



MAY 2026

DID YOU KNOW?

Since 2017, May Measure Month volunteers in more than 100 countries have screened people in cities, towns and rural villages as part of the largest free public blood pressure screening program in the world.



May Measurement builds on the World Hypertension League's established World Hypertension Day, held on May 17 each year, with volunteer health professionals at local screening sites in more than 90 countries.



The Johns Hopkins Precursors Study identified that weight gain between ages 25 and 45 significantly increases hypertension risk. Lifestyle changes helped 40% of older adults in a study reduce or stop medication.



According to the Centers for Disease Control and Prevention, about 34 million adults who should be taking blood pressure medication may need a prescription or to fill their prescription and start taking it.

