



**NUTRITION SOCIETY
OF NIGERIA,**

OSUN STATE CHAPTER

— commemorates —

WORLD HYPERTENSION DAY **2026**

THEME:

**Controlling
Hypertension
*Together***

*Silent but serious,
hypertension doesn't warn.
Regular screening
can save lives.*



SPEAKER:

Dtn. Osaze-Emokpae Oluwaseyi
Lecturer, Department of
Community Health, OAU, Ile-Ife,
Osun State.



DATE:
17th May,
2026



TIME:
7:00 PM



VENUE:
Google Meet



LINK:
[meet.google.com/
mmx-fzwh-gaa](https://meet.google.com/mmx-fzwh-gaa)



HOST: Nutrition Society of Nigeria, Osun State



WORLD HYPERTENSION DAY 2026

Controlling Hypertension Together

A Global & Nigeria Perspective

Presented by:

Dtn Oluwaseyi Osaze-Emokpae

*Lecturer, Dept. of Public Health, OAU,
Ile-Ife, Osun State.*

17 May 2026

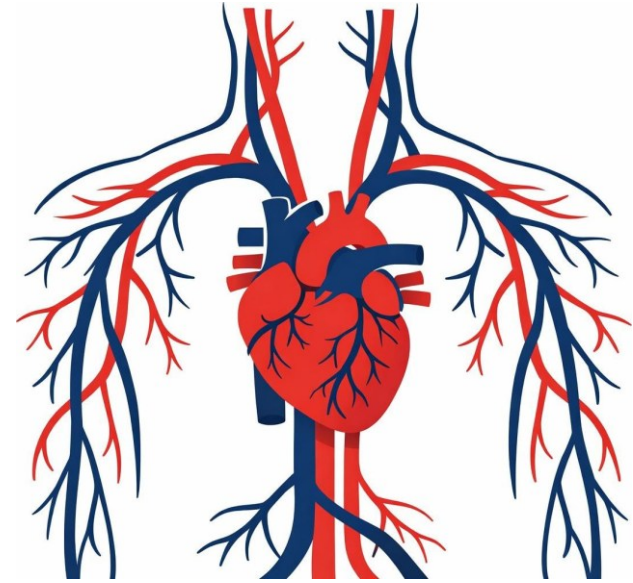


What Is Hypertension?

Hypertension (high blood pressure) is when the pressure in your blood vessels is persistently too high — **140/90 mmHg or higher**.

Blood pressure is measured as two numbers:

- Systolic (top number): Pressure when the heart beats
- Diastolic (bottom number): Pressure when the heart rests



140/90 mmHg or higher is considered hypertension

The Silent Killer

Hypertension usually has no symptoms but significantly increases the risk of life-threatening conditions.



Heart Attack

Damages arteries and reduces blood flow to the heart



Stroke

Blocks or bursts arteries supplying blood to the brain



Kidney Disease

Damages kidney blood vessels, leading to failure



Dementia

Reduces blood flow to the brain, impairing cognition

Most people with hypertension are completely unaware they have it.

Global Impact

1.4

Billion People

worldwide live with hypertension (that's 33% of adults aged 30–79).

600M unaware they have the condition

10M+ deaths per year from uncontrolled BP

23% have BP adequately controlled





Hypertension in Nigeria

A growing public health crisis

35-40%

of Nigerian adults have hypertension (2025)

