



IAPSM - PUBLIC HEALTH INFOGRAPHICS (IPHI)



Graphic-e-Health



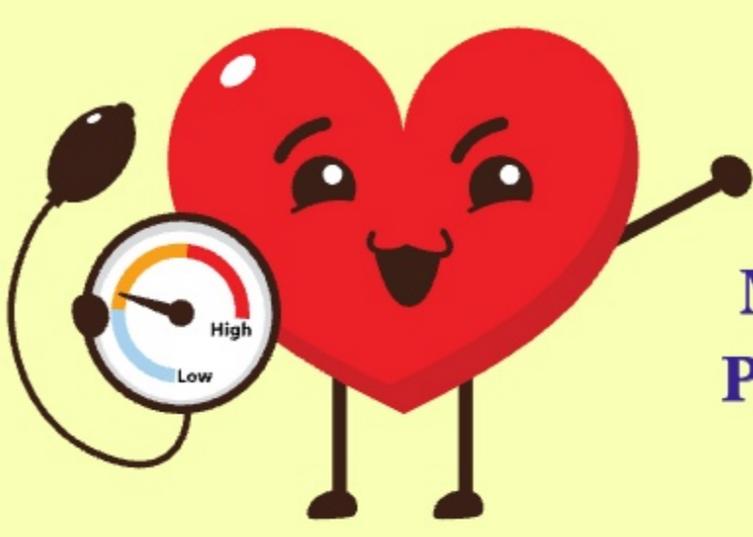
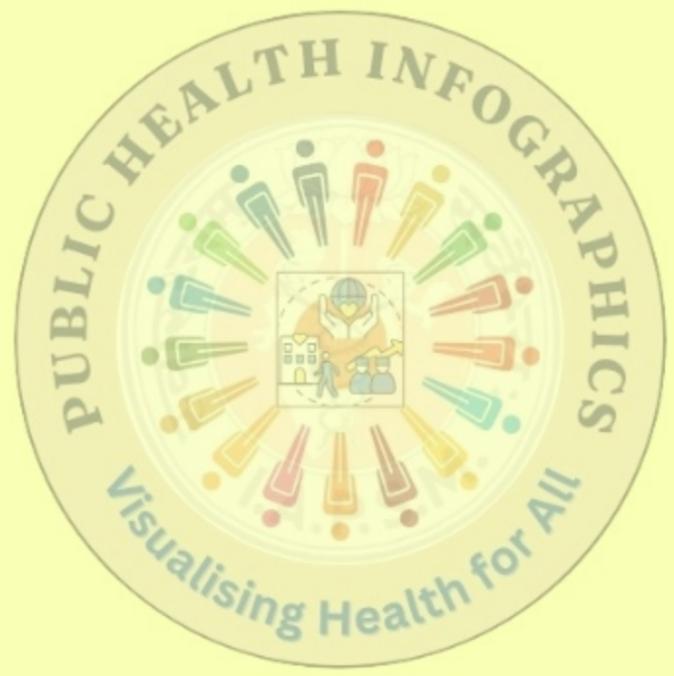
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Issue: 5



**May
2025**



THEME

**MEASURE YOUR BLOOD PRESSURE ACCURATELY,
CONTROL IT,
LIVE LONGER!**

IPHI TEAM:

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Dr. Annarao Kulkarni

Co-Chairperson
Dr. Krupal Joshi

Chief Coordinator
Dr. Krishna Jasani

Assistant Coordinators
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- 5 Dr. Nilufar



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- 7 Dr. Sonali
- 8 Dr. Vivek
- 9 Dr. Kadambari
- 10 Dr. Varun

- 11 Dr. Isha
- 12 Dr. Ankit
- 13 Dr. Vyankatesh
- 14 Dr. Prajwal
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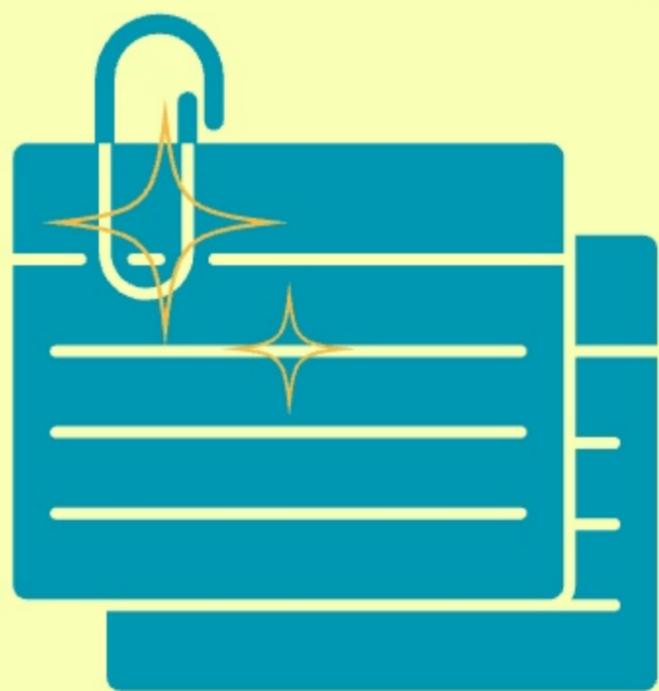
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WORLD HYPERTENSION DAY 2025

17 MAY 2025



Measure your blood pressure accurately,
Control it, Live longer

Hypertension or High blood pressure

is a condition when the pressure in your blood vessels is too high. According to current WHO guidelines, it is defined as-

Systolic Blood Pressure > 140 mm of Hg

OR

Diastolic Blood Pressure > 90 mm of Hg



HYPERTENSION SIGNS AND SYMPTOMS



Grades of Hypertension (JNC 7 guidelines)

Category	Systolic BP (mm of Hg)	Diastolic BP (mm of Hg)
Normal	< 120	and < 80
Prehypertension	120-139	or 80-89
Stage 1 Hypertension	140-159	or 90-99
Stage 2 Hypertension	≥ 160	or ≥ 100

Things that increase the risk of having high blood pressure :

- Older age
- Genetics
- Being overweight or obese
- Not being physically active
- High-salt diet
- Drinking too much alcohol



Ways to prevent or manage high blood pressure

- 1 Do not smoke
- 2 Limit alcohol intake
- 3 Maintain healthy BMI (18.5 to 22.9 kg/m²)
- 4 Eat healthy
- 5 Reduce sodium / salt intake (≤ 5g (1 tsp) of salt a day)
- 6 Be physically active (≥ 60 mins of physical activity every day)
- 7 Manage stress (Do Yoga & breathing exercises and get proper sleep)
- 8 Go for regular checkups
- 9 Take medications as prescribed



Chairperson: Dr. Annarao Kulkarni
Co-chairperson: Dr. Krupal Joshi
Chief coordinator: Dr. Krishna Jasani
Assistant Coordinators: Dr. Nanda Kumar
Dr. Nidhi Patel
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Dr. Andrea Almeida Ma'am

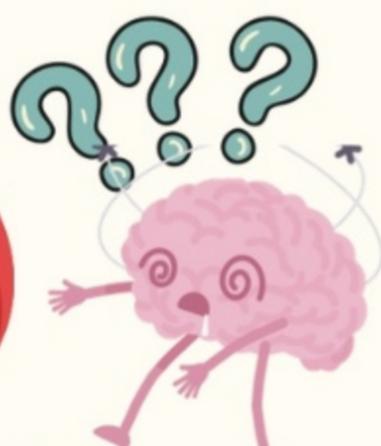
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<https://in.pinterest.com/pin/hypertension-sign-and-symptoms-information-infographic-656821926976135878/>

ARE WE IGNORING YOUNG HYPERTENSIVES?

1 Problem statement

Age(yrs)	Men (%)	Women (%)
15-19	4.6	3.3
20-24	8.7	4.7
25-29	12.4	6.7
30-39	19.3	12.9



I am just in my 20's

2 Signs & Symptoms



Headache



Chest pain



Dizziness



Nose bleed



confusion



Blurred vision

BP: Being young doesn't mean you are not my victim

3 Risk Factors

- genetics
- overweight or obese
- physically inactive
- high-salt diet
- drinking alcohol
- stress.



5 Prevention:

Life style modifications



Treatment adherence



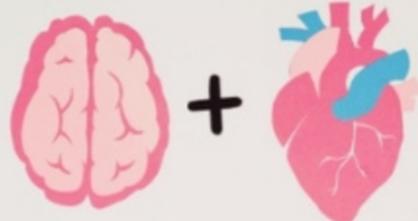
Regular BP monitoring.

4 Treatment

When to start treatment?

- if **no comorbidities**, start Rx when **BP is $\geq 140/90$ mm Hg.**
- if **comorbidities**, risk of CVD present, start Rx when **BP is $\geq 130/90$ mm Hg.**
- Give Anti-hypertensives-combination therapy have best Adherence.

Healthy Heart + Healthy Mind = Healthy body



6 Target BP

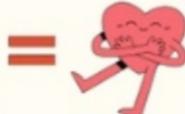
No comorbidities	$<140/90$ mm Hg
Comorbidities	<130 mm Hg
CVD Risk	<130 mm Hg

7 Key message

According to WHO, if treatment coverage is good, **76 million deaths** could be averted between 2023 and 2050.



Take your medicines regularly.



HEALTHY YOU! HEALTHY FAMILY!

Source:

<https://iris.who.int/bitstream/handle/10665/344424/9789240033986-eng.pdf>

<https://www.who.int/news/item/19-09-2023-first-who-report-details-devastating-impact-of-hypertension-and-ways-to-stop-it>

<https://dhsprogram.com/pubs/pdf/FR375/FR375.pdf>

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Dr. Annarao Kulkarni

Co-Chairperson

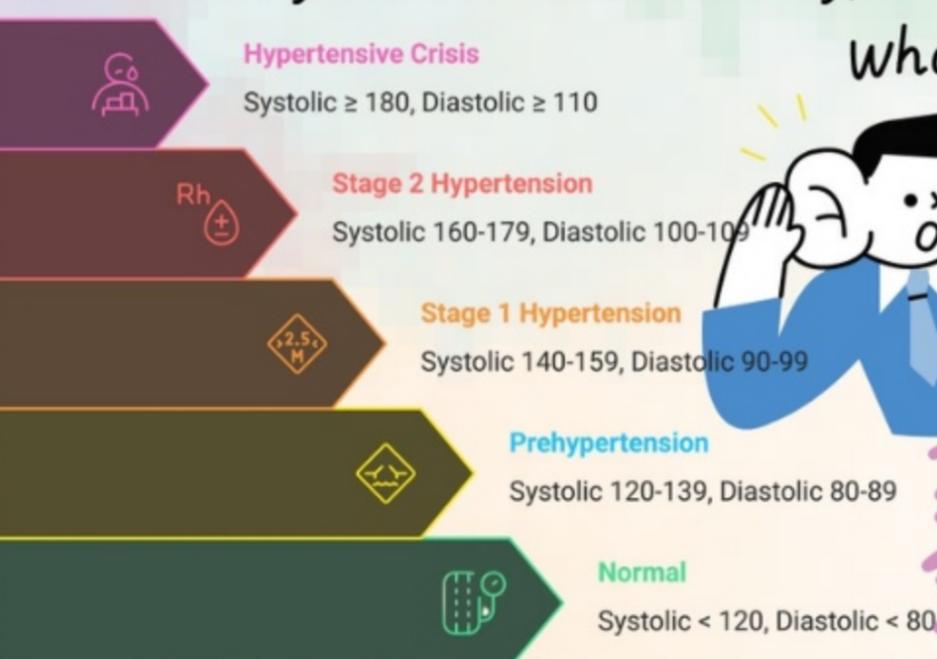
Dr. Krupal Joshi



Young & At Risk? Tackle Prehypertension Today!



Measure your BP accurately, Control it, Live longer.



What is Prehypertension?



20–30% of young Indian adults have prehypertension. (ICMR-INDIAB)

Hypertension Classification Pyramid

WHY? Why Young Adults?

Stress, fast food, and inactivity put you at risk!



How often should you check Your BP?

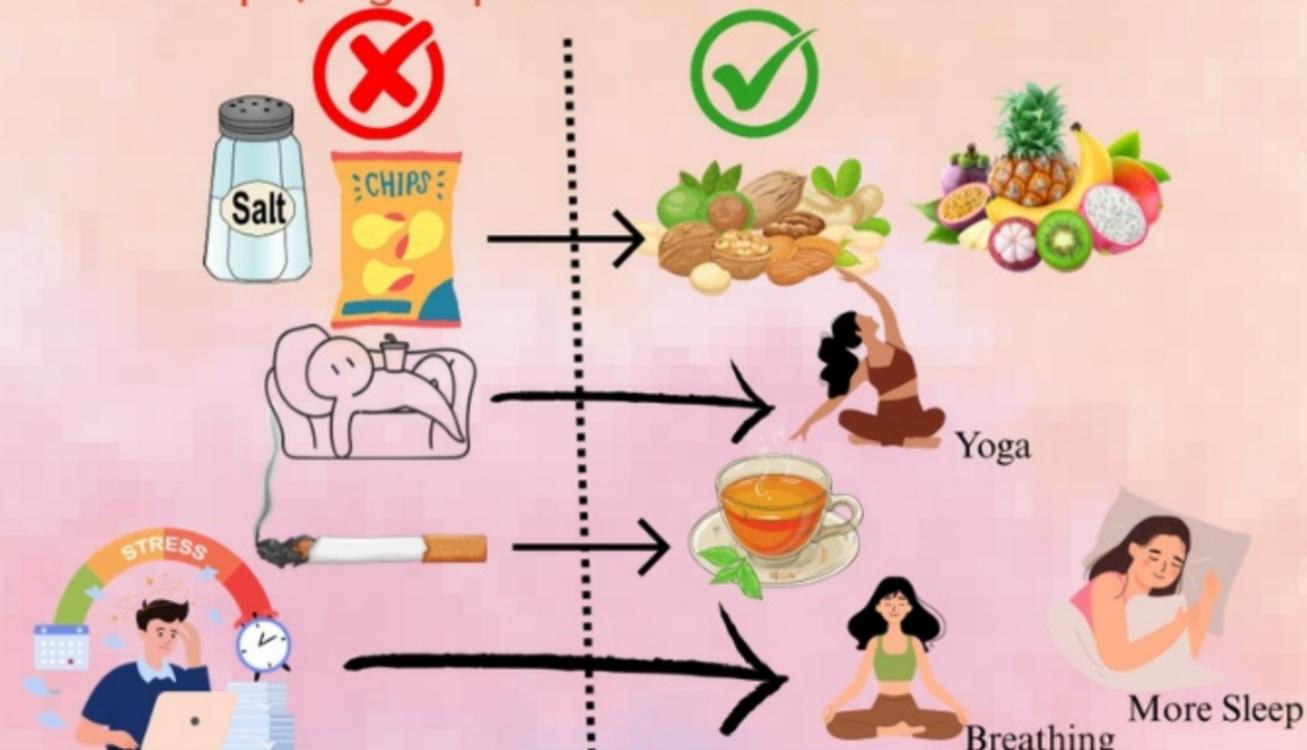
Regular checks catch prehypertension early!

