

WORLD HEALTH DAY - APRIL 7, 2013

Know your numbers

Check your blood pressure. Care for your heart.



140

Hypertension

90

Together We Can Control High Blood Pressure

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PAHO World Health Day Celebration

April 5, 2013

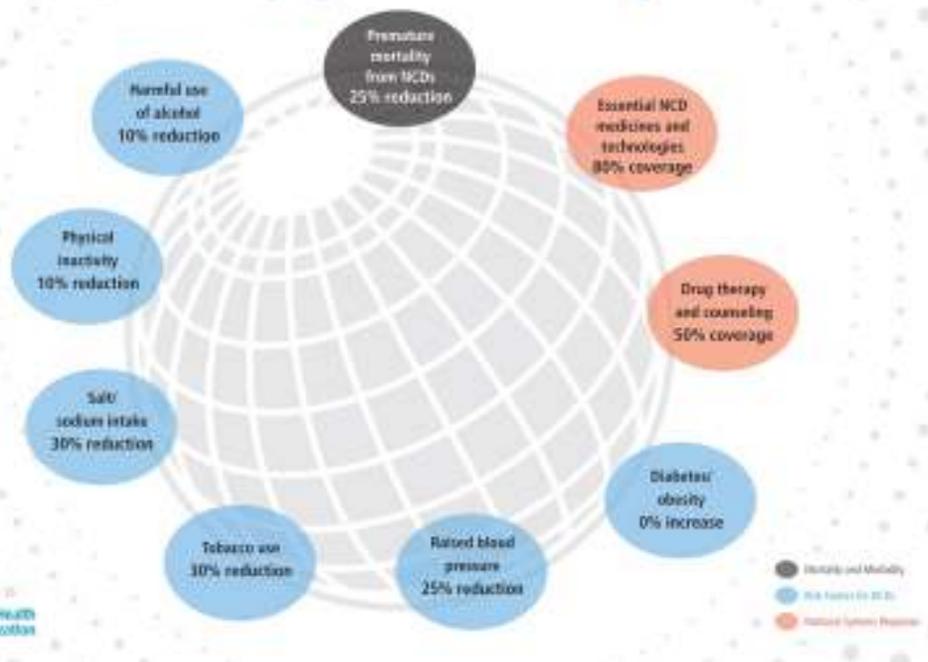
Center for Global Health
Office of the Director



The Call to Act is Global, the Time to Act is Now

WHO Global Monitoring Framework with targets and indicators

Set of 9 voluntary global NCD targets for 2025



- By 2025 the prevalence of raised blood pressure will be reduced by 25%

Costs of Hypertension

- ❑ **Global**
 - Hypertension cost \$372 billion (US) in 2001
 - 10% of the overall healthcare expenditures
- ❑ **Latin America and the Caribbean**
 - Direct healthcare costs were \$10.6 billion in 2001
- ❑ **If blood pressure levels remain unchanged, healthcare costs over the next 10 years are estimated to be . . .**
 - \$1 trillion globally
 - \$43 billion in Latin America and the Caribbean

* Source: Gaziano TA, et al. J Hypertens 2009;27:1472-1477.

Hypertension in Latin America and the Caribbean

- ❑ **Prevalence** **11 – 43%**
 - ❑ **Awareness** **12 – 71%**
 - ❑ **Treatment** **10 – 88%**
 - ❑ **Control** **5 – 58%**
-
- ❑ **Global hypertension prevalence: 40%**
 - ❑ **1 billion people worldwide**



Source: Ordúñez P, et al. Pan Am J Public Health 2001;10:226-231; Mendis S, Puska P, Norrving B, editors. Global atlas on cardiovascular disease prevention and control. Geneva, Switzerland: World Health Organization; 2011. Available from: whqlibdoc.who.int/publications/2011/9789241564373_eng.pdf .

Hypertension Treatment Considerations

❑ Barriers to medication adherence

- Availability
- Affordability
- Complexity

❑ Barriers to effective treatment delivery

- Complicated treatment algorithms for providers
- Inadequate patient follow-up (frequency and care organization)



