Republic of Malawi

MINISTRY OF HEALTH AND SANITATION

PRESS RELEASE

WORLD HYPERTENSION DAY 2026

The Ministry of Health and Sanitation wishes to inform the public that **World Hypertension Day is commemorated on 17th May each year**. This is a global awareness initiative focused on educating the public about the dangers of high blood pressure and promoting the importance of regular monitoring and healthy lifestyle choices. This year's theme is, "***Controlling Hypertension Together***". This emphasizes the importance of collective responsibility in preventing, detecting, controlling and managing high blood pressure.

Hypertension is the leading cause of death worldwide, claiming more lives than all infectious diseases combined. It is often called the "silent killer" because it frequently presents without symptoms until severe complications such as heart attacks, strokes, or kidney failure occur.

Worldwide, **1.28 billion adults aged 30–79 years live with hypertension**, with nearly two-thirds in low- and middle-income countries. In Malawi, approximately 33% **of adults are affected**, many of whom remain undiagnosed or not adhering to treatment. Controlling hypertension is critical to reducing complications, improving productivity and protecting future generations, it must be a national priority.

As we commemorate this day, the Ministry reminds the public that:

- Regular blood pressure checks save lives.
- Healthy lifestyle, including changes such as balanced diet, physical activity, reducing salt and alcohol intake, and quitting smoking help prevent and control hypertension.
- Adhering to prescribed medication is essential to control hypertension for those already diagnosed

The Ministry therefore urges all citizens to have their blood pressures regularly checked, adopt healthier lifestyles, and encourages early medical care seeking behaviours.

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