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The theme for 2013 is high blood pressure

High blood pressure is remains largely hidden

High blood pressure is both preventable and treatable.

Control Your Blood Pressure

One in three adults has high blood pressure, are you one of them?

Introduction: World Health Day is celebrated on 7 April to mark the anniversary of the founding of WHO in 1948. Each year a theme is selected for World Health Day that highlights a priority area of public health concern in the world. **The theme for 2013 is high blood pressure** Many people do not know they have high blood pressure because it does not always cause symptoms. As a result, it contributes to more than nine million deaths every year, including about half of all deaths due to heart disease and stroke.

Having healthy lifestyle is one of the best solution for these health problems.

So Cut your risk of developing high blood pressure by:

- Cutting down on salt;
- Eating a balanced diet;
- Avoiding harmful use of alcohol;
- Doing regular physical activity; and
- Avoiding tobacco use.

The other solution for hypertension problem is Community –based efforts :

An Example: Community-based efforts to reduce blood pressure and stroke in Japan. Community-based programmes, including regular health check-ups and targeted health promotion campaigns on healthy lifestyle, have contributed to a reduction in raised blood pressure and strokes in Japan.