- Monthly: If you have prehypertension (120–139/80–89 mmHg) or risk factors (e.g., family history, obesity, stress).
- Every 3–6 months: If BP is normal ($< 120/80$ mmHg) but you're a young adult with a busy lifestyle.
- Yearly: At routine health checkups, especially if no risk factors.
- Immediately: If you feel dizzy, stressed, or have headaches often.



Control it and Live longer!

Small swaps, big impact for a healthier future!



Start today—live long and strong!

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 Sarojini Naidu Medical College
 Agra

Guided by Dr. Renu Agrawal
 Sources - ICMR-INDIAB, WHO, Indian Hypertension Guidelines, NFHS-5, Frontiers in Public Health, Indian Guidelines on Hypertension-IV

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WORLD HYPERTENSION DAY 17TH MAY 2025



MEASURE YOUR BLOOD PRESSURE ACCURATELY,
CONTROL IT, LIVE LONGER!



KNOW YOUR NUMBERS

What Do Your BP Numbers Mean?



BLOOD PRESSURE CATEGORY	SYSTOLIC mmHg (upper number)	and/or	DIASTOLIC mmHg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

*American Heart Association



HOW TO MEASURE BP ACCURATELY

Measure Like a Pro: 5 Golden Rules



- Sit upright with back supported
- Rest quietly for 5 minutes before measurement
- Place cuff on bare upper arm at heart level
- Keep feet flat on the floor, legs uncrossed
- Remain still and silent during the reading



CHOOSE RIGHT BP MACHINE

Which BP Machine is Best for You?



BP Device Type	Accuracy Level	Suitable for Home Use?	Recommendation
Mercury Sphygmomanometer	Very High (Gold Standard)	✗ No - Requires training, phased out due to mercury hazard	Use in clinics only
Aneroid (Dial type)	Moderate (needs calibration)	⚠ With caution - requires skill	Rarely used now
Wrist Digital Monitor	Low (position sensitive)	✗ No - often inaccurate	Not recommended
Finger BP Monitor	Very Low	✗ No - highly inaccurate	Avoid completely
Digital Upper Arm Monitor	High (if validated)	✓ Yes - Best option for self-monitoring	✓ Recommended



WHEN TO SEEK MEDICAL ADVICE

Know the Danger Signs. Act Early



Warning Sign	What It Could Mean
BP consistently $\geq 140/90$ mmHg	Hypertension Stage 2 — needs medical attention
One-time BP reading $\geq 180/120$ mmHg	Hypertensive crisis — seek immediate care
Severe headache, blurred vision, dizziness	Possible organ strain — don't ignore
Chest pain or shortness of breath	Could indicate cardiovascular complications
Numbness or weakness on one side of body	Early signs of stroke — medical emergency

RIGHT MEASUREMENT - RIGHT ACTION - LONGER LIFE.



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HYPERTENSION
INFORMATION BY WHO



INDIA HYPERTENSION
CONTROL INITIATIVE



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ICMR GUIDELINES FOR HIGH BLOOD PRESSURE CONTROL, 2020



Your Health Comes First. We Got You



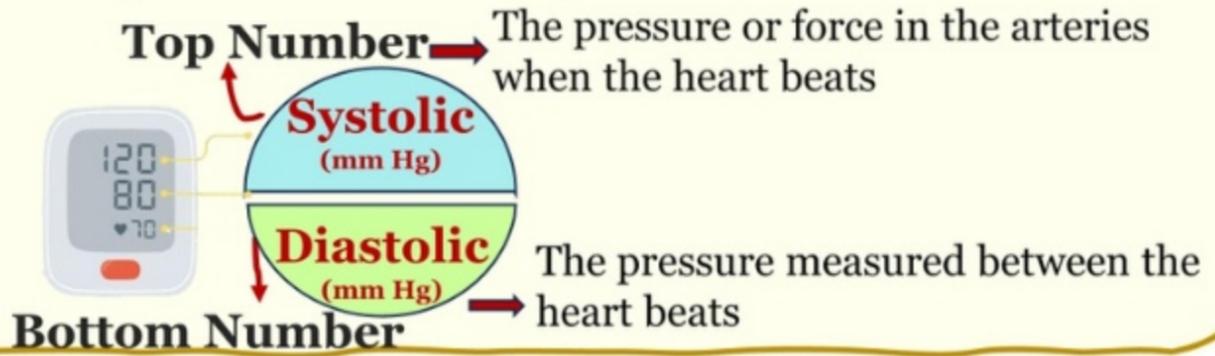
MEASURE YOUR BLOOD PRESSURE

ACCURATELY CONTROL IT, LIVE LONGER



#GetMoving,
#EatSmart,
#CheckYour BP

Blood pressure is the force of your blood moving against the walls of your arteries. It is expressed in **TWO NUMBERS** :

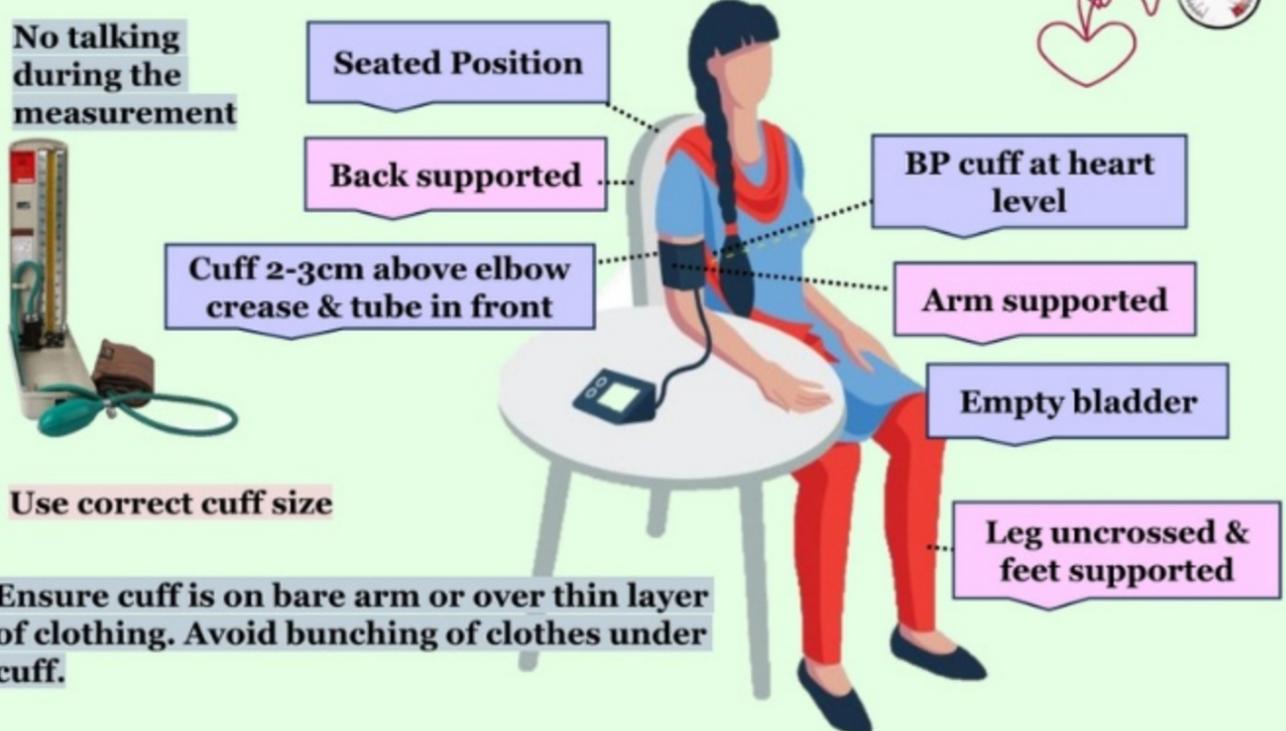


KNOW WHAT YOUR BP NUMBERS MEAN :

NORMAL	ELEVATED	STAGE 1	STAGE 2	HYPERTENSIVE CRISIS
Below 120	120 to 129	130 to 139	140+	180+
Below 80	Below 80	80 to 89	90+	120+

BP MEASUREMENT CHECKLIST

Measure BP of all adults ≥ 18 years



Ensure the person has not exercised, had tea/coffee, or used tobacco in the last 30 minutes. Person should rest comfortably and quietly for 5 minutes before the reading.

WHO aims to reduce hypertension by **25% by 2030**

Silent But Deadly

Did you know that high blood pressure is responsible for nearly **10.8 million deaths** every year—deaths that could largely be prevented?

How to control your blood pressure and reduce your risk of heart disease

- Manage weight
- Exercise regularly
- Reduce stress
- Eat healthy diet
- Reduce sodium intake
- Limit alcohol Consumption
- Quit smoking
- If needed, take medications prescribed

WE ARE WHAT WE EAT

What you eat can either fight for you or against you—**choose wisely!**



Every heartbeat matters. **This World Hypertension Day**, commit to healthier choices. Walk more, stress less, eat smart—and inspire others to do the same.

Visit your nearest Health Centre for **FREE** screening/ testing of Blood Pressure.

Dr Nilufar Mondal
PG-2, GMC, Bhopal

TEAM IPHI

Chief Coordinator- Dr. Krishna Jasani

Chairperson

• Global report on hypertension: the race against a silent killer
• Standard treatment guidelines
• <https://www.who.int/southeastasia/news/detail/17-05-2025-world-hypertension-day#:~:text=World%20Hypertension%20Day%2C%20marked%20annually,Control%20t%2C%20Live%20Longer!%22>



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Dr. Ramakrishnan

Dr. Annarao Kulkarni
Co - Chairperson
Dr. Krupal Joshi

Your Health Comes First. We Got You



High Blood Pressure

MEASURE YOUR BLOOD PRESSURE ACCURATELY, CONTROL IT, LIVE LONGER!



ONE

Measure correctly

- Use validated monitor
- Sit calmly 5 minutes before measuring
- Rest arm at heart level
- Measure at the same time daily



TWO

Control consistently

- Eat less salt, more fruits/vegetables
- Exercise 30 mins/day
- Take medications as prescribed
- Quit smoking, reduce alcohol

THREE

Live longer

- Avoid strokes, heart attacks, kidney failure
- 10 mm Hg BP reduction = 20% ↓ in cardiovascular risk
- Early detection = longer, healthier life

Kidney health & Heart health go hand in hand



“High blood pressure is a silent killer—don’t wait for symptoms. Check it today.”

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Dr. Ramakrishnan

Source:

1.WHO Hypertension Factsheet, 16th March 2023

2.NCD Risk Factor Collaboration (NCD-RisC). (2021). Worldwide trends in hypertension prevalence and progress in treatment and control from 1990 to 2019: a pooled analysis of 1201 population-representative studies with 104 million participants. The Lancet, 398(10304), 957–980.

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"Measure your blood pressure accurately, control it, live longer"



RISK FACTORS



- Stress
- Obesity
- Physical inactivity
- Genetics
- Smoking & alcohol

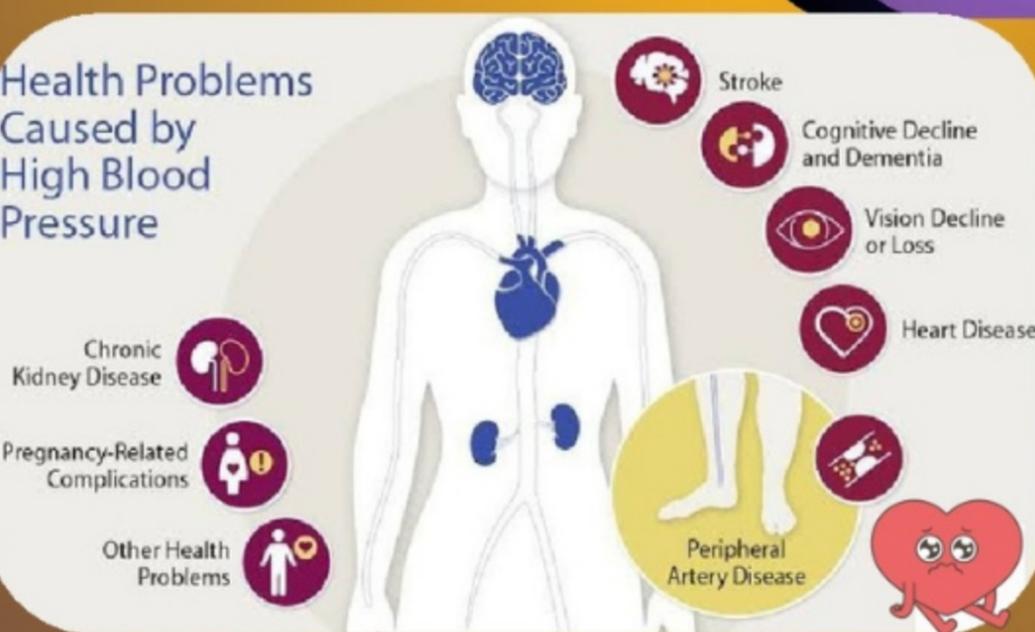
SIGNS AND SYMPTOMS



ACCURATE BLOOD PRESSURE MEASUREMENT



Health Problems Caused by High Blood Pressure



HYPERTENSIVE EMERGENCY

Blood pressure 180/120 or higher along with ...



