Hypertension is diagnosed if blood pressure readings are 140-90 or above on two different days.

Blood pressure is the force of circulating blood against the walls of the body’s arteries, the major blood vessels in the body. Hypertension is when the force of the blood pressure is excessive.

Most people with high blood pressure DO NOT KNOW THEY HAVE IT.

1.13 BILLION PEOPLE have hypertension.

1 in 5 WOMEN HAVE HYPERTENSION

1 in 4 MEN HAVE HYPERTENSION

Salt consumption
Harmful use of alcohol
Low intake of fruits and vegetables
Lack of physical activity
Saturated fat and trans fats
Tobacco use
Being overweight or obese

What are the risk factors?

• Heart attack
• Stroke
• Kidney failure
• Blindness
• Other complications

What are the consequences?

What is hypertension?

How many people have high blood pressure?

HYPERTENSION: ACT NOW!
Hypertension treatment is indicated for adults whose blood pressure is 140 – 90 mmHG or higher. Treatment adherence is critical for blood pressure control.

**HEARTS**

- Follow medical advice and adhere to lifestyle changes
- Take medicines as prescribed
- Regularly check blood pressure
- Reduce and manage stress

HEARTS is a technical package to help health workers improve cardiovascular health in primary health care through hypertension detection and management.

**How to prevent hypertension?**
- Reduce salt (to less than 5g daily)
- Eat fruit and vegetables regularly
- Avoid saturated fats and trans fats
- Avoid tobacco
- Reduce alcohol
- Be physically active, daily

**How to detect hypertension?**
Health workers should regularly check people’s blood pressure.

**How to control hypertension?**

Hypertension treatment is indicated for adults whose blood pressure is **140 – 90** mmHG or higher. Treatment adherence is critical for blood pressure control.

People might have high blood pressure without any warning signs or symptoms.

NO SYMPTOMS DOES NOT MEAN normal blood pressure

www.who.int/cardiovascular_diseases/hearts/en/