



March 28th, 2024

Dear Honorable Ministers of Health,

Hypertension is a leading reversible risk for death and disability and is the most expensive single diagnosis for provinces. The World Health Organization (WHO) developed HEARTS, a state of the art highly systematic primary care intervention to control hypertension. HEARTS provides more effective and less expensive care and is designed to strengthen primary care. HEARTS is based on the Kaiser Permanente hypertension intervention which improved hypertension control to 90% with reduced rates of stroke and heart disease. The Pan American Health Organization (PAHO) has successfully introduced HEARTS with 33 countries implementing the intervention. The PAHO intervention has expanded to include lipids and diabetes. Recently the Crowfoot Primary Care Network (PCN) in Calgary has launched a Canadian version of HEARTS that includes home blood pressure monitoring. Hypertension Canada also plans to use HEARTS as the basis for its future primary care guidelines. The recording of the webinar that we hosted on this topic can be found [here](#).

Canada has been widely used as a best global practice for population hypertension prevention and control and had the highest national rates of awareness of hypertension, treatment and control as well as a relatively low prevalence of hypertension relative to other developed countries. However, the rates of awareness, treatment and control in Canadian women has been reported to have declined from 68.9% in 2012-13 to 49.2% in 2016-17. In part, Canadian success in hypertension prevention and control is likely to be due to the contributions of a national coalition of non-governmental and governmental health organizations that were active since 1986. In 2012, the governmental organizations withdrew from the coalition and there was much less focus on implementation and evaluation of population hypertension control, potentially explaining the decline in hypertension control rate. For the last few years, there has been no active national coalition for hypertension control. Many interventions to prevent and control hypertension are at best partly implemented in Canada. The effort to prevent and control hypertension requires a strong partnership between governmental and non-governmental organizations working together.

On May 22, 2024, at 11 AM EST, the Canadian Hypertension Coalition, administered by Hypertension Canada, will host a free 75-minute virtual symposium with the leaders of the HEARTS programs from WHO, PAHO, Kaiser and the Crowfoot PCN. Following the presentation, there will be a 25-minute discussion on how the HEARTS program could be implemented in Canada. The symposium which is aimed at celebrating the World Hypertension Day (May 17th) is significant given Canada's declining rate of hypertension control.



We would be very grateful if your office would make policy makers in the Department of Health aware of the symposia. In addition, we are looking for provincial and territorial policy makers to be panel discussants and would welcome your suggestions.

Best regards,

A handwritten signature in blue ink, appearing to read "Ross Tsuyuki".

Ross Tsuyuki BSc(Pharm), PharmD, MSc, FCSHP, FACC, FCAHS, ISHF. President, Hypertension Canada

A handwritten signature in black ink, appearing to read "Norm Campbell".

Norm Campbell CM, MD, DSc (hon), FRCPC. Interim Chair, Canadian Hypertension Coalition.