

HYPERTENSION: PREVALENT YET PREVENTABLE



HYPERTENSION AFFECTS

1.4
BILLION PEOPLE



ONLY 45% OF
PEOPLE WITH
HYPERTENSION
RECEIVE TREATMENT

Only around

1 IN 5



people have their
hypertension **under control**

HYPERTENSION OR HIGH
BLOOD PRESSURE IS A
CONDITION THAT OCCURS
WHEN YOUR BLOOD
PRESSURE INCREASES TO
UNHEALTHY LEVELS

HYPERTENSION IS THE NUMBER ONE RISK FACTOR FOR CARDIOVASCULAR DISEASE

- ♥ It often has no signs or symptoms, frequently going unnoticed.
- ♥ Hypertension is manageable and relatively inexpensive to treat.



OUR GOAL FOR 2030



million **more people**
treated for hypertension



hypertension **control**



Net economic gains
of \$212 billion annually



TIPS FOR MANAGING BLOOD PRESSURE AND REDUCING YOUR RISK OF HEART DISEASE



Manage your
weight



Eat a
healthy diet



Exercise
regularly



Reduce
your **stress**



Reduce your
sodium intake



Limit your **alcohol**
consumption



Quit
smoking



Take your
medications as
prescribed

OUR GOAL BY 2050



AT LEAST 75 MILLION
DEATHS PREVENTED