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Organization Name : *Global Self-Care Federation (GSCF)*

Agenda item : *10 Hypertension Control (*Document WPR/RC77/7)

English version :

The Global Self-Care Federation welcomes the draft Regional Plan for Accelerating Hypertension Control and its ambitious goal of placing an additional 100 million people with hypertension under control by 2029.

We particularly welcome the Plan's recognition that progress depends on action not only at policy and programme levels, but also at the individual level, empowering individuals to seek care, adhere to treatment and adopt healthy behaviours.

Self-care has an important role across the hypertension care cascade. Prevention through healthy behaviours, routine blood pressure measurement, appropriate home blood pressure monitoring and long-term self-management can help individuals take a more active role in their cardiovascular health. We therefore strongly support the Plan's call to empower patients with the knowledge, skills and confidence to manage hypertension, including in particular the call to strengthen education and self-management as an integral component of routine hypertension care.

Effective self-care must be connected to strong primary health care. Community-based healthcare professionals, including pharmacists, can support blood pressure measurement, health literacy, adherence counselling, follow-up and appropriate referral. Digital tools and reminder systems can further support continuity of care and sustained adherence.

We also welcome the Plan's emphasis on access to quality-assured medicines and validated blood pressure devices. Equitable access to these tools, alongside clear and trusted health information, is essential if individuals are to successfully manage hypertension over the long term.

GSCF encourages Member States to embed supported self-care and patient empowerment within implementation of the 80-80-80 targets, complementing strengthened primary health care and helping individuals become active partners in achieving sustained blood pressure control.

Thank you.