



WHL • NEWSLETTER

News from the World Hypertension League (WHL).
In Official Relations with the International Society of Hypertension and the
World Health Organization.

No. 154, December, 2016

Note from the Editor



Dr. Lawrie Beilin

This issue begins by thanking outgoing Editorial Assistant Kimbree Redfern for her outstanding work for the newsletter and welcoming Mary Trifault as our first Associate Editor.

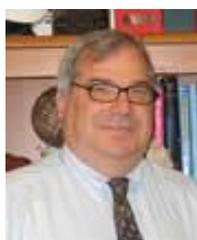
Items of particular interest include more outcomes of the WHL meeting at ISH Seoul, announcement of the forthcoming WHL China September 2017 Congress, a call to action for World Hypertension Day 2017, which again will be conducted in collaboration with ISH and our many member organisations, and announcement of the new WHL Office for the South Pacific region based in Australia.

Finally in this turbulent era on behalf of the editorial office I wish you all a happy peaceful Festive Season and New Year and look forward to ongoing exemplary collaboration between diverse nations and peoples in our efforts to reduce the shared burden of high blood pressure and its consequences.

Lawrie Beilin
Editor, WHL Newsletter



President's Column



Dr. Daniel Lackland

This is a great start to the New Year with the reporting of major accomplishments and the presentation of innovative initiatives for the future. It is indeed a great pleasure to welcome Mary L. Trifault to the WHL team as Associate Editor of the Newsletter. The establishment of the South Pacific Regional Office under the leadership of Professor Jaye Chin-Dusting truly complements the global WHL mission. It is exciting to report the continued support from WHL corporate team member, Omron, as we move into the future with our global blood pressure measurement efforts. The WHL global 'family' is clearly in evidence with the successful implementation of The 8th World Health Summit in Berlin.

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President's Column continued

Recognition of the accomplishments and impact of efforts directed toward the global prevention and control of high blood pressure is a major mission of the WHL. It is therefore with great pleasure to have Professor Bruce Neal recognized with the 2016 Award for Lifetime Achievement and Excellence in Hypertension Prevention & Control at the Population Level.

WHL is highly enthused to be a partner of the many global conferences and events scheduled for 2017. The World Hypertension Congress and 19th International Symposium on Hypertension and Related Diseases is scheduled for SEPTEMBER 21-25, 2017, in Shanghai. We also look forward with anticipation to work with our member organizations to make World Hypertension Day 2017 the most impactful, and thank everyone for their support and participation.

Daniel Lackland
President, WHL



WHL Announces New Staff Member



Many thanks to Dr. Dan Lackland, Dr. Lawrie Beilin and Mark Niebyski for such a warm welcome to the World Hypertension League staff. I hope that my experience at the American Society of Hy-

pertension and my dedication over many years to the mission of bringing hypertension education and awareness to health care providers and patients will serve to support the goals and worldwide outreach of the WHL. As their new Associate Editor, I am very much looking forward to our collaboration and to keeping up their tradition of enthusiasm and dedication to the prevention and control of hypertension globally through World Hypertension Day and the joint efforts of national and regional hypertension leagues and societies.

Mary L. Trifault
Associate Editor



WHO Global Hearts Initiative

By: WHL Global Office

On September 22, 2016, "Global Hearts", a new initiative from the World Health Organization (WHO) and partners launched on the margins of the UN General Assembly, aims to beat back the global threat of cardiovascular disease, including heart attacks and strokes—the world's leading cause of death.

More than 17 million people die annually from cardiovascular disease (CVD). Many of these people have been exposed to unhealthy behaviours, including tobacco use, eating foods containing too much salt and inadequate physical activity. Many could be saved by better access to medical care for high blood pressure (responsible for the bulk of heart disease-related deaths annually), high blood cholesterol and other conditions that raise the risk for heart disease and stroke.

Global Hearts is part of a new effort to scale up prevention and control of CVD, especially in developing countries. It is a collaboration between WHO, the United States Centers for Disease Control and Prevention, and other partners, including the World Heart Federation, the World Stroke Organization, the International Society of Hypertension, and the World Hypertension League. The WHL's logo appears on the HEARTS technical package which can be downloaded as a pdf at the link below. We encourage all of our members, partners and associates to learn more about this exciting initiative.

WHO HEARTS Package

The WHO Global Hearts Initiative comprises three technical packages, namely:

HEARTS:

(http://www.who.int/cardiovascular_diseases/hearts/en/). This technical package gives countries the tools to incorporate cardiovascular disease management best practices at the primary health care level to reduce cardiovascular risk factors such as high blood pressure and high blood cholesterol.

