



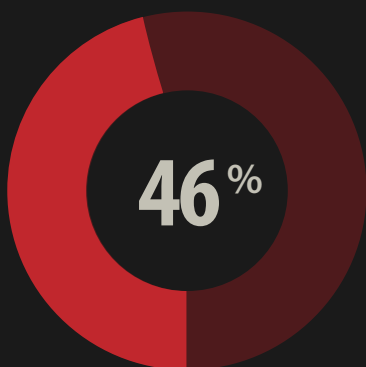
Africa Under Pressure

High Blood Pressure



African Impact

High blood pressure (also known as raised blood pressure or hypertension) can lead to heart attack, stroke and other serious health problems. It affects more than one in three adults and leads to more than nine million deaths worldwide every year. Nowhere is this impact felt more than in communities across Africa.

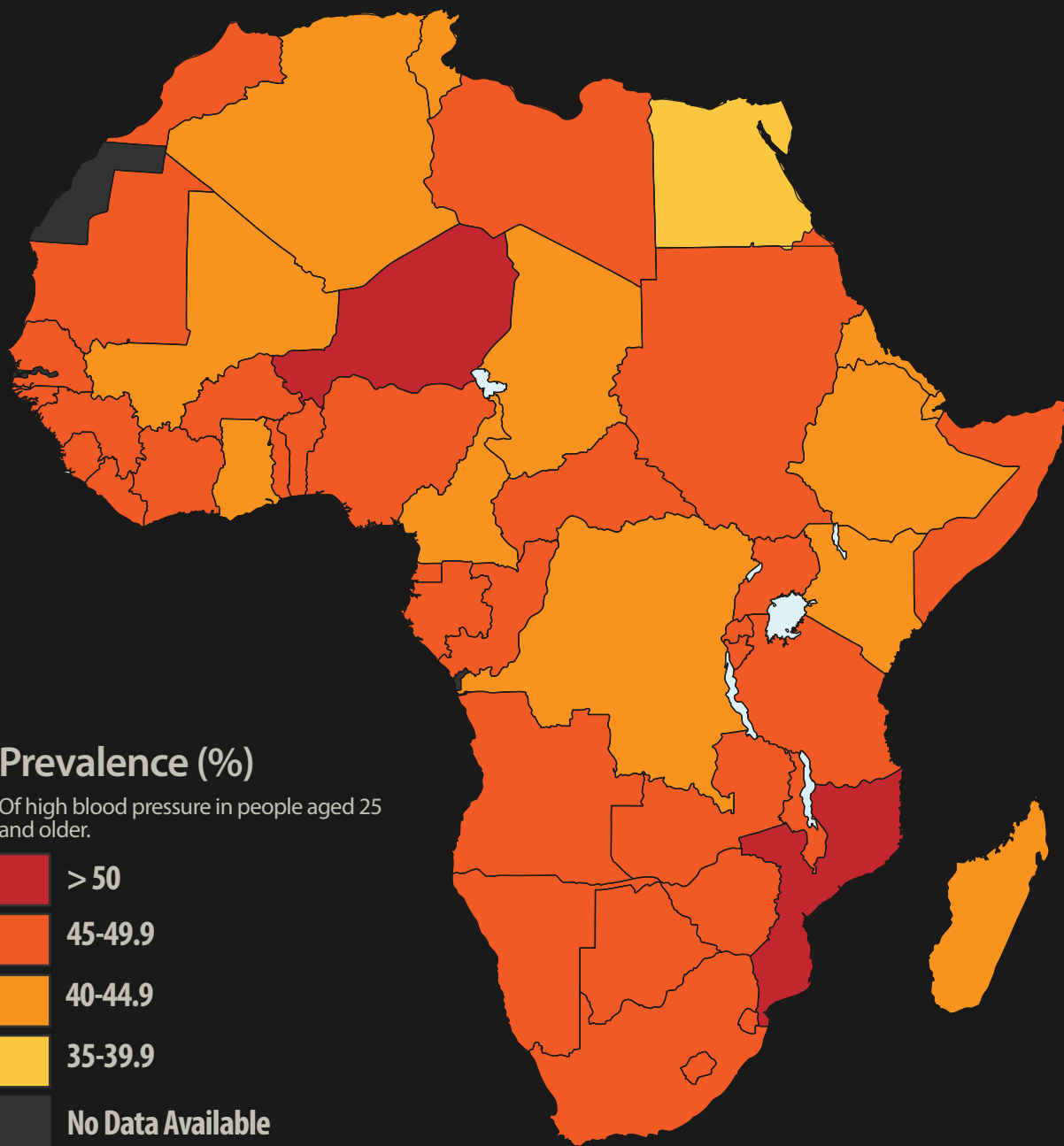


46% of all adults in Africa aged 25 or older have high blood pressure.

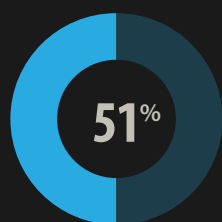


What You Can Do

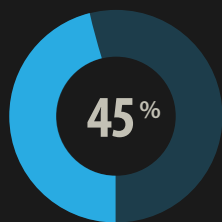
- Maintain a healthy and balanced diet.
- Visit your doctor or local clinic to have your blood pressure measured.
- Follow the advice of your doctor or health professional.
- Avoid smoking tobacco and consuming an excessive amount of alcohol.
- Talk to close family and friends to help make them aware of how important it is to know and control your blood pressure.



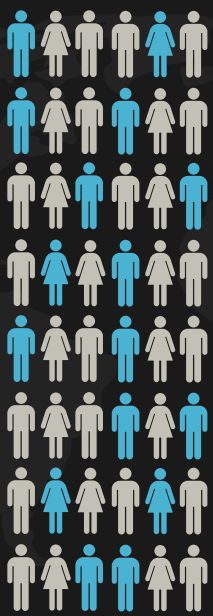
Global Impact



