

# Why do populations from lower income countries have higher blood pressure?

Working more than two decades in Africa, and seeing on a daily basis in population-based studies large volumes of people with very high blood pressure, I have started on a pathway to understand this phenomenon and to do something about it. From broad-based global epidemiological collaborations, such as the Global Burden of Disease Group, to local in-depth pathophysiological investigations using biomarkers, detailed out-of-office monitoring and cardiac and vascular assessments, I worked with an exciting variety of colleagues to understand this better. And particularly trying to figure out how to improve the situation. In this presentation I'll cover some action steps we've identified with the Lancet Commission on Hypertension, and how I am continuing efforts to move things forward – now based at UNSW and The George Institute for Global Health since beginning 2020.

## About Professor Alta Schutte PhD FESC FRSSAf ISHF

Alta (Aletta E.) Schutte is Principal Lead of the Cardiac, Vascular and Metabolic Medicine Theme of the Faculty of Medicine at UNSW Sydney; and Professorial Fellow at the George Institute for Global Health. She is also Extraordinary Professor at the Hypertension in Africa Research Team (HART) at the North-West University in South Africa where she served as Director of the MRC Unit for Hypertension and Cardiovascular Disease. She has extensive experience working in the field of hypertension and cardiovascular disease within Africa, but also as part of global projects with over 300 papers and supervision of over 75 postgraduate students. She has led several multidisciplinary projects in this field, including biomarker discovery, early vascular aging and polyomics. With a particular interest in the early detection, prevention and treatment of hypertension and cardiovascular disease in low resource settings, was recently the senior author of the 2020 International Society of Hypertension Global Practice Guidelines, targeting LMICs. She is involved in numerous international consortia, such as the Global Burden of Disease study (Washington DC), the NCD Risk Factor Collaboration (London), May Measurement Month initiative of the International Society of Hypertension, and is an invited author of the Lancet Commission of Hypertension. She is the Past President of the Southern African Hypertension Society; and Immediate Past President of the International Society of Hypertension (ISH).

The School of Public Health  
and Community Medicine

## Getting to know the Professors Seminar Invitation

Wednesday, 21<sup>st</sup> October

12:00 - 1:00 pm

[Seminar is available by  
Teams Meeting Link](#)



Venue: Seminar is available by [Teams Meeting Link](#)

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Recorded Seminars are available on the [SPHCM website](#)

Organisation: Seminars are organised by Professor Robyn Richmond. Research student seminars are organised by Poshan Thapa School of Population Health (formerly School of Public Health and Community Medicine), Faculty of Medicine, UNSW Sydney, NSW 2052, Australia | Tel: +61 (2) 9385 2517 | Web: [sphcm.med.unsw.edu.au](http://sphcm.med.unsw.edu.au) | CRICOS Provider Code 00098G



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