

WORLD HEALTH DAY 2013

REPORT

Sunday, April 7th, 2013



"Blood Pressure Take Control"

Every 7 April members of the World Health Organization (WHO) celebrate the World Health Day as the starting day of one year campaign to raise global awareness on one crucial health issue demanding immediate actions. For 2013, the health issue chosen is high blood pressure. We call for blood pressure control through the slogan of the World Health Day 2013: "Blood Pressure – Take Control".

Indeed, blood pressure can be controlled. High blood pressure can be prevented through the commonly prescribed healthy behavior such as well-balanced diet and active physical activities. Not smoking cigarettes and limited consumption of salt could essentially decrease your risk of getting hypertension.. More importantly, preventing and controlling blood pressure will decrease the risk of getting heart attack and stroke, the diseases with the highest numbers of deaths in Indonesia.

Herewith, we invite as many as possible individuals and organizations to join us in the World Health Day campaign, sending information about blood pressure and how to prevent and control it. More importantly, all of us could act upon the messages; create activities which reinforce healthy behavior.

A. INFORMATION

Day, date : Sunday, April 7th, 2013
Time : 6 AM – 11 AM
Venue : Senayan East Parking Area

B. SPECIAL PURPOSE

1. Increase the awareness about the hypertension causes to public
2. Encourage people to change unhealthy high risk hypertension behaviors
3. Encourage people to check blood pressure periodically
4. Improve the management quality of hypertension care
5. Create an environment with healthy living behavior communities

C. PROGRAM



Opening Ceremony



The World Health Day 2013 was officially opened

1. Blood Pressure Measurement

We were using 80 blood pressure measurement devices (sponsored by Omron) and it was done by 70 cardiovascular technician students.



PENGUKURAN TEKANAN DARAH MASAAL

DALAM RANGKA HARI KESEHATAN SEDUNIA TANGGAL 7 APRIL 2013



INDONESIAN SOCIETY OF HYPERTENSION

Jl. Danau Toba 139 A – C, Bendungan Hilir, Jakarta, 10210 Telp: 021 573 4978

DATA DIRI

N A M A :
 Jenis Kelamin : P / L Usia :
 Alamat :
 No. Telp Rumah : HP:
 Alamat e-mail :

Berat Badan : kg Tinggi Badan : cm

HASIL PEMERIKSAAN

TEKANAN DARAH		OPTIMAL	NORMAL	TINGGI
SISTOLIK		< 120	< 130	> 140
DIASTOLIK		< 80	< 85	> 90
PULSE		<div style="background-color: red; width: 20px; height: 10px; display: inline-block;"></div> Harap segera konsultasi ke dokter, Rumah Sakit atau Puskesmas terdekat		

KOMPOSISI TUBUH		PEREMPUAN	LAKI - LAKI
% LEMAK TUBUH		20 – 30 %	10 – 20 %
B M I		18,5 – 24	
LEMAK PERUT		1 – 9	
B M R			
KLASIFIKASI USIA TUBUH			

GAYA HIDUP

KEBIASAAN

1. Merokok : ☐ setiap hari ☐ sering ☐ jarang
 2. Olah raga : ☐ setiap hari ☐ sering ☐ jarang
 3. Makan sayur dan buah : ☐ setiap hari ☐ sering ☐ jarang

Support by



NOVARTIS

OMRON

Result sheet on blood pressure measurement

No. _____

KUISIONER HIPERTENSI

Nama : _____
Jenis kelamin : _____
Umur : _____
Tekanan Darah : _____

1. Apakah anda menderita tekanan darah tinggi (hipertensi)?
 - A. Ya, sudah tahun
 - B. Tidak
 - C. Tidak tahu
2. Seseorang baru dikatakan menderita tekanan darah tinggi bila tekanan darahnya (tanpa obat tekanan darah) :
 - A. Tekanan darah 160/100 mmHg
 - B. Tekanan darah 140/90 mmHg
 - C. Tekanan darah 120/80 mmHg
 - D. Tidak tahu
3. Bila anda menderita Hipertensi, apakah anda sudah minum obat penurun tekanan darah?
 - A. Sudah hingga sekarang dan teratur
 - B. Sudah hingga sekarang, tapi tak teratur
 - C. Pernah, tapi sudah tak minum lagi
 - D. Tak pernah
4. Berapa tekanan darah rata-rata anda sesudah minum obat penurun tekanan darah?
Jawaban:.....mmHg

Questioner on blood pressure measurement

2. Body Mass Index (BMI) Measurement

We were using 80 blood pressure measurement devices (sponsored by Omron) and it was done by 70 cardiovascular technician students.



3. Heart Gymnastic

Around 2000 participants followed the heart gymnastic





Heart Gymnastic

4. Fun Walk

Around 2000 people participated in the Fun Walk activity. It was opened by the minister of health – republic of Indonesia, official VIPs from the department of health – republic of Indonesia, the Indonesian Society of Hypertension representatives and Novartis Indonesia representatives.