PREVENTION MEASURES



Health is wealth

SOURCES:
<https://pmc.ncbi.nlm.nih.gov/articles/PMC6477925/>
<https://www.cdc.gov/high-blood-pressure/risk-factors/index.html>
<https://www.who.int/news-room/fact-sheets/detail/hypertension>
<https://www.ncbi.nlm.nih.gov/books/NBK539859/>

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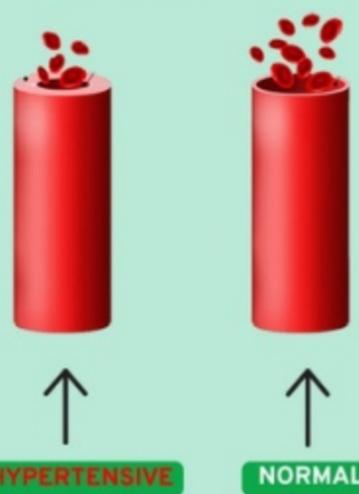
WORLD HYPERTENSION DAY

- 17 MAY, 2025

THEME : MEASURE YOUR BLOOD PRESSURE ACCURATELY. CONTROL IT. LIVE LONGER

WHAT IS HYPERTENSION

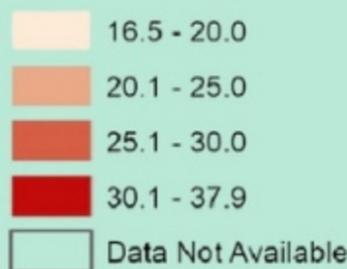
Hypertension is persistent elevation of systolic BP of 140mmHg or greater and/or diastolic BP of 90mmHg or greater



HYPERTENSION = SILENT KILLER

PREVALENCE

Overall Prevalence - 29.8%
In Urban areas - 33%
In Rural areas - 25%



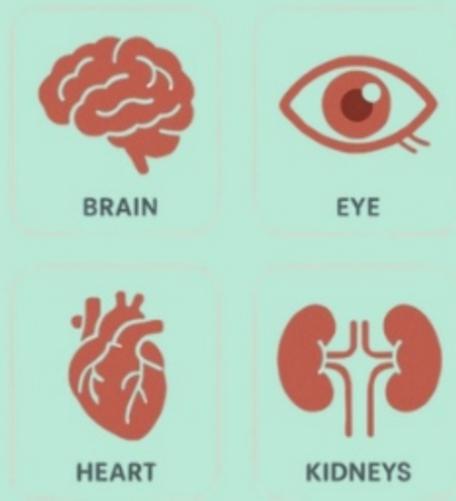
HYPERTENSION OFTEN HAS NO SIGNS OR SYMPTOMS

THEREFORE FREQUENTLY GOES UNDIAGNOSED

SYMPTOMS OF HYPERTENSION



ORGANS AFFECTED BY HYPERTENSION



HIGH BLOOD PRESSURE CAN LEAD TO HEART ATTACK, STROKE & KIDNEY FAILURE

RISK FACTORS



PREVENTION OF HYPERTENSION

MEASURE YOUR BLOOD PRESSURE REGULARLY



MAINTAIN A HEALTHY DIET



BE PHYSICALLY ACTIVE



TAKE PRESCRIBED MEDICATION



PREVENTION STARTS WITH ACCURATE MEASUREMENT

TEAM IPHI :
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CO-CHAIRPERSON - DR. KRUPAL JOSHI
CHIEF COORDINATOR - DR. KRISHNA JASANI
ASSISTANT COORDINATOR - DR. NANDA KUMAR,
DR. NIDHI PATEL, DR. RAMAKRISHNAN

UNMASK THE SILENT KILLER, EARLY

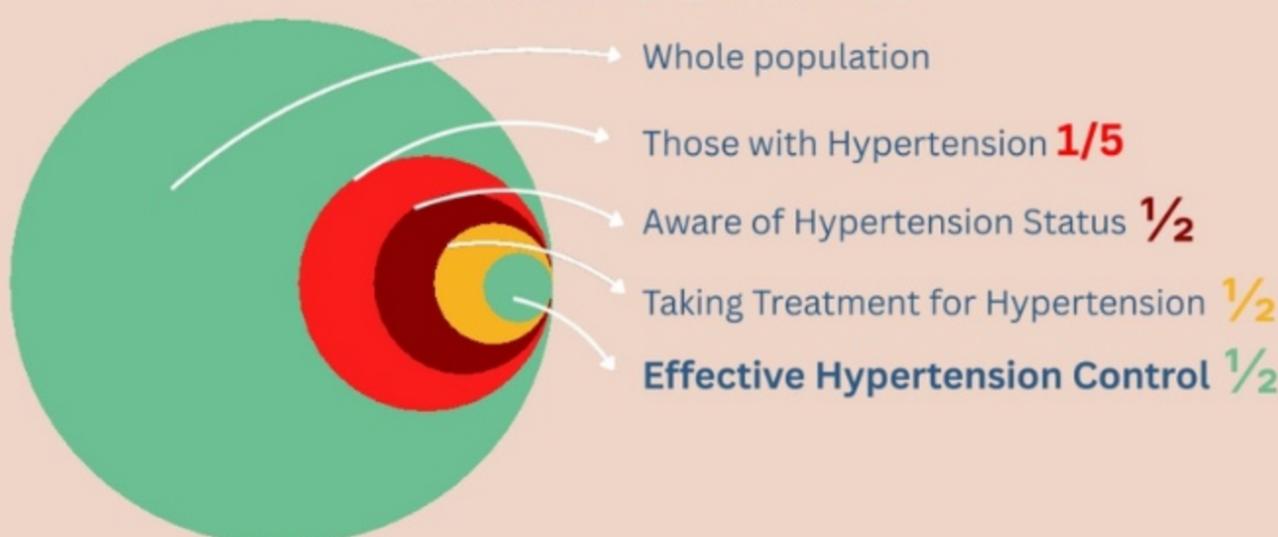


High blood pressure is the **leading cause of premature death, globally!**

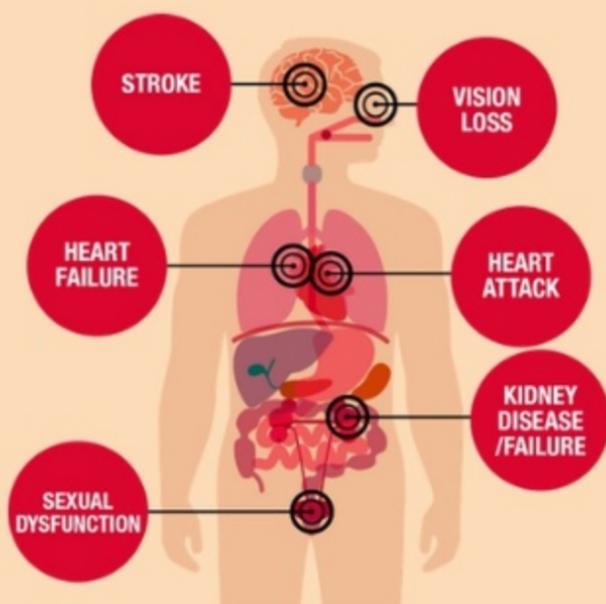
Get your BP checked, **regularly...**



Disease Burden



Consequences of High Blood Pressure



Preventive Strategies



Early diagnosis, good treatment compliance and regular self-monitoring



At least 30 minutes of moderate-intensity exercise on most days of the week



Practice effective stress-management techniques



Within 5g/day

Keep It Light:
Limit intake of Salt, Oil and Processed Foods



Eat from a Balanced and Nutritious Food Plate



Abstain from Alcohol and Tobacco Use



Invisible Threat

A condition in which the force of the blood against the artery walls is too high.

one-third of all deaths globally

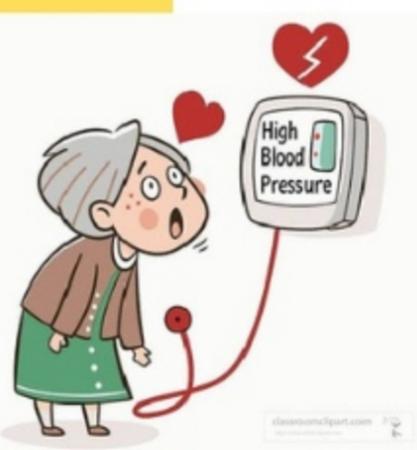


Grades

1) Mild 140-159 mmHg / 90-99 mmHg

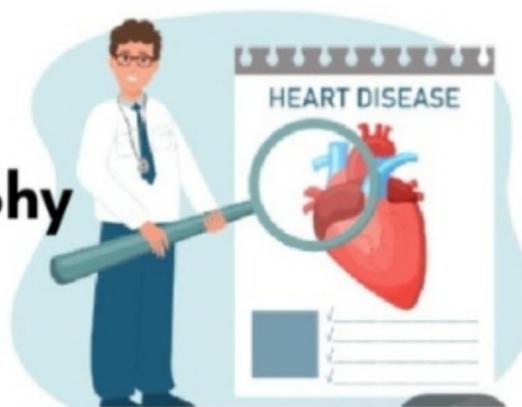
2) Moderate (160-179 mmHg/ 100-109 mmHg)

3) Severe hypertension (180 or greater/110 mmHg or greater).



COMPLICATIONS

- 1) Myocardial infarction,
- 2) Left ventricular hypertrophy
- 3) Congestive heart failure
- 4) Aneurysm
- 5) Stroke, as well as chronic kidney diseases



How to reduce the risks:

Reduce your salt intake



Engage in regular physical activity



Maintain a healthy weight



Eat fresh natural foods



Don't smoke



Follow medical advice



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Team - IPHI



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Co - Chairperson
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Sawicka k et al, Journal of Pre-Clinical and Clinical Research, 2011, Vol 5, No 2
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WORLD HYPERTENSION DAY -2025

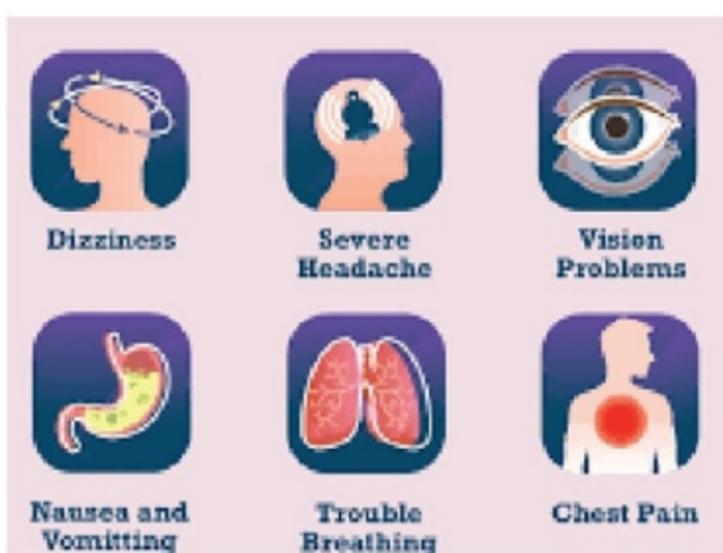


"Measure Your Blood Pressure Accurately, Control It live Longer!"

CAUSES



SIGNS AND SYMPTOMS



BP CUT OFF VALUES

	Systolic (mmHg)	Diastolic (mmHg)
• Normal	< 120	<80
• Elevated	120 to 139	80-89
• Stage 1 Hypertension	140-159	90-99
• Stage 2 Hypertension	>160	>100



PREVENTION TIPS



Walking



Weight Reduction



Exercise



Eating healthy Fruits and vegetables



Reduce salt



Avoid Fried Items



Manage stress



Avoid Tobacco Alcohol

SOURCES

- <http://my.clevelandclinic.org/health/diseases>
- <https://www.heart.org,health-topics/high-blood-pressure>
- <https://www.mayoclinic.org/diseases-conditions>

"Stop Hypertension Before It Stops You"

Guided By : Dr Akshita ma'am

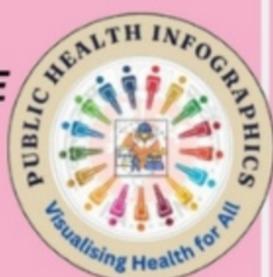
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Dr Ramakrishnan

WORLD HYPERTENSION DAY

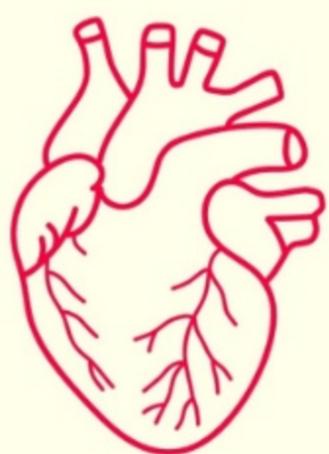
17TH MAY 2025

THEME- Measure your blood pressure accurately, control it to live longer



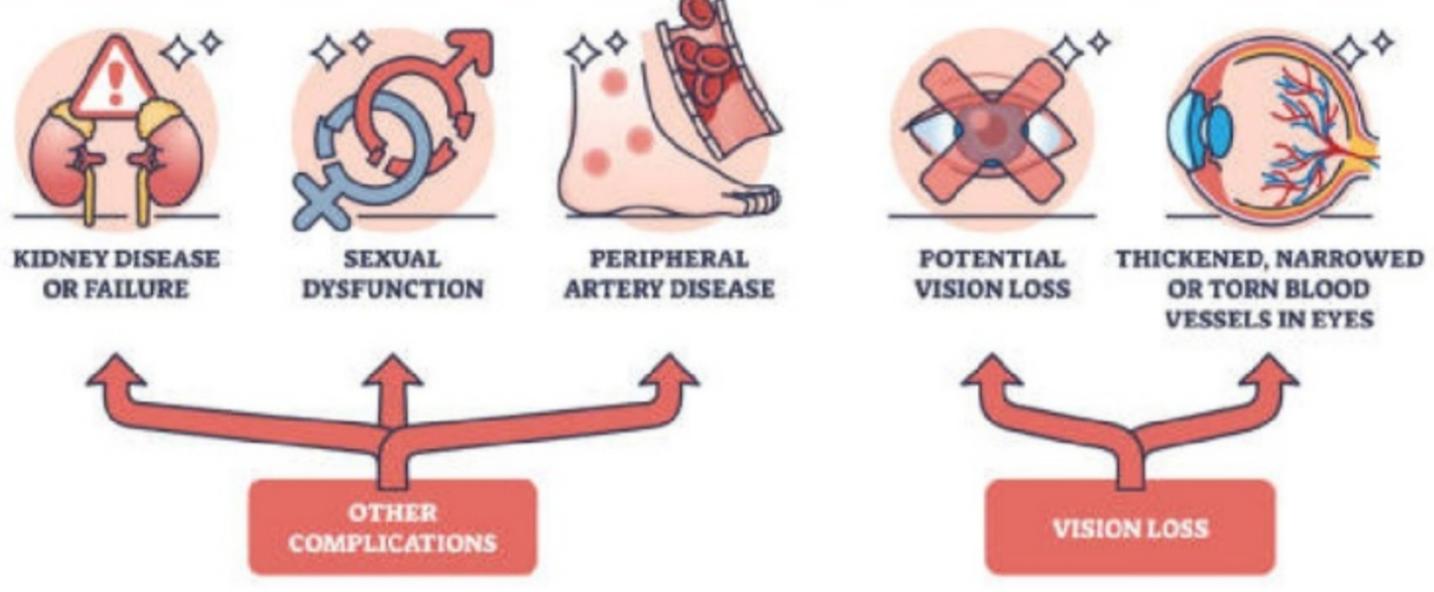
BLOOD PRESSURE

	SYSTOLIC MM HG (Top Number)	AND	DIASTOLIC MM HG (Bottom Number)
NORMAL	<120	AND	<80
ELEVATED	120-129	AND	<80
HIGH BLOOD PRESSURE Stage 1 Hypertension	130-139	OR	80-90
HIGH BLOOD PRESSURE Stage 2 Hypertension	>140	OR	>90
HYPERTENSIVE CRISIS Seek Medical Attention	>180	AND/OR	>120

