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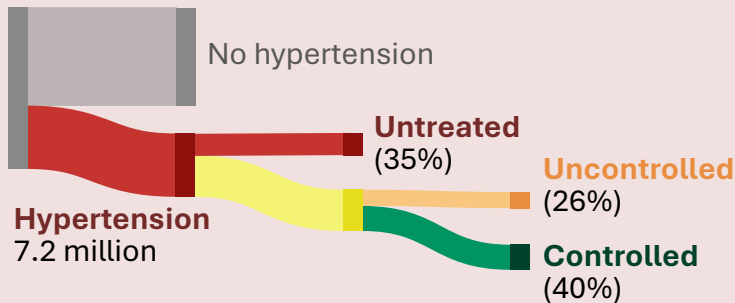
NATIONAL HYPERTENSION TASKFORCE

Our goal: To increase blood pressure control to at least 70% by 2030 in Australia.

Why?

- High blood pressure (also hypertension) is the **leading cause** of **cardiovascular diseases** (e.g. heart attacks, strokes) and **deaths** in **Australia**.¹
- In international comparison Australia is doing **poorly** in the control of blood pressure - **only about 40%** of those with hypertension are **controlled**, compared to 68% in Canada.²
- Improving blood pressure is the **most effective way** to **improve health** and **save lives in our communities** - and **save many billions of AUD** in the long run.^{3,4}

The **current control** of hypertension in **Australia**⁵



Our Goal: **improving blood pressure control**



Action

The National Hypertension Taskforce proposes a **range of actions** to achieve this goal. These are grouped into **three pillars**: Prevent - Detect - Treat.

Prevent



Prevent the development of hypertension across the nation

Detect



Detect raised blood pressure through **screening programs**

Treat



Diagnose and treat hypertension **effectively** to a target of **<130/80 mmHg**

¹ Xu, X et al. (2024). PLOS ONE 19, e0297229 ; ² Zhou, B et al. (2021). The Lancet 398, 957-980 ; ³ Hird, TR et al. (2019). Hypertension 73, 777-784; ⁴ Farley, TA et al. (2010). American Journal of Preventive Medicine 38, 600-609, ⁵ Ohlrogge, AH et al. (2026). Journal of Hypertension 44:000-000

What we have achieved so far



Minister Butler launched the National Hypertension Taskforce in 2022



National Hypertension Taskforce Roadmap launched in 2024⁶



PBS regulations allow dual single pill combination as first-line prescriptions in 2026



Contribution to the 2026 Australian Guidelines for Hypertension

Focus on the future



Mass detection by increasing awareness and screening and the pathways to care



Switching to single pill combinations



Improving medication adherence



Strengthening team-based care

If we switched most patients from **monotherapy (30 day dispensing)** to low-dose dual **single pill combination (60 day dispensing)** there will be **major benefits in blood pressure control, improved adherence, persistence, cardiovascular events avoided** with **no increase in side effects, and cost savings** for patients and the government.

Few interventions have such major benefits while saving costs.

Let's save lives. And billions. Together.

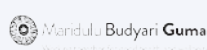
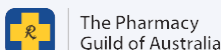


Join us in this unique challenge.

Visit hypertensiontaskforce.au or contact us directly:

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⁶ Schutte, AE et al. (2024). Medical Journal of Australia 221, 126–134