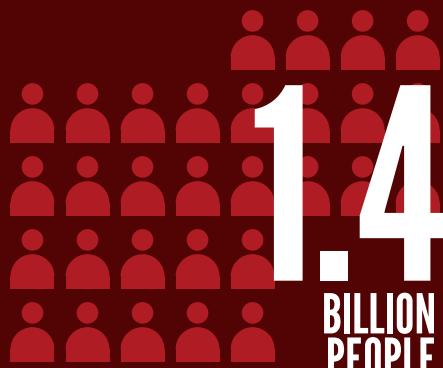


HYPERTENSION: PREVALENT YET PREVENTABLE



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



500 million **more people**
treated for hypertension



50% hypertension **control**



\$212 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