet is supported by over 10 African health and scientific organizations (7). In 2015, the WHL will work with other regions where it is perceived a fact sheet and call to action will facilitate advocacy.

Globally the effort to reduce dietary salt is increasing. A large number of highly regarded organizations have systematically and repeatedly reviewed the science around dietary salt and health risk and come to very uniform conclusions and recommendations. In February 2015, the scientific review for the American Dietary guidelines reported its review supporting its previous guidance to reduce dietary sodium to less than 6 gm salt (2400 mg sodium/day) (<http://health.gov/dietaryguidelines/2015-scientific-report/PDFs/Scientific-Report-of-the-2015-Dietary-Guidelines-Advisory-Committee.pdf>). Nevertheless, there are challenges and many seem intrigued by highlighting controversial researchers and their findings in

*continued on page 4*

*President's Column continued*

publications and symposia. The main controversies relating to dietary salt from the perspective of the WHL are the conduct, reporting and promotion of low quality research that is likely to result in misleading findings, highly selective reporting of research, reporting of irrelevant research (e.g. studies with salt reduction of less than one month), and potential financial conflicts of interest. Meeting organizer and publishers wishing to generate interest on dietary salt could well feature talks on the impact of low quality research and or financial conflicts of interest on research finding rather than highlighting low quality research findings that undermine public health. The WHL has and will continue to develop several resources to aid salt reduction and ensure better quality research on dietary salt (9). In 2015-16, the WHL will be part of an international coalition to develop recommended standards for clinical and public health research on dietary salt.

As always, the WHL operates based on the volunteerism of international and national experts. Please do consider our requests to join our committees and workgroups. In 2014-15, the WHL executive were highly enthused when several past Presidents and Secretary Generals agreed to gather and publish the history of the WHL. In this issue of the WHL newsletter, I am also pleased to be able to announce the WHL Ambassadors / Global leaders in hypertension prevention and control program. The new program will recognize and harness the expertise of the top global and national leaders in hypertension prevention and control.

#### References:

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9. Campbell NRC, Lackland, DT, Lisheng L, Zhang X-H, Nilsson PM, Niebylski MI for the World Hypertension League Executive The World Hypertension League: Where now and where to in salt reduction. *Cardiovascular diagnosis and Therapy*. In press

Norm Campbell  
President, WHL



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*Celebration WHD continued*

2025 goal of a 25% reduction in uncontrolled hypertension is markedly improving the proportion of those with hypertension who are diagnosed. Enhanced BP screenings to include participation in WHD-2015 will contribute to achieving this goal. The WHL and ISH will work with their members and partners to implement WHD screenings globally while WHL will work with ASH for the WHD effort in the United States.

In 2014, the inaugural WHD campaign encouraged WHL members and partners to screen and submit blood pressure (BP) readings for over 100,000 people. Notably, the 2014 goal was not only achieved but far-surpassed with over 300,000 being screened in over 30 nations (<http://www.whleague.org/index.php/features/world-hypertension-day-report-draft>). Importantly much of the 2014 WHL WHD program was based on the 2014 ASH program. Encouraged by the success and learnings from 2014, the **World Hypertension League challenge is to screen over one million people for WHD-2015 in alliance with heightened awareness of non-communicable diseases (NCD) and to make plans for an even greater screening challenge in 2016.** The WHL encourages all its members to contribute reports on blood pressure screenings **recorded between April 17<sup>th</sup> and May 17<sup>th</sup> 2015.** An autofill template for submitting BP screenings, contact information, photographs, and key lessons learned with an auto-submit button will be available on the WHL website ([www.whleague.org](http://www.whleague.org)).

Further information can be obtained by emailing the WHL office and Kimbree Redburn ([kimbree.redburn@gmail.com](mailto:kimbree.redburn@gmail.com)). An alternate, back-up method of reporting will also be made available which will allow for submitting word files with attachments via email to [CEO@whleague.org](mailto:CEO@whleague.org).

For WHD-2015, participants will be asked to provide information on: 1) team name/location/nation/logo or flag performing the screening, 2) number of people screened, 3) was awareness of hypertension-related stroke and other non-communicable diseases provided, and 4) was awareness of the importance of physical activity and nutrition (i.e. dietary salt reduction) provided. Where or when feasible, participants may also report on: 5) proportion

of those screened with elevated blood pressure or who were taking antihypertensive medications (prevalent hypertension), 6) proportion of those screened with elevated blood pressure or who were taking antihypertensive medications or who were diagnosed with hypertension by a health care professional 7) proportion with prevalent hypertension who were not aware of having hypertension, 8) proportion with prevalent hypertension who were treated with antihypertensive medications, and 9) proportion of those with prevalent hypertension whose blood pressure reading was below 140 systolic and below 90 mmHg diastolic. Ultimately, the WHL will issue a formal report on WHD-2015 highlighting all contributors and key indicators.

The WHL has developed a series of resources to aid community-based blood pressure screening. In 2015, the resources are being field tested in Cameroon, Republic of Congo, Nigeria, Haiti, Brazil and Canada with enhanced versions expected in 2016. Concurrently, several of the resources are being translated (initially in Spanish, French and Portuguese). These WHL resources are available to all to access and adopt to their population through the WHL website

(<http://www.whleague.org/index.php/j-stuff/blood-pressure-assessment-train-the-trainer>) and include a train the trainer module for establishing an evidence based BP screening site, a supporting PowerPoint slide set, and supporting YouTube videos. The WHL has also developed a policy statement to strongly encourage the use of automated blood pressure devices rather than manual blood pressure readings in nearly all screening and clinical settings.

