



# Vancouver Hypertension 2010

## Global Cardiovascular Risk Reduction Statement

### *Call for Collaborative Action*

**H**ypertension affects over a billion people in the world. It is one of the leading risk factors for cardiovascular disease and is a preventable factor. Major advances have been made in the prevention, detection and control of hypertension. However, hypertension continues to be a major risk factor for premature fatal and disabling cardiovascular events in countries with developed economies. Further, hypertension is becoming an increasingly important cause of premature death and disability in countries with emerging economies.

Our past progress cannot be used as an excuse for complacency. Despite the ready availability of proven means of preventing, detecting and treating hypertension, we continue to face ongoing challenges in the control of hypertension and associated atherosclerotic risk factors. The hard-fought gains in hypertension control on a global basis will not be maintained without significant ongoing investment. Future progress to combat hypertension-related atherosclerotic disease will require ongoing efforts and an integrative approach at regional, national and international levels.

This integration must encompass the spectrum of atherosclerotic risk factors, recognizing the importance of hypertension within the context of cardiovascular risk. Support is necessary for 1) fundamental research required to discover new biological targets and treatments; 2) clinical investigation to test these targets and treatments as well as; 3) health outcomes and population-based evaluations of new management and prevention strategies.

**We, the delegates of Vancouver Hypertension 2010, call for collaborative action from all stakeholders – governments at all levels, non-governmental organizations, funding agencies, industry and health professionals to move forward to reduce cardiovascular risk and improve global health.**

We need to mobilize resources and create a momentum that focuses on the following key actions:

- *Supporting and sharing best practices and culturally appropriate strategies among developing and developed countries throughout the globe.*
- *Developing healthy public policies to create environments supportive of the prevention and control of hypertension in the context of improving overall health.*
- *Enhancing best approaches for health care delivery to prevent and control hypertension, from children to the elderly, and promoting long-term adherence to established lifestyle and medical management of hypertension.*
- *Developing effective community-based programs (e.g. primary care, workplace, school-based, etc.) and the infrastructure necessary to prevent and control hypertension.*
- *Building knowledge and capacity through implementing appropriate multidisciplinary education, professional development programs and public education.*
- *Facilitating research that supports the implementation of evidence-based strategies to improve knowledge transfer and more rapidly bring new discoveries to clinical and population health arenas.*
- *Conducting clinical research that targets specific areas where there is a lack of high quality evidence.*
- *Supporting basic science that utilizes cellular, molecular, genetic, and bio-behavioral investigations of the causes, mechanisms, treatment and prevention of hypertension and other cardiovascular risk factors.*

We recognize that there has been significant progress in battling the ongoing public health threat of hypertension-related cardiovascular disease. However, we must remain mindful of just how far we need to go both to maintain and to build on our past successes. Proven strategies around the world need to be adopted. New cost-effective approaches that benefit every country across the globe must be developed and implemented.

**Let us work together to achieve global cardiovascular risk reduction!**

Vancouver, Canada  
September 29, 2010