

# World Hypertension Day - 2026

Controlling Hypertension Together: check your blood pressure regularly, defeat the silent killer

**DEFINITION:** Blood pressure (BP) is the pressure that occurs when blood pushes against the walls of arteries (Normal BP is less than 120/80 mm Hg). Hypertension (high BP) occur when the pressure in blood vessels is too high (140/90 mmHg or higher)

## RISK FACTORS

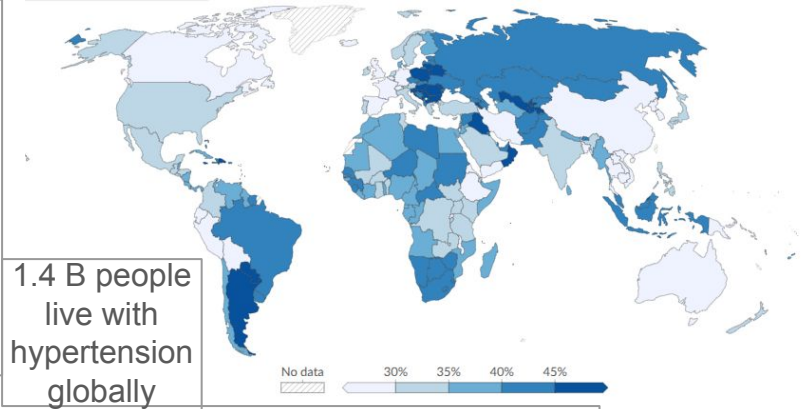
### Modifiable

- Unhealthy diets
- Physical inactivity
- Consumption of tobacco and alcohol
- Overweight or obese

### Non-modifiable

- Genetics

## GLOBAL PREVALENCE OF HYPERTENSION



## STAGES

CATEGORY	SYSTOLIC mm Hg	and/or	DIASTOLIC mm Hg
Normal	Less than 120	and	Less than 80
Elevated	120 – 129	and	Less than 80
Stage 1 hypertension	130 – 139	or	80 – 89
Stage 2 hypertension	140 or higher	or	90 OR HIGHER
Severe hypertension	Higher than 180	and/or	Higher than 120
Hypertensive emergency	Higher than 180	and/or	Higher than 120

## SYMPTOMS

- early morning headaches
- Nosebleeds
- irregular heart rhythms
- vision changes
- buzzing in the ears
- Fatigue
- chest pain

## PREVENTION

- Eat a healthy diet
- Keep yourself at a healthy weight
- Be physically active
- Do not smoke
- Limit how much alcohol you drink
- Get enough sleep
- Manage stress

## TREATMENT

### ACE inhibitors

- Enalapril
- Lisinopril

### Angiotensin-2 receptor blockers (ARBs)

- Losartan
- Telmisartan

### Calcium channel blockers

- Amlodipine
- Felodipine

### Diuretics

- Hydrochlorothiazide
- Chlorthalidone



# World Hypertension



Controlling Hypertension Together: Check Your Blood Pressure Regularly, Defeat The Silent Killer

Hypertension (high BP) occurs when the pressure in blood vessels is too high (140/90 mmHg or higher)