5. Brain Gymnastic

The brain gymnastic was followed by 600 people with a special instructor from the department of health – republic of Indonesia.



Brain gymnastic

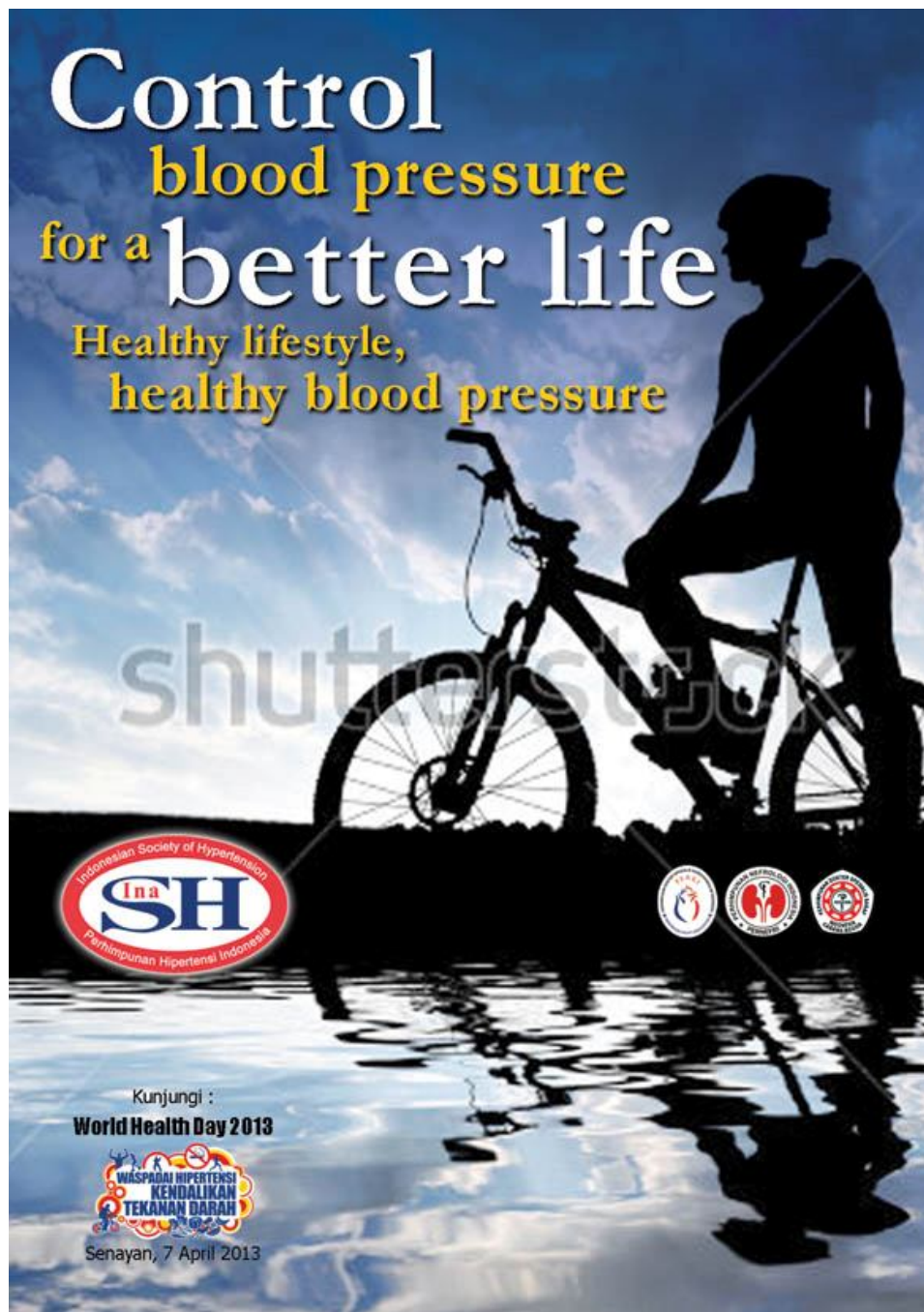
6. Talk Show on Hypertension



From left to right: Mr. HeruKusumanto as moderator; YudaTurana, MD as speaker; Dafsah A. Juzar, MD, FIHA as speaker; PringgodigdoNugroho, MD, FIHA as speaker

D. SPONSORS& ATTENDANCE ON EVENT

The event was sponsored by Novartis Indonesia & Omron and also endorsed by department of health, republic of Indonesia. The event was also attended by the minister of health, republic of Indonesia and the Switzerland ambassador for Indonesia



Event Flyer



Sudahkah Anda ukur tekanan darah Anda hari ini?

Tahukah Anda

tekanan darah tinggi
bisa menimbulkan kematian?

Tahukah anda

berapa tekanan darah Anda?

Tekanan darah tinggi

dapat mengakhiri hidup Anda

Tanpa gejala

bukan berarti normal,
sudahkah Anda ukur tekanan
darah Anda?



Kunjungi :
World Health Day 2013



Senayan, 7 April 2013

Event Flyer