29%

Aware of
condition

12%

Receiving
treatment

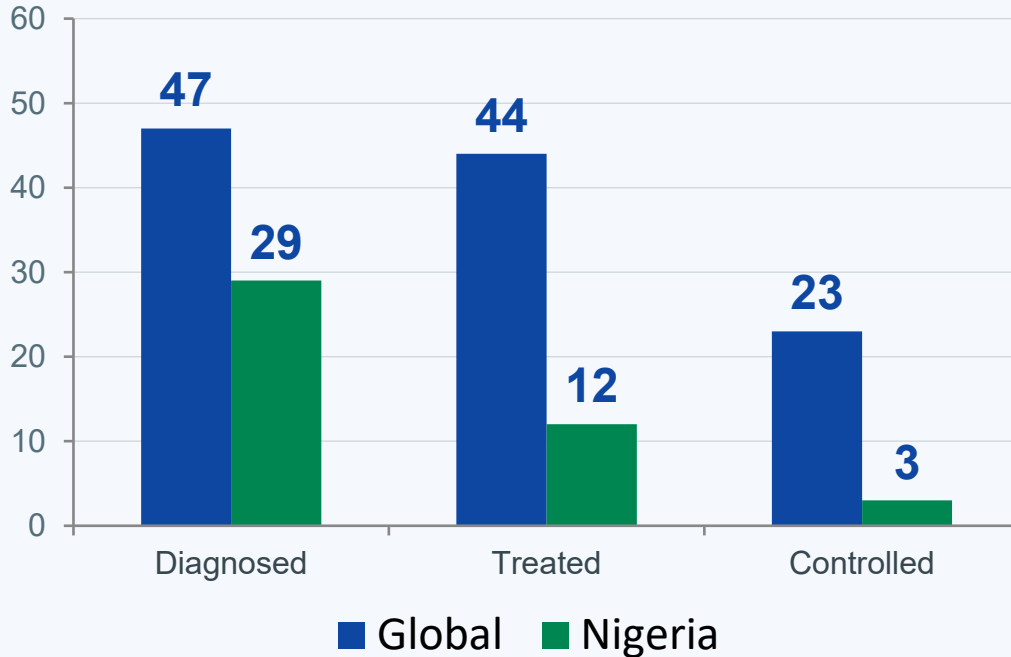
3%

Blood
pressure
controlled

19.1 million adults aged 30–79 live with hypertension in Nigeria.



Nigeria vs. Global: The Care Cascade








The Gap

Nigeria's control rate of **just 3%** is far below the global average of 23%.




Regional variation is stark: prevalence ranges from **20.9%** in the North-Central to **52.8%** in the South-East.

Who Is at Risk?

Modifiable Risk Factors

-  Unhealthy diet (high salt, saturated fat)
-  Physical inactivity
-  Tobacco consumption
-  Excessive alcohol intake
-  Being overweight or obese

Non-Modifiable Risk Factors

-  Family history of hypertension
-  Age over 65 years
-  Co-existing conditions (diabetes, kidney disease)

Environmental: Prolonged air pollution exposure also increases hypertension risk.



Nigeria-Specific Risk Factors



High Salt Intake

Average intake of 6g/day, above WHO's 5g recommendation. Shift from traditional diets to processed foods accelerates risk.



Rapid Urbanization

Migration to cities brings sedentary lifestyles and energy-dense diets. Urban prevalence exceeds rural rates significantly.



Low Health Literacy

Cultural beliefs, reliance on traditional remedies, and distrust of long-term medication reduce treatment adherence.



Regional Disparities

Prevalence ranges from 20.9% in the North-Central to 52.8% in the South-East, driven by diet, lifestyle, and access.



Symptoms & Detection

Usually No Symptoms

Most people don't feel any symptoms. The only way to know is to get checked.

Severe cases may cause:

- Early morning headaches
- Blurred vision and chest pain
- Nosebleeds and irregular heart rhythms

Detection Is Simple

A quick, painless blood pressure test is all it takes.

Diagnosed when:

- Systolic BP \geq 140 mmHg
- Diastolic BP \geq 90 mmHg
- Measured on two different days

Everyone should know their numbers.

600 million adults globally are unaware they have hypertension.

