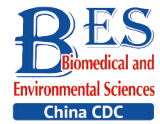


Health Popularization



National Hypertension Day: Healthy Living, Ideal Blood Pressure

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According to the “Report on Cardiovascular Health and Diseases in China 2022” released by the National Center for Cardiovascular Diseases, the prevalence of cardiovascular diseases in China is on the rise, with approximately 245 million people suffering from hypertension. October 8, 2023, is the 26th National Hypertension Day. Through the theme activity “Healthy Living, Ideal Blood Pressure”, the event aimed to conduct health education and public awareness campaigns, guide the public in self-blood pressure management, effectively control hypertension risk factors, and significantly improve awareness, treatment, and control rates of hypertension, thus advancing the prevention and control of cardiovascular and cerebrovascular diseases.

For a healthy population, active prevention of hypertension is recommended through lifestyle measures such as limiting salt intake (the World Health Organization recommends a daily salt intake of no more than 5 g), weight control (waist circumference should be less than 90 cm for men and 80 cm for women), moderate-intensity aerobic exercise for at least 150 minutes per week, along with appropriate muscle strength training and flexibility exercises. Other recommendations include

quitting smoking, both traditional and electronic cigarettes, abstaining from alcohol consumption, and maintaining a positive and optimistic mindset to avoid negative emotions.

In the absence of antihypertensive medication, three consecutive blood pressure readings exceeding 140/90 mmHg can diagnose hypertension, requiring lifestyle intervention and drug treatment. Blood pressure levels exceeding 130/80 mmHg should also be closely monitored, as elevated blood pressure can pose risks to organs such as the heart, brain, and kidneys. Early lifestyle interventions are essential. For hypertensive patients with target organ damage and cardiovascular complications, early initiation of antihypertensive drug treatment is recommended.

Preventing and controlling hypertension is a long-term effort that requires continuous commitment. The conference calls for continued attention and support from society to hypertension prevention and control, integrating preventive knowledge into daily life to make healthy lifestyles a conscious choice for everyone. Furthermore, scientific research and technological innovation in the prevention and control of hypertension are important for providing more accurate and effective means.

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