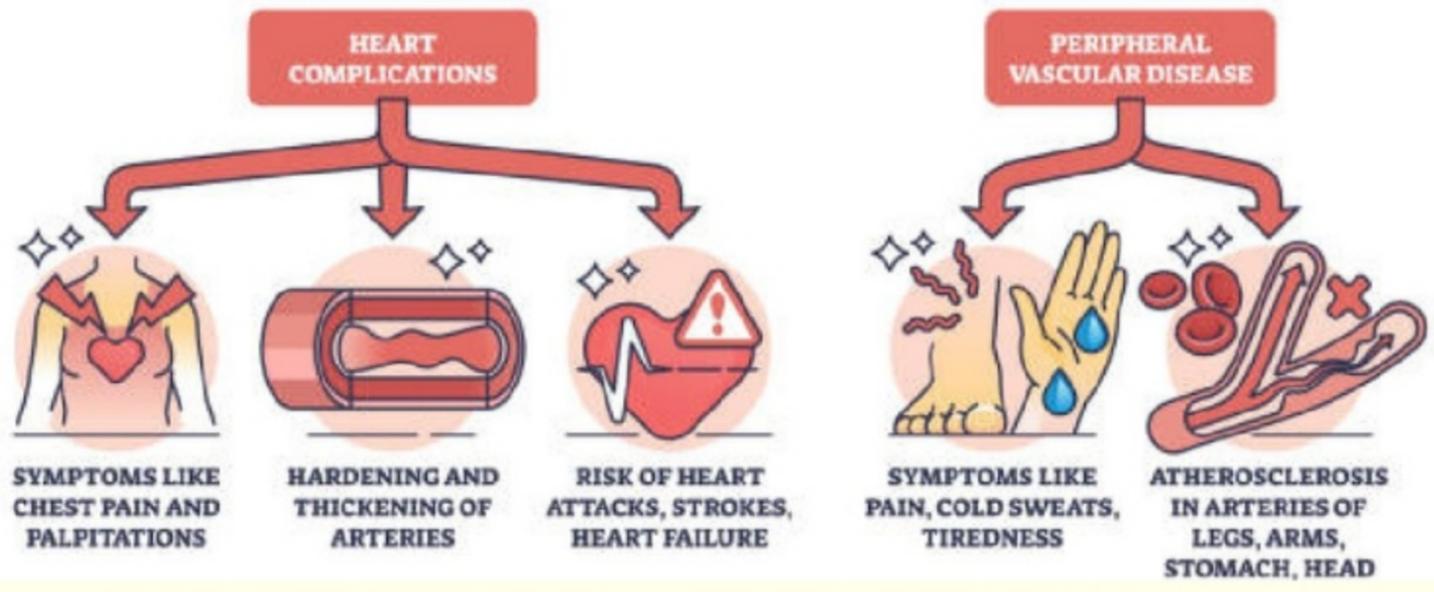


Hypertension

Hypertension is the persistent increase of blood pressure on the wall of the blood vessels. High blood pressure is one of the important factors which plays an important role in the development of various metabolic, cardiovascular, renal diseases among others.



COMPLICATIONS OF HIGH BLOOD PRESSURE



Sources- https://www.who.int/health-topics/hypertension#tab=tab_1
2. <https://pmc.ncbi.nlm.nih.gov/articles/PMC4011565/>

World Hypertension Day

Measure Your Blood Pressure

Accurately , Control it , Live Longer

17th May 2025

What is hypertension?



Hypertension is blood pressure that is higher than normal

Blood pressure is the force of circulating blood against the walls of the body's arteries, the major blood vessels in the body.



High Blood Pressure Symptoms



Dizziness



Headache



Vomiting, Nausea



Blurred or double vision



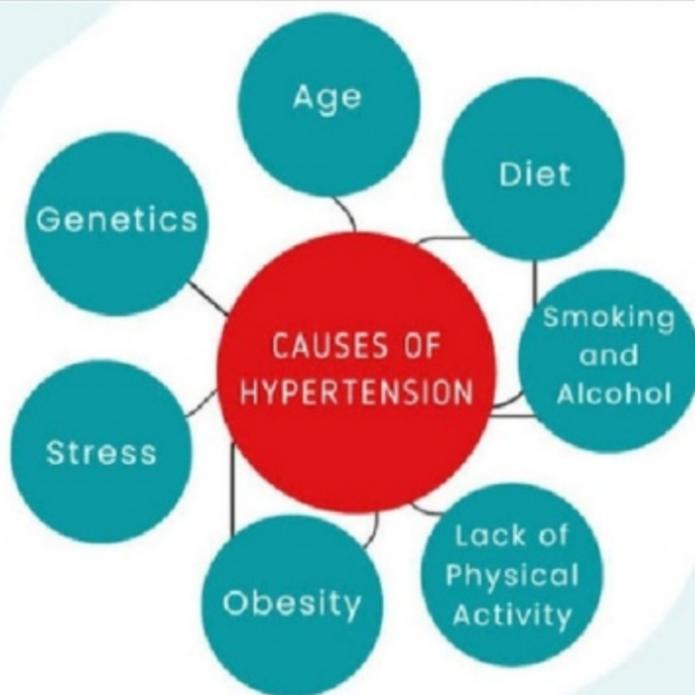
Shortness of breath



Breathlessness



Heart palpitations

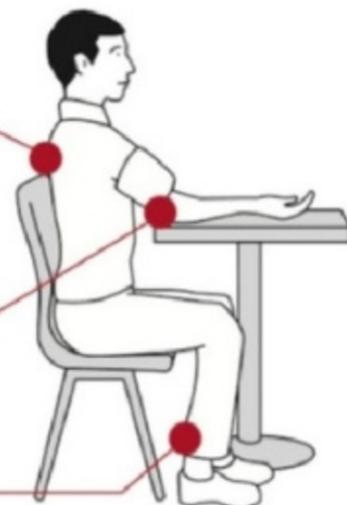


BLOOD PRESSURE MEASUREMENT



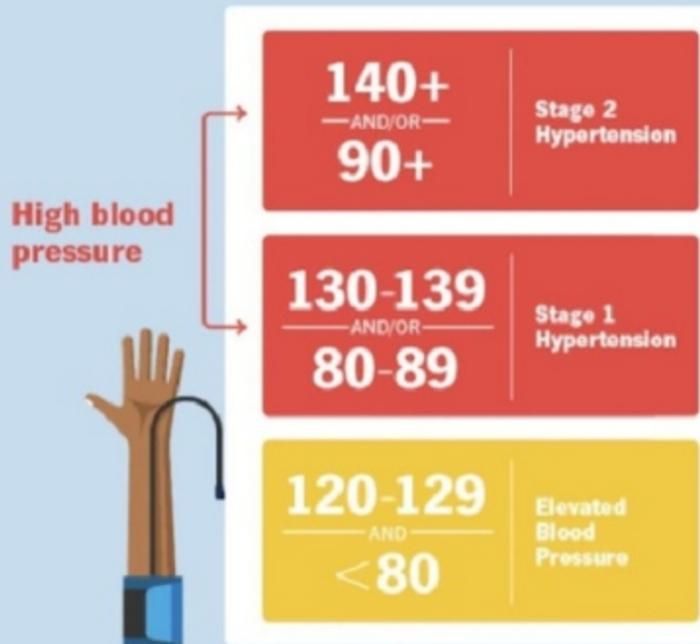
When you measure your blood pressure:

- ✓ Sitting position
- ✓ Back supported
- ✓ Arm bare and supported
- ✓ Use a cuff size appropriate for your arm
- ✓ Middle of the cuff at heart level
- ✓ Lower edge of cuff 3 cm above elbow crease
- ✓ Do not talk or move before or during the measurement
- ✓ Legs uncrossed
- ✓ Feet flat on the floor



Blood Pressure Above Normal

Ranges are in millimeters of mercury (mm)



Hypertensive Crisis Symptoms



Severe chest pain



Headache & blurred vision



Nausea & vomiting



Severe anxiety



Shortness of breath



Seizures



Unresponsiveness

Chairperson: Dr. Annarao Kulkarni
Co-chairperson: Dr. Krupal Joshi
Chief coordinator: Dr. Krishna Jasani
Assistant coordinators : Dr. Nanda Kumar
Dr. Nidhi Patel Dr. Ramakrishnan

Guided by - Dr Takwale
Dr Kendre

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Dr Vyankatesh S chavan
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WORLD HYPERTENSION DAY (17th May)

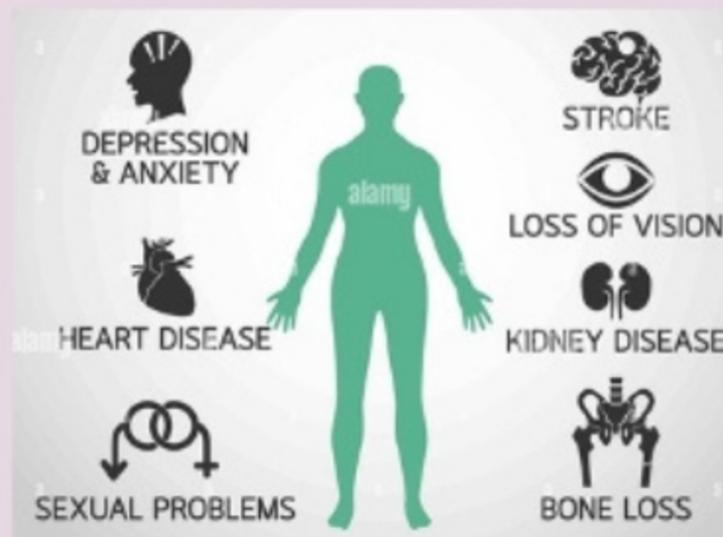


Hypertension: When blood pressure is consistently higher than 140/90 (mm Hg).

SIGNS & SYMPTOMS



EFFECTS ON YOUR BODY



DIAGNOSIS OF HYPERTENSION

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



Prevention of Hypertension :



Important Considerations:

Symptoms:

Hypertension often has no noticeable symptoms until it causes complications, making regular checkups essential.

Treatment:

Treatment for hypertension should be personalized, taking into account individual health conditions and risk factors.

Communication:

Open communication with a healthcare provider is key to developing a comprehensive treatment plan for managing hypertension.

Made by:

Dr. Prajwal Laxman Chaudhari

Guided by:

Dr. Glory Takwale,
Dr. Shivcharan Kendre

TEAM IPHI
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ASSISTANT CO-ORDINATORS:
 DR. NANDA KUMAR,
 DR. NIDHI PATEL,
 DR. RAMAKRISHNAN

Source: <https://pulse-cardiology.com/hypertension-symptoms-and-causes/>
<https://www.pixtastock.com/illustration/68754946>

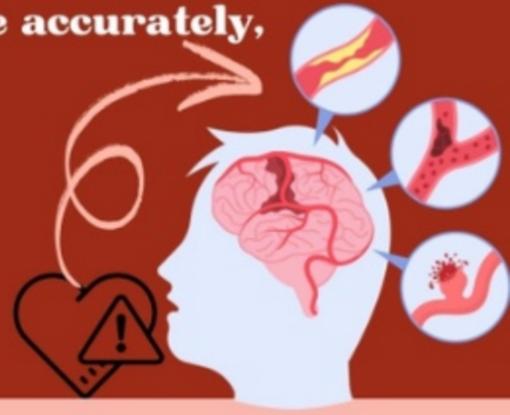


World Hypertension Day



17th May 2025

Theme - Measure your blood pressure accurately, Control it, Live longer.



Hypertension is a leading risk factor for cardiovascular diseases, which account for **27% of total deaths in India**. It also affects the brain, the kidneys & blood vessels extensively.

KEY FACTS ABOUT HYPERTENSION

1 in 3 adults in India affected by Hypertension

Over 50% of these individuals unaware of the condition

Prevalence notably higher in urban areas with gender predilection in males

Lifestyle and healthy diet impacts heart health

SIGNS TO WATCH FOR



High blood pressure, i.e. > 140/90



Obesity or/and Diabetes history



Family history of high blood pressure



Experiencing high stress levels or/and palpitations

HOW TO PREVENT IT



Schedule regular screening and chart your blood pressure precisely



Adopt balanced diet low in salt (<5 gm/day) & saturated fats, exercise (120 minutes of brisk walk/week), avoid substance use



Adherence to medication & attend regular follow-up appointments, for those diagnosed



Awareness & education through public health campaigns or health talks

INDIA HYPERTENSION CONTROL INITIATIVE

Launched in collaboration with WHO; **GOAL : Screen & place 75 million individuals with hypertension or diabetes on standardised care by 2025**

Decentralised and patient centric care by shifting hypertension management to health & wellness centres, bringing facilities close to communities

Standardised treatment protocols to improve adherence; by implementing state specific protocols it becomes easier to cater needs as per demands

Digital monitoring & recording of blood pressure, random blood sugar and preventable cancers; CBAC forms filled by trained ANMs and MPWs

MYTH

- Only elderly people get high blood pressure
- If you feel fine, your blood pressure must be normal
- Hypertension medication is only needed temporarily
- Hypertension presents with some or other symptoms

FACTS

- Hypertension can affect people of all ages, including young adults & teens
- You can feel well & still have severely high blood pressure
- Hypertension is a chronic condition - many people require lifelong medication
- Hypertension is often asymptomatic (silent killer), so regular screening required

IPHI TEAM - Chairperson: Dr. Annarao Kulkarni

Co-chairperson: Dr. Krupal Joshi

Chief Coordinator: Dr. Krishna Jasani

Assistant Coordinators :Dr. Nanda Kumar, Dr. Nidhi Patel, Dr. Ramakrishnan

MAKE HEART HEALTH A PRIORITY.