Prevention Strategies

Lifestyle changes can significantly reduce hypertension risk



Healthy Diet

Reduce salt, eat more fruits & vegetables, limit saturated fats



Regular Exercise

At least 150 minutes of moderate activity per week



Quit Tobacco

Smoking cessation dramatically lowers cardiovascular risk



Limit Alcohol

Reduce intake to lower blood pressure levels



Healthy Weight

Maintaining BMI within healthy range reduces risk



Manage Stress

Regular monitoring and mental well-being practices

Treatment & Control

01



Diagnose Early

Regular screening at primary health care facilities is essential. Blood pressure checks should be routine.

02



Treat Effectively

Affordable, evidence-based medicines are available. Single-pill combinations improve adherence.

03



Sustain Care

Hypertension management is lifelong. Continuous access to medicines and follow-up is critical.

Effective treatment prevents most hypertension-related complications when taken consistently.

Why Nutritionists and Dietitians Matter



Few

Dietitians/nutritionists deployed at PHCs despite being the first point of contact

35-40%

of Nigerian adults have hypertension, a diet-driven epidemic

3%

BP control rate **nutrition intervention could transform this**

3.5

mmHg SBP reduction from dietitian-led MNT (AJCN 2024 meta-analysis)

31,000

adults studied across 31 trials confirm MNT effectiveness

Dietitians are uniquely trained to address the dietary root causes of hypertension.

Medical Nutrition Therapy: The Evidence

Systematic review & meta-analysis of 31 RCTs (AJCN, June 2024)

-3.5 mmHg

systolic blood pressure reduction from dietitian-led MNT

-2.0 mmHg

diastolic blood pressure reduction, plus lower arterial stiffness

Improved

medication adherence, body weight, and waist circumference

Reduced

cardiovascular risk and long-term healthcare costs

Academy of Nutrition and Dietetics: MNT is effective for chronic disease prevention (2026 Position Paper)



Dietary Strategies for Nigeria

Culturally adapted approaches beyond the standard DASH diet

< 5g/day

WHO sodium target: Nigeria averages 6g; reduce bouillon cubes and processed seasonings

DASH+

adapted for local foods: beans, leafy greens, plantain, millet, and fermented grains

SHAKE

Nigeria's 2024 National Sodium Reduction Guidelines use WHO's framework

30%

sodium reduction target by 2030 - dietitians are key to achieving this

THE NUTRITIONIST'S/DIETITIAN'S ROLE

Prevention, Control, Treatment & Management

A four-pillar framework for hypertension care in Nigeria

Nutritionists and dietitians contribute across the entire care continuum:



Prevention
& Screening



Dietary
Control



Clinical
Treatment



Long-Term
Management

Aligned with Nigeria's 2023 National Hypertension Guidelines

Practical Nutrition Interventions



Sodium Reduction Counselling

Guide patients to limit salt to <math><5\text{g}/\text{day}</math>; advise on bouillon cubes and processed foods



DASH-Style Meal Planning

Adapt DASH principles using local foods: beans, leafy greens, fruits, and whole grains



Weight Management

Address obesity through culturally appropriate portion control and balanced meals



Potassium-Rich Diet Promotion

Encourage potassium intake through plantain, beans, tomatoes, and dark leafy vegetables



Patient Education Sessions

Deliver group and individual nutrition education at PHCs, churches, and community centres



Monitoring & Follow-Up

Track dietary adherence, assess nutritional status, and adjust plans over time

Building the Nutritionist/Dietitian Workforce



- 1 Integrate DNTs into primary healthcare centres nationwide
- 2 Expand university training in clinical hypertension nutrition
- 3 Develop Nigeria-specific dietary assessment tools (FFQ)
- 4 Implement task-shifting protocols for community nutrition workers
- 5 Advocate for dietitian inclusion in hypertension care guidelines
- 6 Strengthen research on local dietary patterns and BP outcomes
- 7 Build multidisciplinary teams with physicians and nurses



Nutritionists & Dietitians: Leading the Change

Counsel. Educate. Advocate. Research.
Every patient deserves nutrition care.

Join the movement: Integrate nutrition into hypertension care

World Hypertension Day | 17 May 2026 | #WHD2026