51% of all deaths due to stroke are caused by high blood pressure.



45% of all deaths due to coronary heart disease are caused by high blood pressure.



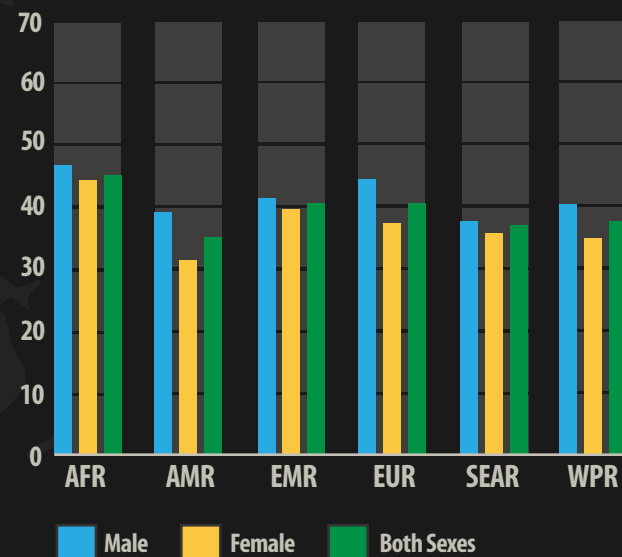
1 in 3 people globally have high blood pressure. Men are slightly more affected than women.

66% increase in hypertension between 1980 and 2008 from 600 million to almost 1 billion people diagnosed.

9 million deaths annually as a result from complications of high blood pressure.

Data made available by the World Health Organization World Health Statistics 2012

Prevalence (%) Of high blood pressure in people aged 25 and older.



North Star Alliance

North Star Alliance brings health to hard-to-reach people across Africa in a "Blue Box". We use converted shipping containers (painted blue) to house clinics that deliver public health programmes for people with increased health risks, like truck drivers and sex workers, and primary health care to communities with limited or no access to medical services.



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