EVENT REPORT

World Hypertension Day 2026 in Sudan

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On World Hypertension Day (17 May 2026), the Sudanese Society of Hypertension (SSH), in collaboration with the Federal Ministry of Health, the National Cardiac Centre, the Departments of Non-Communicable Diseases, Primary Health Care and Strategic Planning, academic institutions, healthcare organizations, professional associations, pharmaceutical partners, and media organizations, conducted a nationwide hypertension awareness and blood pressure screening campaign under the Sudan National Program for Prevention and Control of Hypertension and Cardiovascular Diseases and the May Measurement Month (MMM) Program.

The campaign was implemented in partnership with Bahri University, Omdurman Islamic University, the University of Al-Managel for Sciences and Technology, and the University of Health Sciences (Al-Hasaheisa Branch). It aimed to screen more than 5,000 individuals, detect previously undiagnosed hypertension, refer patients for appropriate care, promote home blood pressure monitoring, increase public awareness, and establish a community hypertension database through screening activities in universities, public places, and markets.

The national celebration was launched at Bahri University, where the Faculties of Medicine and Nursing organized an opening ceremony, scientific lectures, and blood pressure screening stations led by medical students. Dr. Hind Mamoun Beheiry highlighted that the MMM 2025 survey reported a hypertension prevalence of 45.2% in White Nile and North Kordofan States, exceeding the global average, largely due to instability, displacement, low socioeconomic status, poor health awareness, unhealthy lifestyles, inadequate blood pressure control, and limited healthcare services. Professor Salah Elbash, Director of the National Cardiac Centre, speaking on behalf of the Federal Minister of Health, emphasized that hypertension is a leading cause of stroke and cardiovascular disease and stressed early detection and adherence to international management guidelines. Dr. Zeryab Imad highlighted the importance of regular blood pressure monitoring and healthy lifestyles, while the University's Vice Chancellor, Professor Hatim Rahmat Allah Mohamed, pledged institutional support for the initiative. The event concluded with the signing of a Memorandum of Understanding between Bahri University and SSH and the launch of the university-based national blood pressure survey.

Parallel activities were conducted at the other participating universities. Under the leadership of Professor Atif Ahmed Mohamed, Dean of the Faculty of Medicine, Omdurman Islamic University organized educational lectures and community blood pressure screening and announced a strategic partnership with SSH to establish a specialized hypertension clinic, strengthen community-based surveillance, and promote collaborative research. Led by Dr. Abdalla Abdel Gadir, Dean of the Faculty of Medical and Health Sciences, the University of Al-Managel for Sciences and Technology organized awareness sessions, practical training on accurate blood pressure measurement, health education activities, and free blood pressure and weight assessments. Led by Dr. Fatin Suliman, Dean of the Faculty, the University of Health Sciences (Al-Hasaheisa Branch) screened 130 individuals, provided lifestyle counselling and health education, and distributed educational materials.

The campaign successfully launched a coordinated national initiative integrating awareness, screening, early detection, referral, health education, and academic partnerships. Community screening activities continue across the four universities until the target sample size is achieved.



Figure 1. *Opening ceremony and blood pressure screening station at Bahri University.*



Figure 2. *Community screening activities during the campaign.*