## Risk Factors

Unhealthy Diets

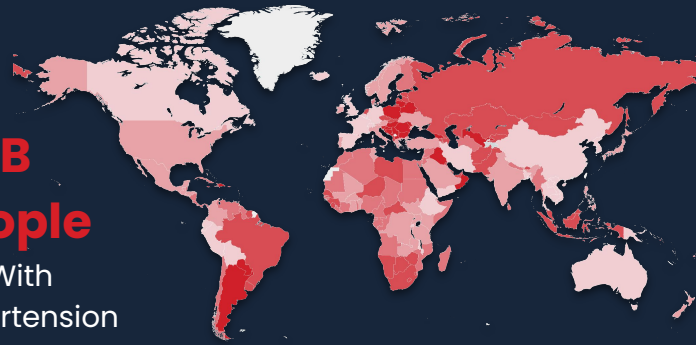
Physical Inactivity

Consumption Of Tobacco And Alcohol

Overweight Or Obese

## Global Prevalence Of Hypertension

1.4 B People Live With Hypertension Globally



## Stages

Category	Systolic Mm Hg	And/Or	Diastolic Mm Hg
Normal	Less Than 120	And	Less Than 80
Elevated	120 – 129	And	Less Than 80
Stage 1 Hypertension	130 – 139	Or	80 – 89
Stage 2 Hypertension	140 Or Higher	Or	90 Or Higher
Severe Hypertension	Higher Than 180	And/Or	Higher Than 120
Hypertensive Emergency	Higher Than 180	And/Or	Higher Than 120

### Symptoms

Early Morning Headaches

Nosebleeds

Irregular Heart Rhythms

Vision Changes

Chest Pain

### Prevention

Eat A Healthy Diet

Be Physically Active

Do Not Smoke

Limit How Much Alcohol You Drink

Get Enough Sleep

### Treatment

Ace Inhibitors



Enalapril  
Lisinopril

Angiotensin-2 Receptor Blockers



Losartan  
Telmisartan

Calcium Channel Blockers



Amlodipine  
Felodipine

Diuretics



Hydrochlorothiazide  
Chlorthalidone

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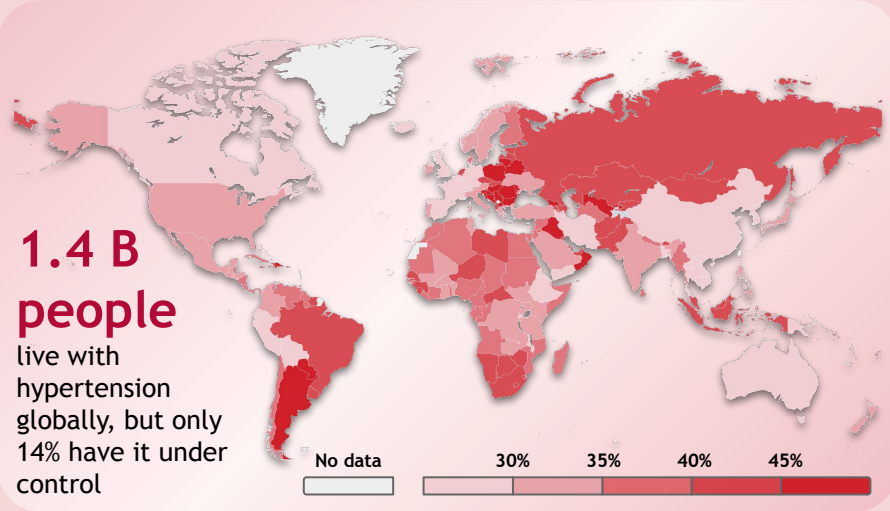
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## GLOBAL PREVALENCE OF HYPERTENSION

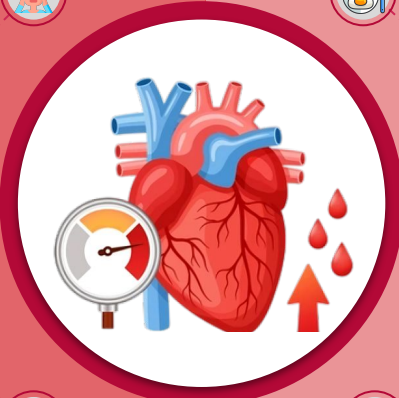


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## SYMPTOMS

- Early morning headaches 
- Nosebleeds 
- Irregular heart rhythm 
- Vision changes 
- Buzzing in the ears 
- Chest pain 



## PREVENTION

-  Eat a healthy diet
-  Be physically active
-  Do not smoke
-  Limit alcohol intake
-  Get enough sleep
-  Reduce salt intake (<5 g/day)

## TREATMENT

- ACE inhibitors**
  - Enalapril
  - Lisinopril
- Angiotensin-2 receptor blockers (ARBs)**
  - Losartan
  - Telmisartan
- Calcium channel blockers (CCBs)**
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