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WHO Global Hearts continued

The technical package may be downloaded at:
http://www.who.int/cardiovascular_diseases/hearts/Hearts_package.pdf?ua=1

SHAKE:

(<http://www.who.int/dietphysicalactivity/reducingsalt/en/>) This technical package is a new set of evidence-backed policy options and examples to support governments to lower population salt consumption. The technical package pdf may be downloaded at:
<http://apps.who.int/iris/bitstream/10665/250135/1/9789241511346-eng.pdf?ua=1>

MPOWER:

Tobacco kills around 6 million people every year. MPOWER is a set of six practical, affordable and achievable measures to help countries implement specific provisions of the WHO Framework Convention on Tobacco Control.



Mind Your Risks: Blood Pressure, Stroke and Dementia

By Marian Emr, NINDS

The NIH National Institute of Neurological Disorders and Stroke public health education campaign, *Mind Your Risks*, is designed to raise awareness about the need to control blood pressure to help reduce risk for stroke and cognitive decline. The key message of the campaign is “Dementia and stroke are more likely to affect people with high blood pressure. Don’t take unnecessary risks. Keep your blood pressure under control.”

The campaign website provides information on what people need to know, tips to manage risk, resources to help people control their blood pressure, as well as the evidence base that serves as the foundation for the campaign (www.MindYourRisks.nih.gov). There is also a section of the website specifically for healthcare professionals that includes information about CDC’s recommendations for self-measured blood pressure monitoring (SMBP), along with links to resources available

from the Million Hearts® initiative and other partner organizations.

A plethora of epidemiologic studies show a positive association between high blood pressure, especially in middle age, and cognitive impairment later in life. Other studies show pathological changes in the brain related to hypertensive cerebrovascular disease – such as silent deep brain infarcts, diffuse white matter disease and arteriosclerosis – in people who have clinical symptoms of cognitive decline or dementia. Recent research suggests that the biology of Alzheimer’s disease is closely linked to cerebrovascular dysfunction. In considering the public health implications of these data, the American Heart Association/American Stroke Association has stated that there is reasonable evidence that, in middle-aged and young elderly, lowering blood pressure can be useful for the prevention of late-life dementia (Class IIa, Level of Evidence: B).

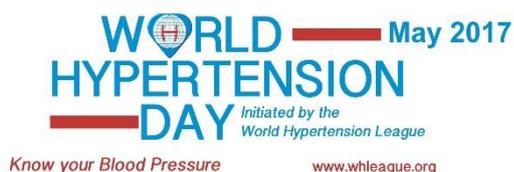
Most people know about the connection between high blood pressure and stroke, but few are aware of the connection to cognitive impairment later in life. This is a message that we can all help to disseminate for the benefit of public health.



Walter Koroshetz MD, Director, National Institute for Neurological Disorders and Stroke with Daniel Lackland, WHL President, at YoungStroke 2016 conference in Tampa Florida. Director Koroshetz received the YoungStroke Champion Award for 2016.



World Hypertension Day 2017



By: WHL Global Office

Once again WHL is poised to help lead the global annual celebration of World Hypertension Day (WHD) through a 'Know Your Numbers' Theme & Campaign to occur during the two months leading up to May 17, 2017! This year, the WHL, its members, and regional offices will work closely with key partners (e.g. the International Society of Hypertension, American Heart Association, corporate sponsors, and many others) to increase the awareness of high blood pressure and the risk for hypertension-related non-communicable diseases (NCDs). In the coming months, we will be conducting outreach and promotions requesting participation in WHD 2017 via blood pressure screenings, calls to action, community events, media releases, and awareness campaigns worldwide.

Last year for World Hypertension Day 2016 (<http://www.whleague.org/index.php/feature/s/world-hypertension-day>), one of the most noteworthy achievements was the blood pressure screening effort with a goal of 3 Million screenings. It is with great joy to report that we not only attained this lofty goal but far surpassed it by reaching over **5 million!!** Amongst the many nations celebrating and reporting were Argentina, Barbados, Brazil, Bulgaria, Cameroon, Canada, China, Cuba, Ghana, India, Indonesia, Malaysia, Mexico, Nepal, Nigeria, Pakistan, Romania, Singapore, South Africa, Sudan, Thailand, United Kingdom, and the United States. Alongside the screenings, many provided awareness on lifestyle modification and dietary salt reduction to help reduce the risk for stroke, cardiovascular disease, and kidney disease in their communities, through their healthcare providers, sports events, and media releases.



WHL 2017 Awards: Now Accepting Nominations

In alliance with World Hypertension Day 2017, the WHL proudly announces that nominations are now being accepted for this year's Distinguished Service, Excellence, and Notable Achievement Awards in the categories of: Hypertension Control at the Population level, Dietary Salt Reduction at the Population level, and inaugural Rising Star Award in Promotion of Public Health for Cardiovascular Disease Risk and Hypertension Prevention & Control. All of these awards were developed to provide recognition to individuals, organizations and interventions that make tangible progress towards WHL's Mission & Mandate on the prevention and control of hypertension at the population level.