LINK -

<https://www.who.int/southeastasia/news/detail/18-05-2023-india-75-million-people-with-hypertension-or-diabetes-on-standard-care-by-2025>

<https://bmchealthservres.biomedcentral.com/articles/10.1186/s12913-024-11354-9>

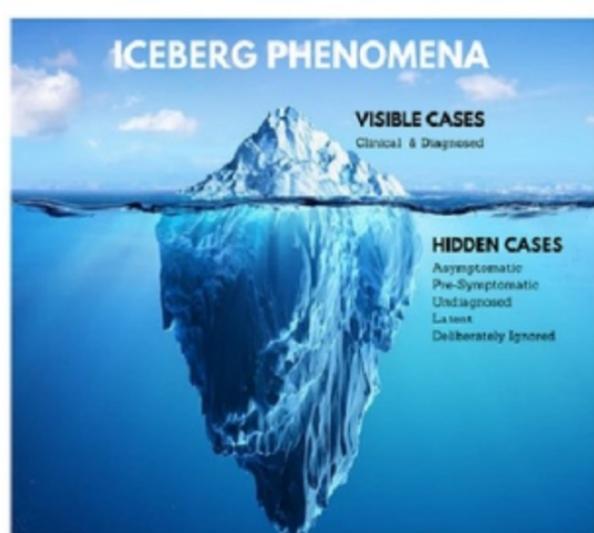
<https://www.ihci.in/>

BY - DR. SHIVANGI SON DARVA (INTERN)

Hypertension

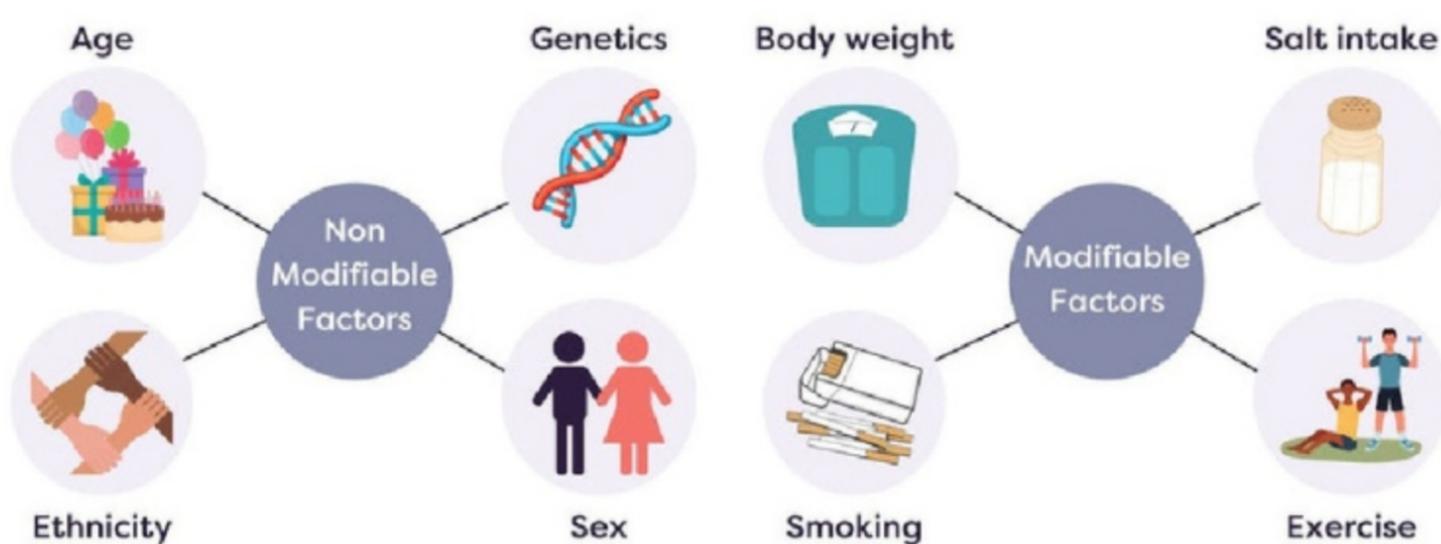
“A Silent Killer”

- High blood pressure is when the force of blood pushing against your artery walls is consistently too high.
- Usually hypertension is defined as blood pressure above 140/90, and is considered severe if the pressure is above 180/120.



- An estimated 1.28 billion adults aged 30–79 years worldwide have hypertension, most (two-thirds) living in low- and middle-income countries
- An estimated 46% of adults with hypertension are unaware that they have the condition.
- Less than half of adults (42%) with hypertension are diagnosed and treated.

RISK FACTORS



Blood pressure categories

How do I know if I have high blood pressure?

	Systolic mmHg (Upper number)	and/or	Diastolic mmHg (Lower number)
Normal	Below 120	and	Below 80
Elevated	120 - 129	and	Below 80
Hypertension stage 1	130 - 139	or	80 - 89
Hypertension stage 2	140 or Higher	or	90 or Higher
Hypertensive crisis	Above 180	and/or	Above 120

- **Checking your blood pressure is the best way to know if you have high blood pressure**
- **If you are above 30 get screened at your nearest healthcare facility**

DO's

EAT HEALTHY

EXERCISE DAILY

120/80

GO FOR REGULAR CHECKUPS

DONT's

AVOID SALT

QUIT SMOKING

STOP DRINKING ALCOHOL

- **Take medicines as prescribed by your health care professional.**
- **Keep appointments with your health care professional.**

Dr. Durga Ahuja
Dr. Admira Fernandes
PG 2nd year
NSCGMC KHANDWA

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Dr. Ramakrishnan

WORLD HYPERTENSION DAY

"Measure Your Blood Pressure Accurately, Control It, Live Longer"

Latest Guidelines (CSI, Dec 2024)

1 Start with Lifestyle Changes



DASH diet, ↓ sodium (<1.5 g/day), ↑ potassium (3.5–5.0 g/day), limit saturated fats & alcohol

2 Monitor Regularly



Blood pressure, ECGs, kidney & eye health.

3 Exercise & Weight Management



- Exercise: ≥150 mins/week aerobic + resistance training
- Weight: Maintain BMI 18.5–24.9 kg/m²

4 Hypertension & Diabetes



Anti-hypertensives + Cilnidipine for effective control and organ protection.

5 Manage Stress & YOGA



Advised for patients with Type 2 Diabetes Mellitus (T2DM).

6 Quit Smoking



- Use Nicotine Replacement Therapy (NRT) – gum, patches, lozenges, etc.
- Consider prescription medications

7 PUBLIC HEALTH EFFORTS - INDIA HYPERTENSION CONTROL INITIATIVE (IHCI):



- National program to cut NCD mortality by 25% by 2025
- Uses WHO HEARTS model & simplified protocols (e.g., amlodipine first-line)
- 4M+ patients enrolled, >70% retention
- Integrates diabetes care for holistic management
- Challenges: awareness & drug supply – active improvements underway

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 Dr. Nidhi Patel
 Dr. Ramakrishnan



~ Dr. AHELI PAL (20085, Intern)

Guided by: - Dr Salve S.B. (Professor and Head, Dept of Community Medicine),
 Dr Kendre

SOURCES

- <https://www.who.int/india/news-room/detail/02-06-2022-india-hypertension-control-initiative-a-high-impact-and-low-cost-solution>
- https://www.researchgate.net/publication/341498875_Indian_guidelines_on_hypertension-IV_2019
- <https://theindianpractitioner.com/cardio-logists-recommend-new-guidelines-for-preventing-heart-attacks/>
- <https://www.expresshealthcare.in/news/api-and-icp-issue-practical-guidelines-for-doctors-to-enhance-hypertension-care-in-india/445020/>
- <https://knowledge-action-portal.com/en/content/india-hypertension-control-initiative-patient%02centred-approach-control-hypertension-primary>

WORLD HYPERTENSION DAY

Defination of Hypertension-

Hypertension is diagnosed when Systolic BP \geq 140 mmHg and/or Diastolic BP \geq 90 mmHg, based on the average of two or more properly measured readings on two or more visits.

BP Measurement Checklist

Measure blood pressure of all adults \geq 30 years

No talking during and between measurements

Cuff at heart level

Use correct cuff size and positioning

Small Medium Large

1. Ideal cuff bladder length is at least 80% of the person's arm circumference.
2. Cuff width should cover at least 40% of the person's upper arm.
3. Ensure cuff is on bare arm or over thin layer of clothing. Avoid bunching of clothes under cuff.



Ensure the person has not exercised, had tea/coffee, or used tobacco in the last 30 minutes
Person should rest comfortably and quietly for 5 minutes before the reading

IHCI India Hypertension Control Initiative

Consequences of Hypertension

- Left ventricular hypertrophy (LVH)
- Heart failure
- Myocardial infarction
- Aortic aneurysm/dissection
- Stroke
- Vascular dementia
- Hypertensive encephalopathy
- Chronic kidney disease (CKD)
- Proteinuria
- End-stage renal disease (ESRD)
- Hypertensive retinopathy
- Retinal hemorrhages
- Insulin resistance
- Dyslipidemia

Signs & Symptoms of Hypertension

PACE HOSPITALS

While the majority of the hypertensives are asymptomatic, the of presenting symptoms include:

- Hypertension headache
- Dizziness
- Vomiting
- Nausea
- Chest pain
- Confusion
- Anxiety
- Nosebleeds
- Buzzing in the ears
- Difficulty breathing
- Abnormal heart rhythm
- Blurred vision or other vision changes



Theme this year-

Measure Your Blood Pressure Accurately, Control It, Live Longer

Preventive measures for Hypertension



Sources-1) Ministry of Health (Saudi Arabia). High Blood Pressure (Hypertension) [Internet]. Riyadh: Ministry of Health (Saudi Arabia); 2024 [cited 2025 May 27]. Available from: <https://www.moh.gov.sa/en/awarenessplatform/ChronicDisease/Pages/Hypertension.aspx>
 2) Resolve to Save Lives. Hypertension training module: simplified version [Internet]. New York: Resolve to Save Lives; 2019 May 12 [cited 2025 May 27]. Available from: https://resolvetosavelives.org/wp-content/uploads/2023/05/htn-draft-training-module_simple-version_05122019-for-print-1.pdf
 3) PACE Hospitals. Hypertension: symptoms, causes, types, complications & prevention [Internet]. Hyderabad: PACE Hospitals; [cited 2025 May 27]. Available from: <https://www.pacehospital.com/hypertension-symptoms-causes-types-complications-prevention>



WORLD HYPERTENSION DAY

"MEASURE YOUR BLOOD PRESSURE, ACCURATELY, CONTROL IT, LIVE LONGER"

SIGNS AND SYMPTOMS



FATIGUE



NAUSEA



DIZZINESS



IRREGULAR HEARTBEAT



VOMITING

IMPORTANT GUIDELINES



Balanced Diet



Restrict Salt & Alcohol



Regular Health Checkups



Exercise and Yoga

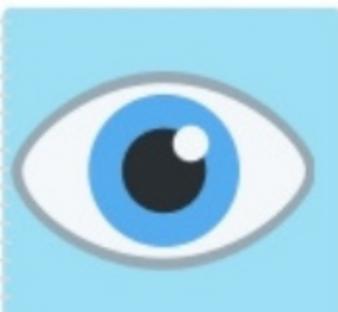


Quit Smoking

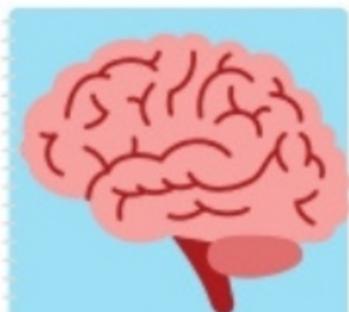


Weight Maintenance

COMPLICATIONS OF HYPERTENSION



Vision loss



Stroke



Heart Attack

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Co-chairperson: Dr. Krupal Joshi
Chief coordinator: Dr. Krishna Jasani
Assistant coordinator: Dr. Nanda Kumar
Dr. Nidhi Patel
Dr. Ramakrishnan

MADE BY:
Disha Sahu
(Intern, 20115)
Guided by:
Dr. Akshita
Dr. Andrea

SOURCES:
Images: www.google.com,
Canva Clipart, iStock
Guidelines: CSI, Dec 2024
Symptoms &
Complications:
www.google.com



WORLD HYPERTENSION DAY 17 MAY 2025



THEME: MEASURE YOUR BLOOD PRESSURE ACCURATELY, CONTROL IT, LIVE LONGER.

WHAT IS HYPERTENSION?

Hypertension, or high blood pressure, is a condition in which the force of blood against the walls of the arteries remains high for a long time. It is diagnosed when the systolic BP is 140 mmHg or more and/or diastolic BP is 90 mmHg or more, taken on at least two different occasions.

5 Main Blood Pressure Ranges



Ranges are in millimeters of mercury

180+ AND/OR 120+	Hypertensive Crisis
140+ AND/OR 90+	Stage 2 Hypertension
130-139 AND/OR 80-89	Stage 1 Hypertension
120-129 AND/OR <80	Elevated Blood Pressure
<120 AND/OR <80	Normal Blood Pressure

HYPERTENSION SIGNS AND SYMPTOMS



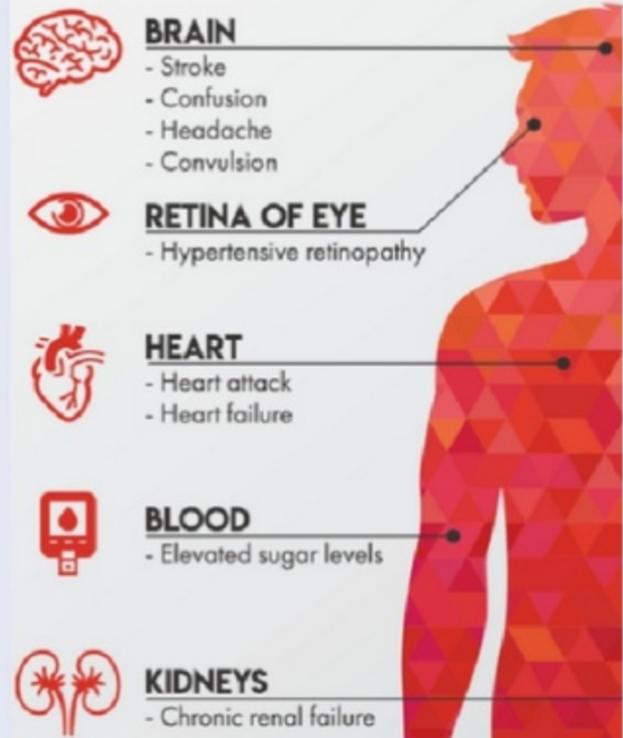
PREVENTION

HEALTHY LIFESTYLE

UNHEALTHY LIFESTYLE



Main complications of persistent HIGH BLOOD PRESSURE



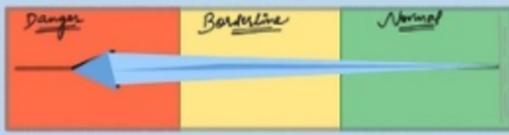
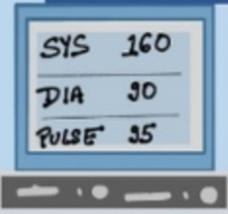
Team IPHI
Chairperson: Dr Annarao Kulkarni
Co-chairperson: Dr Krupol Joshi
Assistant co-ordinators: Dr Nanda Kumar, Dr Nidhi Patel, Dr Ramakrishnan

Source:
<https://www.who.int>
<https://www.heart.org/en/health-topics/high-blood-pressure>

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Guided By:- Dr.Magare, Dr.Ravi

MEASURE YOUR BLOOD PRESSURE ACCURATELY, CONTROL IT, LIVE LONGER



MEASURE

- Use validated devices.
- Rest 5 minutes before measuring.
- Sit with back supported, feet flat.
- Keep the arm at heart level.
- Avoid caffeine/smoking prior.
- Take 2–3 readings and average

CONTROL

- Follow a low-sodium, balanced diet.
- Maintain a healthy body weight.
- Exercise regularly (≥ 150 min/week).
- Limit alcohol consumption.
- Adhere to prescribed medications.
- Manage stress effectively.
- Avoid tobacco use

LIVE LONGER

- Controlled BP reduces cardiovascular risks.
- Early detection prevents complications.
- Healthy habits improve lifespan and quality of life.