The WHL and ISH also recognize that there are complex challenges to prevention and control of hypertension globally. However, in most settings, efforts to prevent and control hypertension are not comprehensive nor coordinated. To help counter this, the WHL, ASH, and ISH challenges all members and partners to participate in the World Hypertension Day celebration with rigorous blood pressure measurement and NCD awareness efforts in the community and clinical settings, and to report the results of the screening activities.

*continued on page 6*

*Celebration WHD continued*

**Please begin your planning, gathering resources, community outreach, and sponsors to maximize the number screened.**

We look forward to everyone's participation and compiling and publishing the results of WHD-2015.

**NOTE:** If your organization would like to partially sponsor WHD-2015 or a particular community blood pressure screening for the event, Please e-mail either [kimbree.redburn@gmail.com](mailto:kimbree.redburn@gmail.com) or [CEO@whleague.org](mailto:CEO@whleague.org) for details.

For WHL:  
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Daniel Lackland, Vice President & President Elect  
Kimbree Redburn, Population Health and Economics Specialist  
Mark Niebylski, Chief Executive Officer

For ASH:  
Torry Sansone, Chief Executive Officer

For ISH:  
Rhian Touyz, President

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## WHL News

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**64<sup>th</sup> American College of Cardiology (ACC) Annual Scientific Session & Expo  
March 14-16, 2015, San Diego, CA, USA**



(From left to right): Program Director C. Venkata S Ram, ASH President-Elect John D. Bisognano, and WHL President-Elect Daniel T. Lackland participating in high blood pressure management sessions at the 2015 American College of Cardiology meeting

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## News from Member Leagues

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The Egyptian Hypertension Society (EHS) has up-dated its website <http://www.ehs-egypt.net> and appreciates very much your comments and suggestions. The website will not only help in physician education but also it is the window of the Society to national and international scientific communities. The following are the main contents of the website:

- President's Message: "Egyptian Hypertension Society in the Year 2015"
- From the Editor: First announcement of 18<sup>th</sup> EHS Annual Meeting
- The Egyptian Journal of Hypertension and Cardiovascular Risk Volume 12 Issue No. 1 Feb 2015
- New Egyptian Hypertension Guidelines 2014
- Egyptian Hypertension Clinics
- EHS Summer Meetings 2014
- Hypertension Club 2014
- Physician Education Program: Updates in Cardiovascular Medicine
- What's New in Hypertension
- Students Corner
- Ask The Expert: Questions and Answers for Physicians

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(From left to right): Profs. C. Venkata S. Ram (India), Franz H. Messerli (USA) and Daniel T. Lackland (USA) attending hypertension session at the 2015 American College of Cardiology meeting

## New WHL Associate Member

Cameroon Society of Hypertension  
Dr. Hamadou Nassourou  
President  
PO Box 851  
Maroua  
Cameroon

Phone: (+237) 699 840084  
E-mail: [hamadoudargala@yahoo.fr](mailto:hamadoudargala@yahoo.fr)

(See also congress announcement in the calendar section on the right column.)



### 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

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Dr. Rhian Touyz (Glasgow, UK)

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The WHL Newsletter is published quarterly by the World Hypertension League (ISSN 2077-7434).

## Calendar

### 2<sup>nd</sup> Cameroonian Congress of Hypertension in collaboration with University of Montagnes

April 12-16, 2015

Bafoussam, Cameroon

*Information:* Dr. Hamadou Nassourou  
Cameroon Hypertension Society  
PO Box 851, Maroua, Cameroon  
Phone: (+237) 699 840084  
E-mail: [hamadoudargala@yahoo.fr](mailto:hamadoudargala@yahoo.fr)

### Annual Meeting of the ISHIB “Medical and Social Determinants of Cardiometabolic Health: From Concept to Focus on Constructive Action”

May 14-15, 2015

New York, NY, USA

*Information:* ISHIB Conference Center  
Phone: (+1-770) 898-7910  
E-mail: [terry-jackson@ishib.org](mailto:terry-jackson@ishib.org)

### III International Congress “Hypertension – from Korotkov to our days”

May 21-23, 2015

Saint Petersburg, Russia

*Information:* Almazov Foundation  
2 Akkuratova Street, St. Petersburg  
Russia, 197341

Fax: (+7-812) 702 3734

E-mail: [fond-hmt@yandex.ru](mailto:fond-hmt@yandex.ru)

Website: <http://www.almazovcentre.ru>

### 23<sup>rd</sup> Annual Scientific Congress of Hong Kong College of Cardiology

May 29-31, 2015

Tsim Sha Tsui, Kowloon, Hong Kong

*Information:* Congress Secretariat  
c/o Llink Ltd., Room 2302, 23/F  
Kwai Hung Holdings Centre, 89 King’s Road  
North Point, Hong Kong  
Fax: (+852) 2570 4773  
E-mail: [asc@llink.com.hk](mailto:asc@llink.com.hk)

### 11<sup>th</sup> Asia Pacific Congress of Hypertension in conjunction with the 9<sup>th</sup> Scientific Meeting of the Indonesian Society of Hypertension

June 4-7, 2015

Nusa Dua Convention Center, Bali, Indonesia

*Information:* Secretariat (InaSH)  
E-mail: [apch2015@inash.or.id](mailto:apch2015@inash.or.id)