



May Measurement Month 2018: an analysis of blood pressure screening results from Colombia

Patricio Lopez-Jaramillo^{1,2*}, Johanna Otero^{1,2}, Juliana Alvernia², Daniela Ney-Salazar², Jose Lopez-Lopez², Jose L. Accini^{3,4}, Gustavo Aroca⁵, Miguel Urina-Triana⁵, Gregorio Sánchez-Vallejo⁷, Edgar Arcos⁸, Maria E. Casanova⁹, Henry Garcia⁹, Thomas Beane^{10,11}, Anca Chis Ster¹⁰, and Neil R. Poulter¹⁰

¹Instituto de Investigaciones Masira, Facultad de Ciencias de la Salud, Universidad de Santander (UES), Lagos del Cacique, Bucaramanga, Santander, Colombia;

²Dirección de Investigaciones, Fundación Oftalmológica de Santander (FOSCAL), Calle 155 A 23 04, El Bosque, Floridablanca, Santander, Colombia;

³IPS Centro Científico Asistencial, Carrera 43b #80-101, Barranquilla, Atlántico, Colombia;

⁴Unidad de cuidados críticos, Facultad de Medicina Universidad Libre and Universidad del Norte, Km. 7 Antigua Vía Puerto Colombia, Barranquilla, Atlántico, Colombia;

⁵Facultad de Medicina, Universidad Simón Bolívar and Clínica de la Costa, Carrera 50 80-90, Barranquilla, Atlántico, Colombia;

⁶Universidad del Quindío and Hospital San Juan de Dios de Armenia, Av. Bolívar calle 17 Norte, Armenia Quindío, Colombia;

⁷Fundación Centro de Obesidad y Metabolismo COMETA, Carrera 36 # 19-94 Barrio Palermo, Pasto, Colombia;

⁸Programa de Medicina Interna, Universidad Libre, Carrera 37A #3-29 Cali, Colombia;

⁹Departamento de Investigación Clínica, Fundación Centro de Investigaciones Biomédicas (RIESCARD), Carrera 5 #1870, El Espinal, Tolima, Colombia;

¹⁰Imperial Clinical Trials Unit, Imperial College London, St Dunstan's Road, London W6 8RP, UK; and

¹¹Department of Primary Care and Public Health, Imperial College London, St Dunstan's Road, London W6 8RP, UK

KEYWORDS

Hypertension;
Blood pressure;
Screening;
Treatment;
Control

High blood pressure (BP) is the leading global preventable cause of death and the most common risk factor for cardiovascular disease (CVD). However, due to its asymptomatic nature, the lack of awareness of this condition causes underdiagnosis and low rates of adherence to pharmacological treatment. Looking for practical approaches to increase awareness worldwide, the International Society of Hypertension (ISH) implemented the 2nd May Measurement Month campaign in 2018 (MMM18). In order to contribute to this initiative, Colombia participated as one of the 89 countries involved in this hypertension screening programme. Blood pressure was measured in subjects from 11 departments in Colombia. Under the leadership of the Fundación Oftalmológica de Santander (FOSCAL), 400 volunteers across the country collected the data following the MMM protocol. Measurements from 35 548 participants with a mean age of 41.9 years were obtained. In total, 9475 (26.7%) of the total population studied had hypertension. Of those with hypertension, 69.9% of these subjects were aware of their condition, 65.0% were on antihypertensive medication, and 43.1% had controlled BP. Of those on medication, 66.3% had controlled BP. Hypertension screening, awareness, treatment, and control should be a priority

*Corresponding author. Tel: +57 7 3008300, Ext: 6163-6162, Fax: +57 7 6388108, Email: jlopez@fiscal.org, jlopez@fiscal.org