



# International Society of Hypertension

## What is New in the 2020 ISH Global Hypertension Practice Guidelines?

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# Global Mission & Motivation for Guidelines

- To align with the mission of the ISH: to **reduce the global burden of raised BP** – we developed the *ISH 2020 Global Hypertension Practice Guidelines* for adults.
- We extracted evidence-based content from recently published guidelines and tailored
  - **ESSENTIAL** standards of care; and
  - **OPTIMAL** standards of care

# Global Mission & Motivation for Guidelines

The ***ISH 2020 Global Hypertension Practice Guidelines*** were thus developed based on evidence criteria,

- a) to be used globally
- b) to be fit for application in low-resource and high-resource settings by advising on **ESSENTIAL** and **OPTIMAL** standards of care; and
- c) to be concise, simplified and easy to use by clinicians, nurses and community health workers, as appropriate.

# Ethnicity, Race and Hypertension

**Prevalence, treatment and control rates vary significantly according to ethnicity**

## **Mainly attributed to:**

- Genetic differences
- Contextual and cultural practices
  - *Lifestyle and socio-economic status differences*
  - *Health behaviors such as diet, alcohol and PA*
- Access to health system
- Availability and Distribution of essential drugs

# Non-pharmacological Treatment

- Healthy lifestyle choices can prevent or delay the onset of high BP and can reduce CV risk
- Lifestyle modification is often the first line of antihypertensive treatment.
- Modifications in lifestyle can also enhance the effects of antihypertensive treatment.