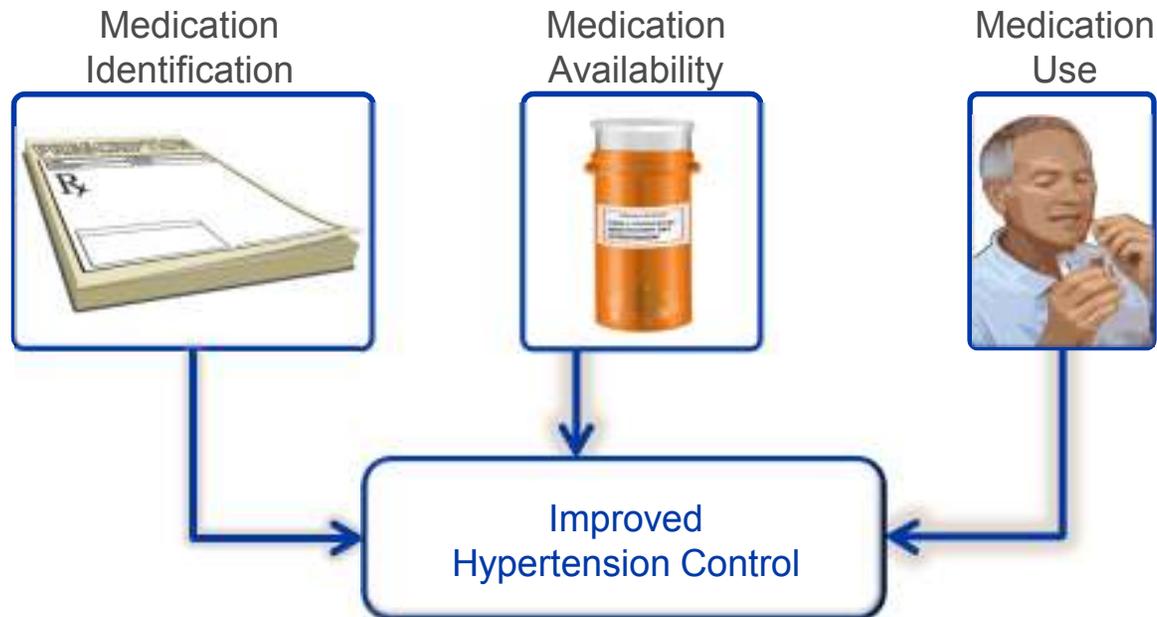
Sources: Saini SD, et al. Am J Manag Care 2009;15; Feldman RD, et al. Hypertension 2009;53:646-53.

Building on Lessons Learned from Tuberculosis

- ❑ **Structured approach**
- ❑ **High quality standardized care**
 - Accountable for each patient and outcome
 - Targets and indicators
 - Data collection, evaluation, and reporting
- ❑ **Targets and indicators define further actions and additional indicators**
 - Expansion of services
 - Identifying and treating more patients
 - Reducing the burden of disease

Opportunities in Pharmacologic Treatment of HTN

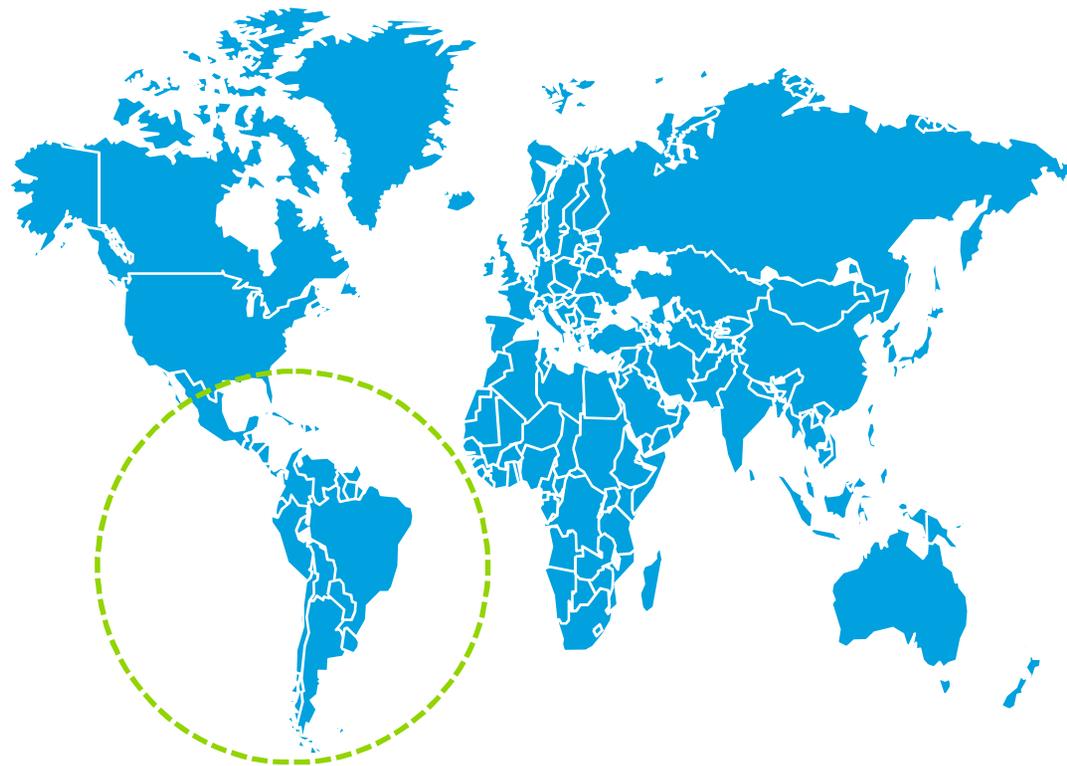
Standardize, Simplify.



Call to Action

- ❑ Effective treatment has potential to significantly improve global population health
- ❑ Development of a strategy and framework for standardizing the **pharmacologic treatment** of hypertension that is both feasible and flexible to have worldwide applicability
- ❑ Development of a strategy and framework that acknowledges and supports use of existing evidenced-based guidelines for diagnosis and treatment of hypertension

The Vision of Hypertension Control Globally



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The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

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