Notable Achievement Award Nominations

As part of WHD, WHL presents our annual awards and we are now accepting nominations for 2017 Notable Achievement Awards. Nomination forms will be emailed to all WHL members and may be downloaded at: <http://www.whleague.org/index.php/news-awards-recognition/nomination-guidance-information-for-notable-achievement-awards> or by emailing us at CEO@whleague.org.

As an exemplary recipient of the 2016 Awards, congratulations to Prof. Bruce Neal, MD Senior Director, Food Policy Division—The George Institute, Chair of the Australian Division of World Action on Salt and Health, Professor of Medicine—University of Sydney, Sydney, Australia, who was recently awarded the WHL 2016 Award for Excellence in Dietary Salt Reduction at the Population Level.



Prof. Bruce Neal (on right) accepting his WHL 2016 Award from Dr. Norman Campbell (WHL Past President and recipient of the WHL 2016 Award for Lifetime Achievement & Excellence in Hypertension Prevention & Control at the Population Level).



World Hypertension League at the ISH Conference 2016 in Seoul Korea

By: WHL Global Office

The WHL was well represented at the September 2016 ISH Conference held in Seoul, Korea with presentations from our leadership (e.g. dietary salt evidence base), key partners, and colleagues and a dedicated and well-attended WHL Booth Exhibit. On top of these successes, the WHL Executive Board approved the above Nominations Policy which entailed modifying the WHL By Laws. The updated by laws have been circulated to all Full Members for consideration and were unanimously approved. These will be shared with all WHL members and posted on the WHL website (www.whleague.org).



SAVE THE DATE !!!!!!!!!!!!!!!!!!!!!!!

WHC 2017
4th World Hypertension Congress &
 19th International Symposium on Hypertension and Related Diseases
 第 四 届 世 界 高 血 压 大 会 暨 第 19 届 国 际 高 血 压 相 关 疾 病 研 讨 会
 21-25 September 2017 Shanghai
 From Evidence Based Policy to Best Practice for Blood Pressure Control

World Hypertension League 2017 CONGRESS SEPTEMBER 21-25, 2017 SHANGHAI, CHINA

It is with great excitement and enthusiasm to announce that there will be a WHL Congress to be conducted in alliance with the 2017 Chinese Hypertension Meeting. The themes, venue, and speakers are currently being developed. Amongst the featured symposia, talks, and strategies, there will be sessions on: 1) Dietary Salt: Perspectives, opportunities, and challenges, 2) Enhancing hypertension prevention and control, 3) Training workshops with emphasis on low to middle income

countries, and 4) Blood pressure measurement: the evidence base and resources. In addition, the WHL Executive Board and Council will convene during the Congress. We will share more detailed information as it becomes available.



REGIONAL CORNER

By Jaye Chin-Dusting



It was my pleasant duty as out-going President of the High Blood Pressure Research Council of Australia (HBPRCA) to announce at our recent annual scientific meeting the exciting initiative to set up a Regional Office of the World

Hypertension League based here in Australia.

The Executive will consist of such notables as Professors Lawrie Beilin (Perth), Garry Jennings (Melbourne), Markus Schlaich (Perth) and Mark Nelson (Tasmania). I am honoured to be the inaugural Chair. Happily the HBPRCA are supporting the initiative with administrative assistance and we expect to pool our energies and resources towards better dissemination of the critical need to 'know our numbers'.

Hypertension remains the biggest single contributor to cardiovascular disease in the Asia Pacific region, as it is globally, and we hope to better engage the public, general practitioners, pharmacies and government towards better understanding of the problem with clear messaging on how best to lower the risk at the day to day level and deliver better care. We look forward very much to working with WHL central and meeting everyone in China in September.



World Health Summit in Berlin

By Dr. Daniel T. Lackland

The 8th World Health Summit in Berlin held from October 15-17, 2016, was an overwhelming success and included a session on hypertension with participation from WHL. The M8 Alliance successfully coordinated the program with more than 1,600 participants from more than 90 nations on site with an additional 3,000 people from 100 countries using live-stream. The Summit produced the M8 Alliance Declaration as well as a clearing house for the summaries of the intense discussions that took place in both the workshops and on stage, and the presentations from the thought-leaders. One session, 'Cardiovascular Disease: The Hypertension Paradigm', stimulated considerable discussion on global high blood pressure control. The World Hypertension League will link to the WHS Community portal with photo and videos. The next session for WHS will be in North America, Montreal, May 8-9, 2017.



