



# Statement of the Asian Hypertension Society Network: the Okinawa Declaration on the unity of hypertension societies in Asian countries and regions to overcome hypertension and hypertension-related diseases

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Hypertension is the most common cause of cerebrovascular, cardiovascular, and kidney diseases, and the leading risk factor for mortality. Therefore, the management of hypertension can make an important contribution to improving healthy longevity worldwide. Asian people not only have some common characteristics in terms of culture, customs, and genetic factors, but also show diversity between areas. This affects the development and treatment of hypertension

and hypertension-related diseases in each Asian country/region. Collaborative studies in different Asian countries and regions, including Japan, have provided numerous contributions in hypertension research. Data generated by the HOPE Asia (Hypertension, Brain, Cardiovascular and Renal Outcome Prevention and Evidence in Asia) Network showed that hypertension awareness, treatment, and control rates are generally low in Asia, but these differ between Asian countries and regions [1]. The Japanese Society of Hypertension (JSH) has made several declarations and commitments, including the use of best clinical practices for hypertension management, globalization of the organization and its meetings working closely Asian and Western counterparts, and shared learning and collaboration to tackle common hypertension-related problems [2–4].

As the hypertension societies in Asian countries and regions, we consider that the next stage is to create a network for fighting hypertension and hypertension-related diseases in Asia. We strive to make contributions so that Asian researchers and practitioners can collaborate, share Asian evidence and experiences, and discuss clinical and experimental findings relevant to combatting hypertension-related issues in Asia.

The Okinawa islands located in East Asia have a unique geographical location and have numerous histories as one of hubs for logistics and cultures in Asia since the Age of Exploration. In these islands, we announce the “The Okinawa Declaration on the unity of hypertension societies in Asian countries and regions to overcome hypertension and hypertension-related diseases” at the 43rd Annual Scientific

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Meeting of JSH. We pledge to create and adhere to a specific action plan including the following four missions to achieve our goal of this declaration.

Hypertension societies in Asian countries and regions gathered here will:

1. Actively promote clinical and experimental investigations for hypertension research to encourage participation from researchers and practitioners from Asia.
2. Share Asian evidence to promote the establishment of standardized management of hypertension in Asia.
3. Continue to work toward developing Asian consensus guidance for the management of hypertension, using a collaborative approach and taking into account diversities within Asia.
4. Create an Asian multidisciplinary network for the management of hypertension and hypertension-related diseases.

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## Compliance with ethical standards

**Conflict of interest** The authors declare no competing interests.

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