- Exercise
- Hydrate
- Monitor BP
- Eat healthy
- Sleep
- Medicate



- Smoke
- Overeat
- Salt
- Alcohol
- Stress
- Sedentary

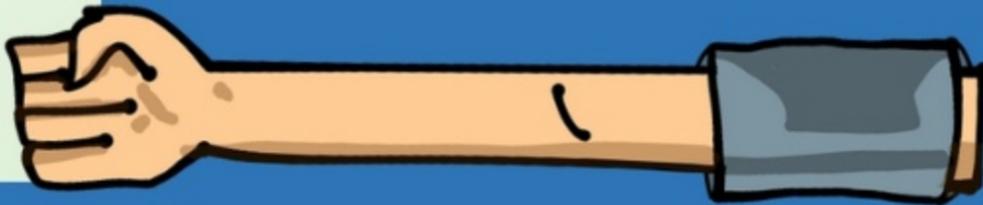


DASH Diet (Dietary Approaches to Stop Hypertension)

Symptoms of High Blood Pressure

- Headaches (especially in the morning)
- Dizziness or lightheadedness
- Blurred vision
- Nosebleeds (uncommon)
- Fatigue or confusion (in severe cases)
- Chest pain or palpitations
- Shortness of breath

- Fruits: 4–5 servings/day
- Vegetables: 4–5 servings/day
- Whole Grains: 6–8 servings/day
- Lean Proteins: Fish, poultry, beans
- Low-fat Dairy: 2–3 servings/day
- Nuts, Seeds, Legumes: 4–5 servings/week
- Limit: Sodium ($\leq 2,300$ mg/day; ideally $\leq 1,500$ mg/day)



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Team – IPHI



Chairperson Dr. Annarao Kulkarni

Co-Chairperson Dr. Krupal Joshi

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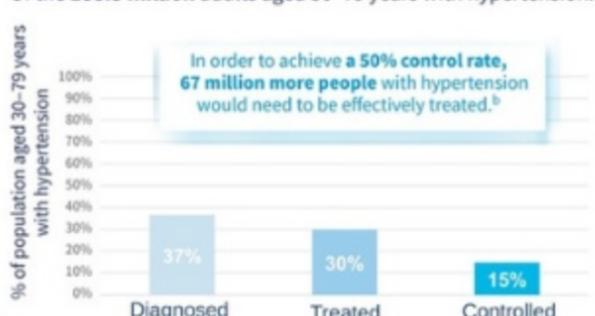
Assistant Coordinators Dr. Nanda Kumar,
Dr. Nidhi Patel, Dr. Ramakrishnan

Measure Your Blood Pressure Accurately, Control It, Live Longer.

Prevalence in India

37% of India's population is hypertensive. Due to lack of specific symptoms, hypertension often goes undiagnosed, and hence is referred to as 'a silent killer'.

Of the 188.3 million adults aged 30-79 years with hypertension:



Screening



- Opportunistic screening for >30 age group.
- Targetted screening for high risk groups, ie: age > 50 years, obese, diabetic, current smokers, those who have history of any cardiovascular disease.

Sources of errors in BP measurement

- Back is not supported
- Arm is not at level of heart
- Legs are crossed
- Patient's anxiety
- Caffeine in the last 1 hour
- Smoking in the previous half hour



Diagnosis

Diagnosis should be based on at least 2 measurements which are at least 1-4 weeks apart.
Cut off values: Systolic ≥ 140 mmHg
Diastolic ≥ 90 mmHg



Controlling Hypertension



Adherence to Therapy
BP monitoring



Exercise
Half an hour
5 days a week



Weight loss
For obese patients



Limit salt intake
<1 teaspoon per day



Quit smoking and tobacco



Restrict alcohol intake



Reduce fat intake



Stress management

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(Intern, Department of Community Medicine,
MGM MCH, Chh. Sambhajinagar)

Guided by: Dr. Glory Takwale

Dr. Shivcharan Kendre

Source: <https://nhm.gov.in>

*<https://www.who.int>

IHIP Team:

Chairperson: Dr. Annarao Kulkarni

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Cheif coordinator: Dr. Krishna Jasani

Assistant coordinator : Dr. Nanda Kumar

Dr. Nidhi Patel

Dr. Ramakrishnan



Theme: Measure Your Blood Pressure Accurately. Control It, Live Longer

WHAT IS HYPERTENSION?

Blood pressure is the force exerted by circulating blood against the walls of the body's arteries, the major blood vessels in the body. Hypertension (HTN) is when blood pressure (BP) is too high.



WHAT IS NORMAL BLOOD PRESSURE?

BLOOD PRESSURE CATEGORY	SYSTOLIC (mm Hg)	DIASTOLIC (mm Hg)
Healthy	Less than 120	and less than 80
Elevated	120 to 129	and less than 80
Stage 1 hypertension	130 to 139	or 80 to 89
Stage 2 hypertension	140 or higher	or 90 or higher
Hypertension crisis	Over 180	or over 120



CAUSES OF HIGH BLOOD PRESSURE



- Stress
- Obesity
- Sedentary Lifestyle
- Excessive Salt Intake
- Eating Processed Foods
- Smoking and alcohol

WARNING SIGNS

- Morning headache
- Dizziness
- Nosebleeds
- Blurred vision

DANGERS OF HYPERTENSION

- Vision loss
- Stroke
- Heart attack
- Kidney damage

HOW TO CONTROL BLOOD PRESSURE



- Eat smart: low salt, high fiber, fruits & vegetable
- Be active, weight loss
- No alcohol & smoking
- Take medications as prescribed
- Regular check up

CHECK IT. CONTROL IT. LIVE LONGER

source :1) <https://www.who.int>
2) <https://en.wikipedia.org>

Guided by: Dr. Salve S. B. (Prof. and Head)
Dr. S. Kendre

Created by Dr Anuja Bahekar (Intern)



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Dr. Nidhi Patel, Dr. Ramakrishnan



WORLD HYPERTENSION DAY 2025



Theme :Measure your Blood pressure accurately

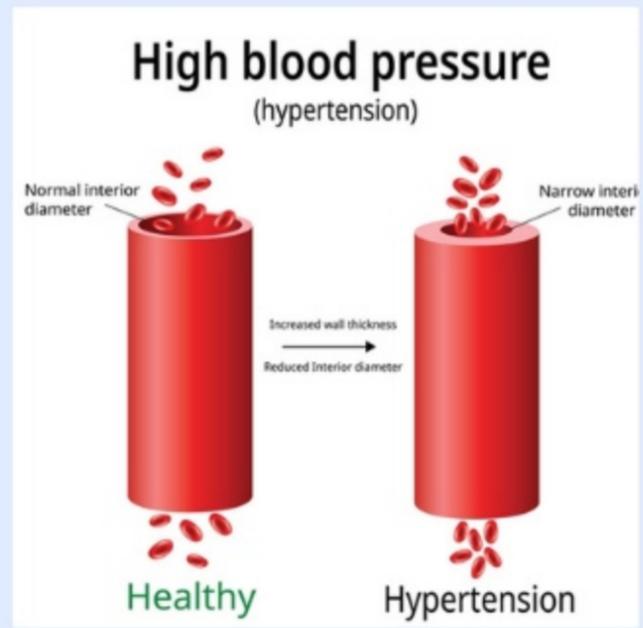
High blood pressure: know your numbers.

Blood pressure is written as two numbers.

If your numbers are **140/90** or higher you probably have high blood pressure.

Have a health professional measure your blood pressure regularly.

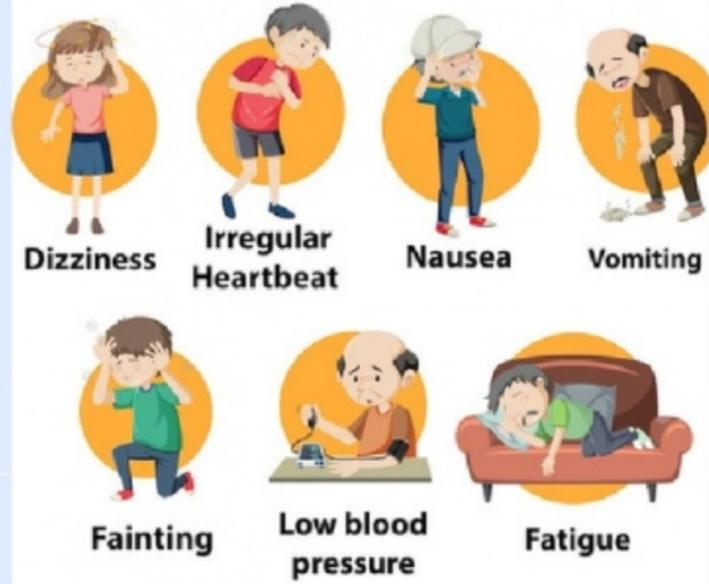
ACT NOW!



CAUSES OF HIGH BLOOD PRESSURE



HYPERTENSION SIGNS AND SYMPTOMS



Managing Hypertension



	Eat healthily
	Exercise
	Lose weight
	Limit salt & caffeine intake
	Stop smoking
	Reduce alcohol consumption

Blood Pressure Chart

<120 AND <80	Normal Blood Pressure
120-129 AND <80	Elevated Blood Pressure
130-139 OR 80-89	High Blood Pressure: Stage 1 Hypertension
140+ OR 90+	High Blood Pressure: Stage 2 Hypertension
180+ AND/OR 120+	Hypertensive Crisis

Created by:

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Dr. Andrea Almeida

<https://nhm.gov.in>

<https://www.who.int>

IHIP Team: Chairperson: Dr. Annarao Kulkarni
 Co-chairperson: Dr. Krupal Joshi
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 Dr. Nidhi Patel
 Dr. Ramakrishnan



WORLD HYPERTENSION DAY

MAY 17TH 2025



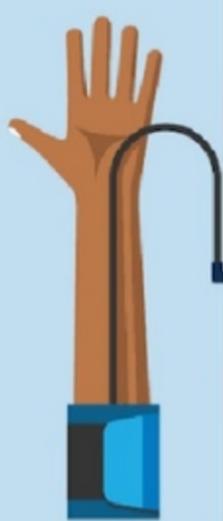
Measure your blood pressure accurately, Control it, Live Longer



Hypertension is defined as blood pressure more than 140 mmHg (systolic) and over 90mmHg(diastolic)

AHA Guidelines for BP ranges:

5 Main Blood Pressure Ranges



Ranges are in millimeters of mercury

180+ AND/OR 120+	Hypertensive Crisis
140+ AND/OR 90+	Stage 2 Hypertension
130-139 AND/OR 80-89	Stage 1 Hypertension
120-129 AND <80	Elevated Blood Pressure
<120 <80	Normal Blood Pressure

Signs and Symptoms :

- Dizziness
- Irregular heartbeat
- Nausea
- Vomiting
- Fainting
- Fatigue

Risk factors of Hypertension:

- Obesity
- Tobacco consumption
- Alcohol usage
- Lack of physical activity
- Family History
- Diabetes

Prevention of Hypertension :

How can I prevent high blood pressure?



AVOIDED

- SWEETS
- ADDED SUGAR
- SATURATED FATS
 - FUEL, BAKED GOODS, CANDY
 - SAFTS, ICE CREAM, FRUIT JUICE, SUGARY DRINKS
- FATTY MEALS
- FULL-FAT DAIRY PRODUCTS
- PALM OILS
- PROCESSED FOODS
- ALCOHOL

MODERATION

- AVOCADO & OLIVE OIL

RECOMMENDED

- FRUITS
- VEGETABLES
 - FRESH or FROZEN, RAW or COOKED (STEAMED, SAUTÉ, GRILLED)
- LEAN MEATS, POULTRY, EGGS, & FISH
- LEGUMES, NUTS, & SEEDS
- DASH DIET:
 - THE DASH APPROACHES to STOP HYPERTENSION
 - FOODS RICH in K⁺, Mg²⁺, Ca²⁺, PROTEIN & FIBRE
 - LESS ADDED SUGARS & SATURATED FATS
 - < 2,300mg SODIUM per DAY
 - FOODS with 1 1/2% of SALT (46mg of SODIUM) per 100g CONSIDERED IT

Created by :
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Intern, Department of Community Medicine
MGMMCH Chh. Sambhajinagar

Guided by:
Dr. Glory Takwale
Dr. Shivcharan Kendre

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Assistant co-ordinators: Dr Nanda Kumar, Dr Nidhi Patel,
Dr Ramakrishnan
Source:
<https://www.who.int>
<https://www.heart.org/en/health-topics/high-blood-pressure>



2025 World Hypertension Day



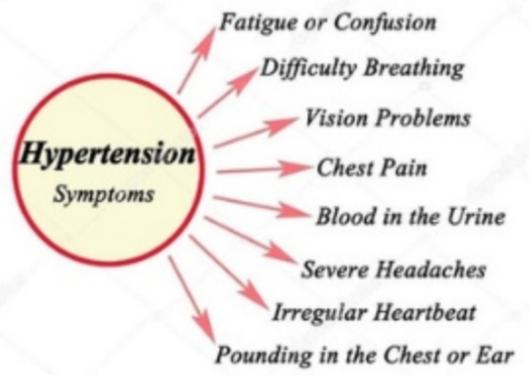
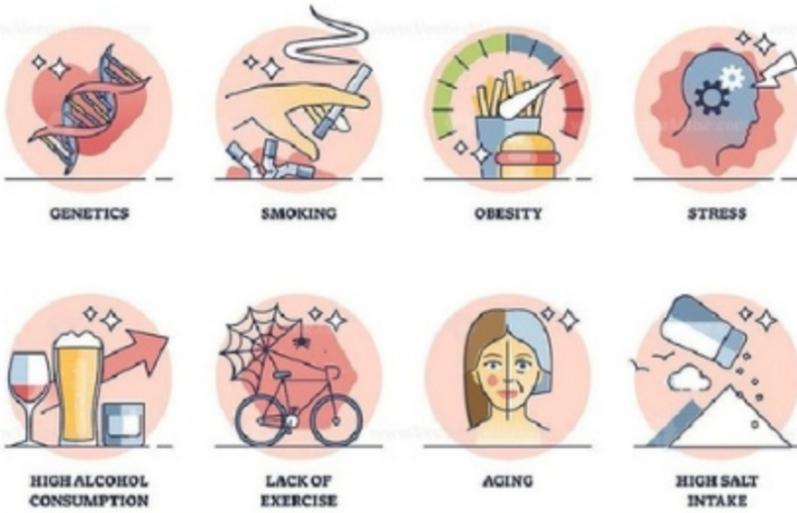
Theme - MEASURE YOUR BLOOD PRESSURE ACCURATELY, CONTROL IT, LIVE LONGER

Hypertension

Hypertension is the persistent increase of blood pressure on the wall of the blood vessels. High blood pressure is one of the important factors which plays an important role in the development of various metabolic, cardiovascular, renal diseases among others.