Dr. Stefan M. Schulz, (University Würzburg), Prof Daniel Lackland (World Hypertension League), Dr. Ann Aerts (Novartis Foundation) and Dr. Axel Radlach Pries (Charité - Universitätsmedizin Berlin) at the Cardiovascular Diseases: The Hypertension Paradigm Session of the World Health Summit 2017 in Berlin.



WHS President and former WHL President Detlev Ganten with current WHL President Daniel Lackland at the 8th World Health Summit in Berlin.



Omron Renews WHL Corporate Membership



The World Hypertension League thanks Omron (<http://www.omron.com/>) who have renewed their annual corporate membership for 2017. Omron is a global corporation specializing in automated sensing and control technologies as a leader in blood pressure screening and management solutions. We are truly excited to partner with Omron on hypertension screening, prevention, and control now and into the future.



WHL Nominations Request for the Board and Executive

The World Hypertension League invites nominations for its Board and Executive. In 2017, three board positions as well as the Executive's Secretary General and Treasurer positions will become open. The board positions that will be opening in 2017 are from the following global regions: Sub Sahara Africa, Middle East/West Asia, and Europe/Eastern Europe. In addition, there is an opportunity to have a board position from the South Pacific region and two at large board positions (e.g. Latin America, Asia/China, or other). The first term of service will be for 2-3 years with a potential for a second term subject to vote. Please consider nominating individuals dedicated to and experienced in population hypertension prevention and control. To nominate an individual, send their CV as well as a one page letter from the candidate which outlines their vision to prevent and control hypertension and their commitment to work with the World Hypertension League. The nomination should be received by Dr. Mark Niebylski [e-mail: CEO@whleague.org] on or before Feb. 15, 2017.

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WHL Nominations continued

The nominations will be reviewed by the nominating committee which will report a slate of preferred candidates as well as a list of other nominations to the WHL board. Incomplete nominations will not be forwarded to the board. Subject to approval of the candidates the list of nominations will be sent to the WHL council for voting. The candidates with the greatest WHL council support will be offered the open board and executive positions.



Mission

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 in official relations with both the International Society of Hypertension (ISH), and the World Health Organization (WHO).

Board Officers:

Dr. Daniel T. Lackland (Charleston, USA) President
 Dr. Marcelo Orias (Cordoba, Argentina), Vice-President
 Dr. Norman Campbell (Calgary, Canada), Past President
 Dr. Xin-Hua Zhang (Beijing, China), Secretary General
 Dr. Peter Nilsson (Malmö, Sweden), Treasurer

Board Members:

Dr. Krassimira Hristova (Sofia, Bulgaria)
 Dr. Daniel Lemogoum (Douala, Cameroon)
 Dr. Anita Rieder (Vienna, Austria)
 Dr. Bader Almustafa (Saudi Arabia)
 Dr. Dorairaj Prabhakaran (Delhi, India)

Interim Board Member:

Dr. Mark Gelfer (Vancouver, BC, Canada)

Special Advisor to the Board:

Dr. Darwin Labarthe (Chicago, USA)
 Dr. Liu Lisheng (Beijing, China)

ISH Representation:

Dr. Neil Poulter (London, UK)
 Dr. Rhian Touyz (Glasgow, UK)

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

Calendar

International Stroke Conference

George R. Brown Convention Center | Houston, Texas
 February 22-24, 2017

Information: http://professional.heart.org/professional/EducationMeetings/MeetingsLiveCME/InternationalStrokeConference/UCM_316901_International-Stroke-Conference.jsp

9th International Congress of Cardiology and Diabetes

Dubai UAE
 April 7-9, 2017

Information: <http://www.iccsc.com/>

Seventieth World Health Assembly (WHO)

Geneva, Switzerland
 May 22-31, 2017

Information: <http://www.who.int/mediacentre/events/2017/wha70/en/>

PCS 2nd Global Conference on Cardiovascular Diseases-2017

Theme: New Opportunity in Developing Countries
 Mumbai, India
 May 27-28, 2017

Information: <http://www.pcscongress.org/gccd2017/>

ESH 2017 Meeting

Milan, Italy
 June 16 – 19, 2017

Information: <http://www.esh2017.eu/>

AHA Council on Hypertension Scientific Sessions 2017

San Francisco, California
 September 14 – 17, 2017

Information: http://professional.heart.org/professional/EducationMeetings/MeetingsLiveCME/Hypertension/UCM_316905_Hypertension-Scientific-Sessions.jsp

American Heart Association Scientific Sessions

Anaheim, California
 November 11–15, 2017

Information: http://professional.heart.org/professional/EducationMeetings/MeetingsLiveCME/UCM_475321_Meetings.jsp