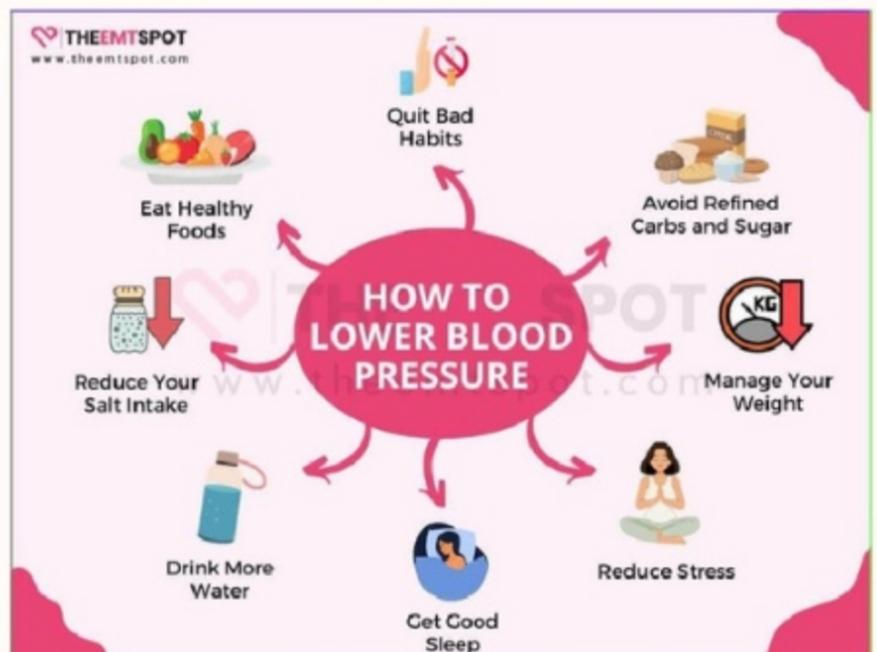


CAUSES OF HIGH BLOOD PRESSURE



Blood Pressure Chart

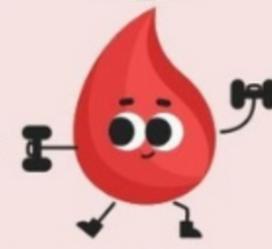
<120 AND <80	Normal Blood Pressure
120-129 AND <80	Elevated Blood Pressure
130-139 OR 80-89	High Blood Pressure: Stage 1 Hypertension
140+ OR 90+	High Blood Pressure: Stage 2 Hypertension
180+ AND/OR 120+	Hypertensive Crisis



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 Dr Ravi sir

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Source - <https://www.who.int>



WORLD HYPERTENSION DAY

Theme: Measure your blood pressure accurately, Control it, Live longer

Hypertension is when the pressure in your blood vessels is too high (140/90 mmHg or higher). It is common but can be serious if not treated and may give rise to a lot of complications

Of the 19 crore adults aged 30-79 years with hypertension in India:



Risk factors for Hypertension



Untreated hypertension gives rise to Heart attacks, Heart failures, Kidney failures and eye problems!



HOW TO PREVENT IT?

- 1) Maintain a healthy lifestyle
- 2) Exercise for 30 min at least 3-4 times a week
- 3) Reduce Sodium intake
- 4) Limit alcohol
- 5) Quit smoking
- 6) Ease stress
- 7) Control your cholesterol and blood sugar levels
- 8) Get a good night's sleep
- 9) Track your blood pressure at home and get regular checkups

NORMAL VERSUS HIGH BLOOD PRESSURE READINGS

The regular blood pressure reading, defined by the American Heart Association (AHA), is below 120/80 mmHg.

SYSTOLIC (upper value) mmHg		DIASTOLIC (lower value) mmHg	CONDITION
<120	and	<80	NORMAL
120-129	and	<80	ELEVATED
130-139	or	80-89	STAGE 1 HYPERTENSION
140 OR GREATER	or	90 OR GREATER	STAGE 2 HYPERTENSION
<180	and/or	<120	HYPERTENSIVE CRISIS

Sources-

<https://www.who.int/>
<https://www.heart.org/>
<https://www.mayoclinic.org/>

Be away from Hypertension!

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WORLD HYPERTENSION DAY

17 MAY 2025



THEME :
MEASURE YOUR BLOOD PRESSURE ACCURATELY, CONTROL IT, LIVE LONGER



WHAT IS HYPERTENSION?

Hypertension is defined as a condition where the blood pressure in arteries is constantly elevated. According to current Indian guidelines, it is defined as Systolic Blood Pressure >140 mmHg or Diastolic Blood Pressure >90 mmHg(ICMR).

Blood Pressure Ranges

BLOOD PRESSURE CATEGORY	SYSTOLIC (mm Hg)	DIASTOLIC (mm Hg)
Healthy	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
Hypertension crisis	over 180	or over 120

CAUSES OF HYPERTENSION



HOW TO CONTROL HYPERTENSION?



THE DASH DIET



KEY SCHEMES AND INITIATIVES FOR HYPERTENSION IN INDIA

1. National Programme for Prevention and Control of Non-Communicable Diseases (NP-NCD)
2. Indian Hypertension Control Initiative (IHCI)
3. Ayushman Bharat - Health & Wellness Centres (AB-HWCS)
4. National Digital Health Mission (NDHM)

TEAM IPHI

CHAIRPERSON DR. ANNARAO KULKARNI
 CO-CHAIRPERSON DR. KRUPAL JOSHI

ASSISTANT CO-ORDINATORS : DR. NANDA KUMAR, DR. NIDHI PATEL,
 DR.RAMAKRISHNAN

Sources:

1. <https://www.ihci.in/resources/protocols>
2. <https://nhm.gov.in/images/pdf/guidelines/nrhm-guidelines/stg/hypertension.pdf>

3. The Indian council of Medical Research(ICMR) guidelines for hypertension

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WORLD HYPERTENSION DAY

17th MAY

Theme: Measure Your Blood Pressure
Accurately, Control It, Live Longer

What is Hypertension?

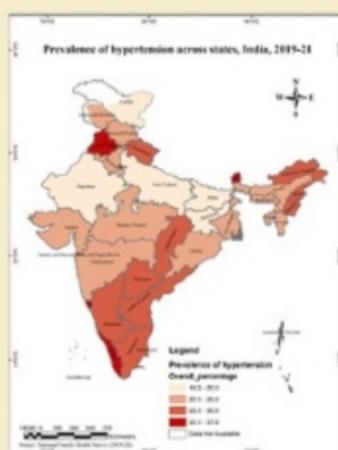
Hypertension (high blood pressure) is when the pressure in your blood vessels is too high (140/90 mmHg or higher). Hypertension is diagnosed if, when it is measured on two different days, the systolic blood pressure readings on both days is ≥ 140 mmHg and/or the diastolic blood pressure readings on both days is ≥ 90 mmHg.

AHA* Stages of Hypertension

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

*American Heart Association

Prevalence in India



Recent studies indicate that approximately 22.6% of Indian adults are affected, with a higher prevalence in men (24.1%) compared to women (21.2%). The condition is more common in urban areas (25%) than in rural regions (21.4%).

Risk Factors

Modifiable

- Poor diet
- Alcohol/ smoking
- Obesity

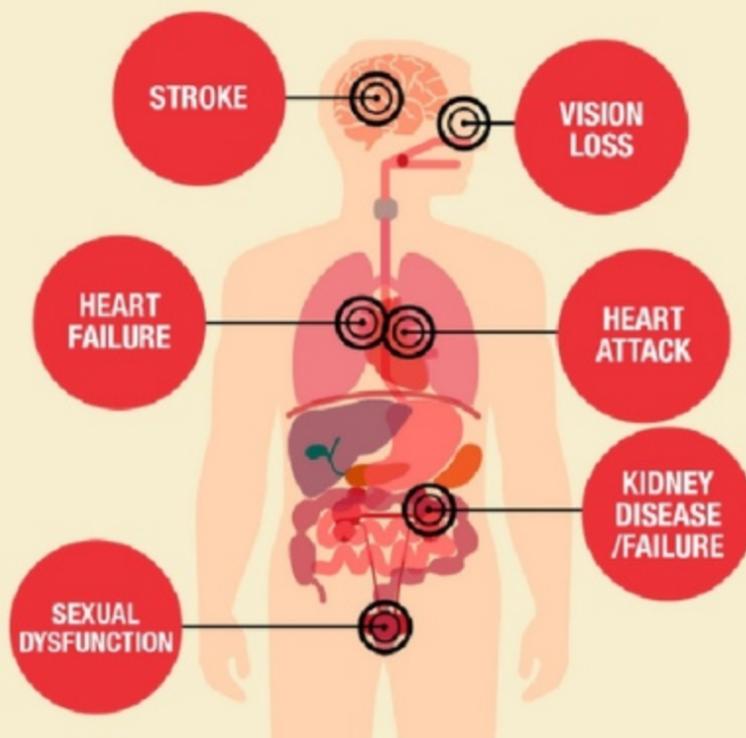
Non-Modifiable

- Age
- Sex
- Genetic factors

Signs & Symptoms

- Severe headache
- Dizziness
- Blurred Vision
- Confusion
- Shortness of Breath
- Chest Pain
- Nausea & Vomiting
- Anxiety
- Nosebleeds

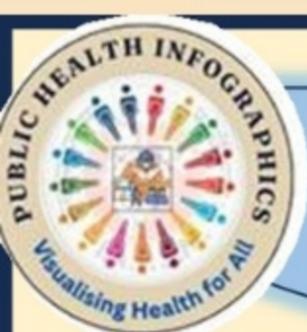
Complications



How to Prevent It?

How To Prevent Hypertension





Ask Questions Three Get HyperTension Free

1

Why should we measure BP?

SCREENING

High BP



A Silent Killer
Increases risk of Heart Diseases

How to measure BP accurately?

2

THE PROCESS

Before measurement

Avoid stimulants.
No coffee/ Exercise
No Smoking
Empty bladder
Rest quietly for 5 minutes

Positioning

Sit comfortably
Back supported
Feet flat
Legs uncrossed
Arms at heart level
Use correct cuff

During measurement

No talking
Cuff on bare skin
2 or more readings
at 1-2 minute interval
Record readings

3

What Next?

Systolic BP < 140 mm of Hg
Diastolic BP < 90 mm of Hg

Systolic BP ≥ 140 mm of Hg
Diastolic BP ≥ 90 mm of Hg



REPEAT

Every Year

CONTROL

Lifestyle modification
Medical Management



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IAPSM

DEPARTMENT OF COMMUNITY
MEDICINE



WORLD HYPERTENSION DAY 2025

17 MAY 2025

**MEASURE YOUR BLOOD PRESSURE ACCURATELY,
CONTROL IT, LIVE LONGER**

Hypertension is a leading risk factor for cardiovascular diseases, which account for 27% of total deaths in India. It also affects the brain, the kidneys & blood vessels extensively.

KEY FACTS ABOUT HYPERTENSION:-

1.1 in 5 adults in India affected by Hypertension

2.Over 50% of these individuals unaware of the condition

3.Prevalence notably higher in urban areas with gender predilection in males.

4.Lifestyle modification

5.Maintain healthy diet

6.Impacts heart health



SYMPTOMS



ECG ABNORMALITIES



NAUSEA



HEART ATTACK

PALPITATIONS

SHORTNESS OF BREATH

DIZZINESS



HEALTH CHECK



HEALTHY FOOD

PREVENTION

AVOID



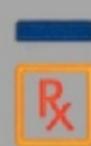
EXERCISE



REST
GET ENOUGH

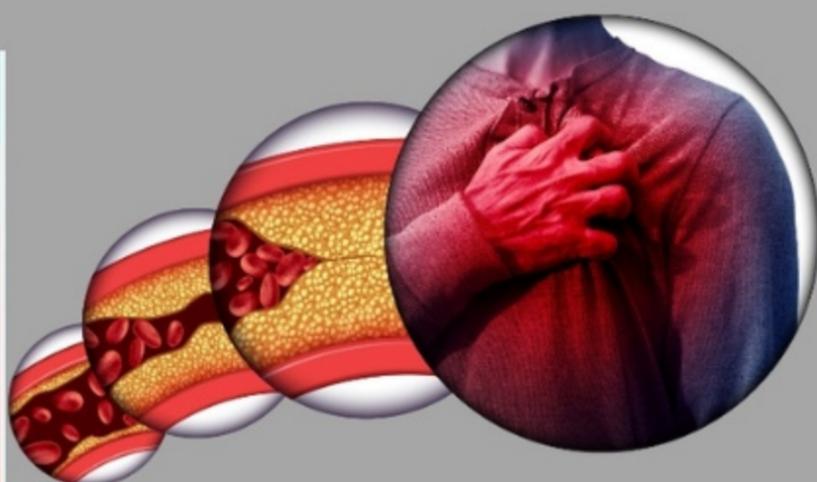


MEDICINE



MEDICAL PREPARATION

BLOOD PRESSURE CATEGORY	SYSTOLIC (mm Hg)	DIASTOLIC (mm Hg)
Healthy	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
Hypertension crisis	over 180	or over 120



A healthy diet and a healthy heartbeat go hand in hand.

CREATED BY-

DR.PRATIK SOLANKE

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SOURCE:

1.<https://www.newsonair.gov.in>

2.<https://www.who.in>

3.<https://www.google.com/url?>

Hypertension

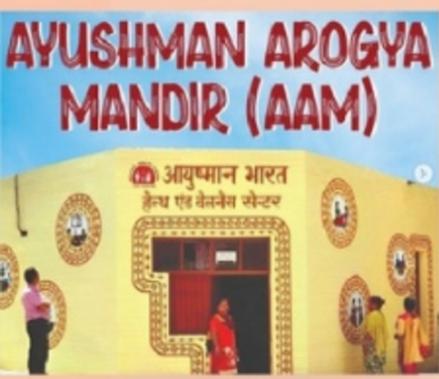


Healthy habits, healthier life!

Are you above age 30?

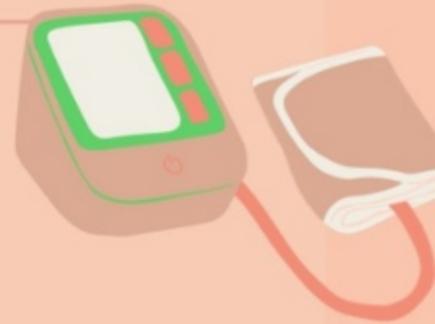
Visit to nearest Ayushman Arogya mandir

01



02

Measure Your Blood Pressure Accurately



Diagnostic Evaluation

Systolic blood pressure (SBP) of **140** mmHg or higher, or diastolic blood pressure (DBP) of **90** mmHg or higher.

03

04

Treatment Delivery

Start Anti Hypertensive Medications as per Guidelines



Control It



05

06

Live Longer!

Prevent lifelong complications like heart attacks, heart failure, stroke, chronic kidney damage



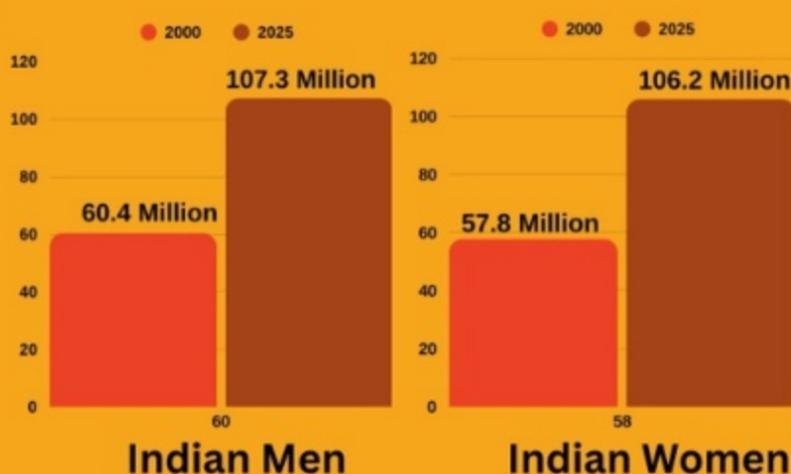
Measure Your Blood Pressure Accurately, Control It, Live Longer"

Fight the Silent Killer: Know, Control & Conquer Hypertension



Hypertension is a condition in which the blood pressure of an individual is persistently above the normal range, i.e., systolic blood pressure ≥ 140 mmHg and/or diastolic blood pressure ≥ 90 mmHg

Load of Hypertension (2000 to 2025)



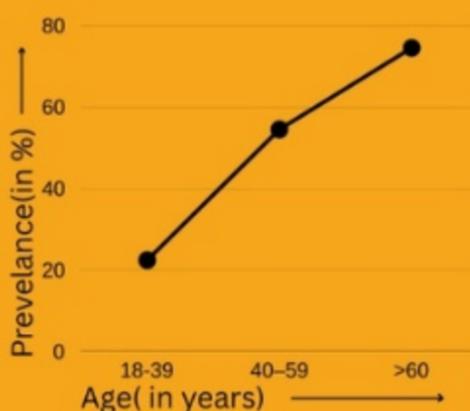
Causes of High Blood Pressure

Non-Modifiable

- Increasing age
- Gender (>Male)
- Family history of heart condition
- Ethnicity (>Black)

Modifiable

- Sedentary lifestyle
- Excessive salt intake (>5gm salt)
- Stress
- Obesity
- Excessive Junk food



Harmful effects of hypertension

- Stroke
- Heart failure
- Aneurysm
- Atherosclerosis
- Kidney damage
- Vision loss

Management of Hypertension



Regular checkup



Maintain cardiac health



Use 1 Teaspoon(5mg) salt in food/day



Eating Banana, Avacado, kiwi, citrus fruits, grapes



150 min moderate intensity aerobic/week



Stress management



Proper medication



Avoid smoking

Check Your Pressure before It Checks You

Sources

- Ministry of Health and Family Welfare, Government of India. Standard Treatment Guidelines: Hypertension – Screening, Diagnosis, Assessment, and Management of Primary Hypertension in Adults in India. New Delhi: National Health Mission; 2016 Feb. Available from: https://nhm.gov.in/images/pdf/guidelines/nrhm-guidelines/stg/Hypertension_full.pdf
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- Balachander J. Hypertension and its control in India [Internet]. Presented at: NAMSCON 2018; 2018 Oct 12–14; Puducherry, India. New Delhi: National Academy of Medical Sciences; [cited 2025 May 26]. Available from: <https://nams-india.in/downloads/CME-NAMSCON2018/07%20NAMSCON2018%20Dr.%20J%20Bala%20Chander.pdf>
- Ostchega Y, Fryar CD, Nwankwo T, Nguyen DT. Hypertension prevalence among adults aged 18 and over: United States, 2017–2018. NCHS Data Brief. 2020 Apr;(364):1–8. Available from: <https://www.cdc.gov/nchs/products/databriefs/db364.htm>

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Assistant Coordinator -Dr. Nanda Kumar, Dr. Nidhi Patel, Dr. Ramakrishnan



WORLD HYPERTENSION DAY



**Measure Your Blood Pressure Accurately,
Control It, Live Longer**

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

Risk Factors

- 1.Excessive salt consumption
- 2.High fat diet
- 3.Low intake of fruits & vegetables
- 4.Physical inactivity
- 5.Consumption of Tobacco & Alcohol
- 6.Family history
- 7.Age>65 years
- 8.Coexisting disease e.g. diabetes
9. Stress



Symptoms

- 1.Severe headache
- 2.Chest pain
- 3.Nausea ,vomitting
- 4.Blurred vision
- 5.Anxiety,confusion
- 6.Buzzing in ear
- 7.Difficulty in breathing



Management

A.Lifestyle Changes:

- 1.Eat healthy,low salt diet
- 2.Loose weight
- 3.Increase Physical activity
- 4.Quit tobacco,alcohol



B.Take Prescribed Medications

C.Get Regular Checkup



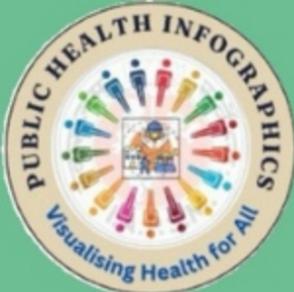
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Guided by-Dr.Jadhav Sir
Dr.Andrea Mam



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Dr. Ramakrishnan



17th May, 2025

WORLD



HYPERTENSION DAY

Measure Your Blood Pressure Accurately, Control It, Live Longer

What is Hypertension?

Blood pressure that is consistently elevated, typically measured at 140/90 mmHg or higher.



Causes of high blood pressure

- Stress
- Obesity
- Sedentary lifestyle
- Excessive Salt Intake
- Eating processed foods



Dangers of Hypertension

- Stroke
- Vision loss
- Heart failure
- Aneurysm
- Atherosclerosis
- Renal Damage



Reduce Salt Intake



Management

- Regular check up
- Exercise regularly (150 mins. a week)
- Stress management
- Avoid excess salt
- Avoid smoking
- Eat fruits
- Take medication daily



Eat a Healthy Diet

Control Your Pressure, Control Your Life

Sources: <https://www.ihci.in/resources/protocols>
<https://www.who.int/news-room/factsheets/detail/hypertension>

Guided by- Dr. Salve S.B.

Dr. Kendre

Made by- Dr. Daarika Chohan (Intern)

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WORLD HYPERTENSION DAY

Measure your blood pressure accurately
Control it, Live Longer



LESS STRESS!



1

Definition

Hypertension is diagnosed when blood pressure readings consistently exceed 140/90 mmHg on two separate occasions.

2

New ESC Definition

- Non-elevated BP: systolic BP < 120 or diastolic BP < 70 mmHg.
- Elevated BP: systolic BP 120-139 or diastolic BP 70-89 mmHg.
- Hypertension: systolic BP ≥ 140 or diastolic BP ≥ 90 mmHg.

3

Prevention

- Eat a balanced, low-salt diet and exercise regularly.
- Maintain a healthy weight and avoid smoking or excess alcohol.
- Manage stress and get adequate sleep daily.
- Check blood pressure often and follow medical advice.

4

Programs

- India Hypertension Control Initiative (IHCI)-Regularly & uninterrupted supply of medications & equipment.
- CDC's Hypertension Management Program (HMP)-Improve the quality of care for the patients they serve.Reduce the number of patients with uncontrolled hypertension.

Source: <https://www.cdc.gov/>, <https://www.escardio.org/Guidelines/>

Guided by : Dr Magare , Dr Ravi
Created By -Dr Vaishnavi Borole
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DrRamakrishnanr



IAPSM - PUBLIC HEALTH INFOGRAPHICS (IPHI)



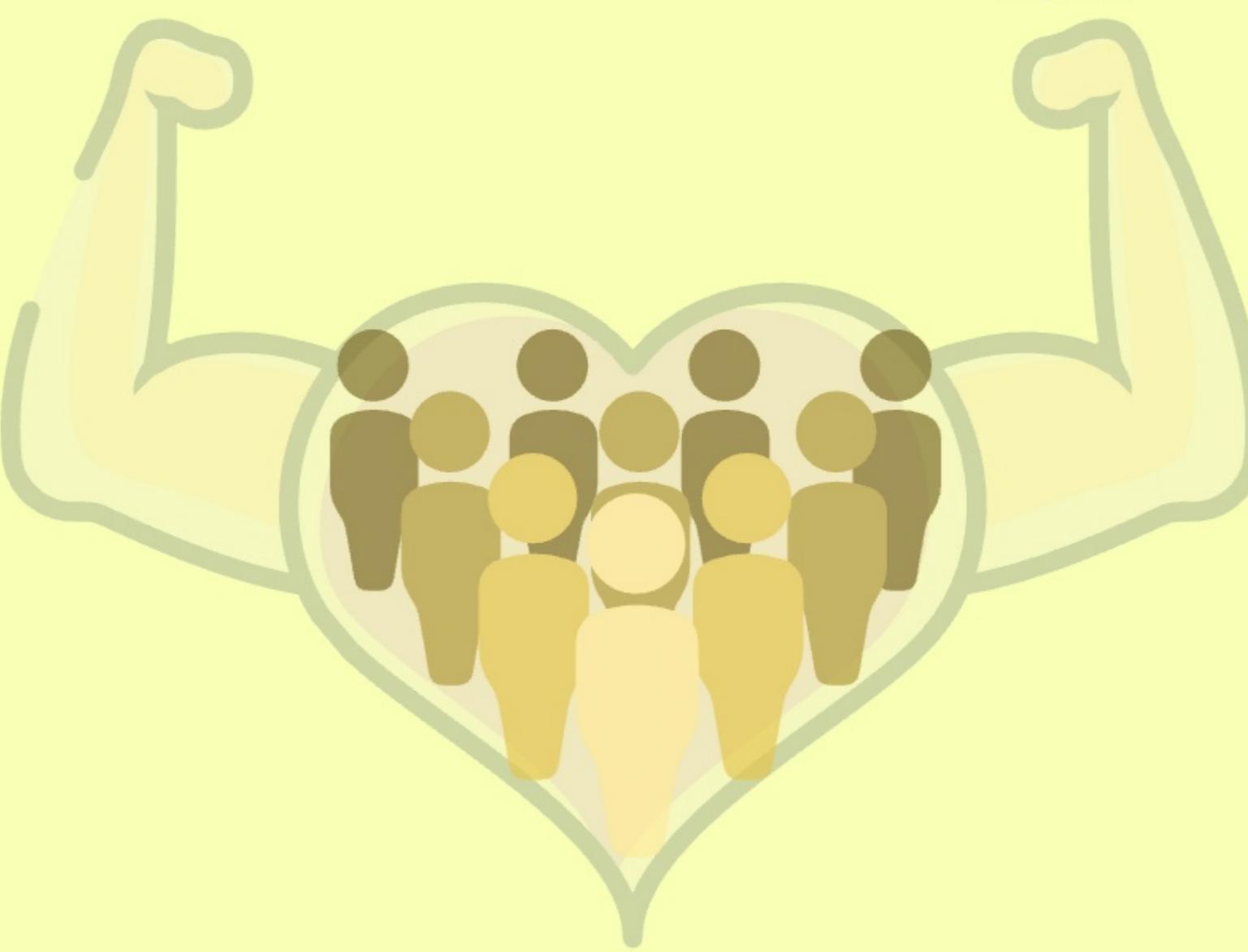
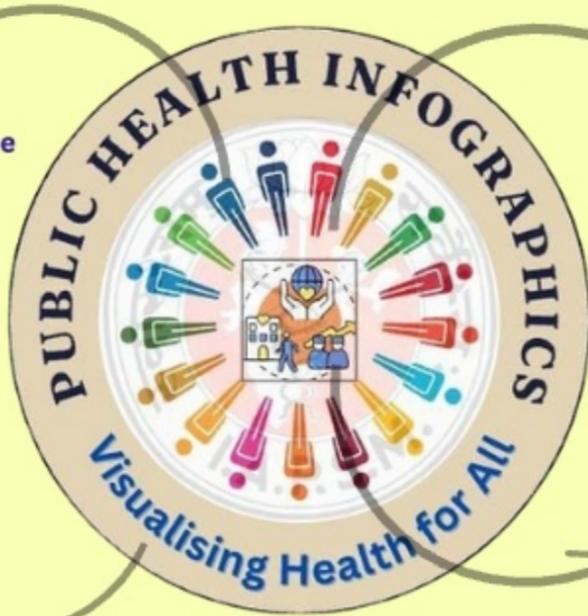
Graphic-e-Health

Highlights how infographics can educate the public about the health system and its services

Represents use of infographics to enhance collaboration and communication between public health professionals and the community

Tagline for this initiative

Represents the role of infographics in making public health data clear and simplified



Dear IAPSM Members,

“ Thank you for taking the time to explore our latest Public Health Infographics Edition. It is gratifying to know that these visual resources contribute to enhancing public health knowledge within our IAPSM community.

Your continued support and engagement with the Public Health Infographics initiative are truly appreciated. Our aim is to consistently improve the quality and relevance of our content, ensuring it serves as a useful resource for all. If you have any suggestions, feedback, or ideas for future infographic topics, we encourage you to reach out to us at iapsminfographics.iphi@gmail.com. We welcome your insights and are eager to incorporate changes that can enrich your experience.

Together, let's make this initiative even more impactful for our community.”



Best Regards,
Team IAPSM Public Health Infographics

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- iapsm_infographics



MORE INFO



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