

# DECISION

## OF THE

### WHO REGIONAL COMMITTEE FOR SOUTH-EAST ASIA

**SEA/RC78(7)**

## **Extending and expanding the Regional Milestones of SEAHEARTS: an initiative to reduce CVD burden in the WHO South-East Asia Region**

### **The Regional Committee,**

**HAVING CONSIDERED** the updates on specific Regional Committee resolutions and documents presented to its Seventy-eighth Session, including the Progress Report on its resolution SEA/RC76/R5 titled '*SEAHEARTS: Accelerating prevention and control of cardiovascular diseases in the WHO SE Asia Region*'.

**NOTING** the progress made over the implementation of SEAHEARTS interventions including on the four Regional Milestones<sup>1</sup> for 2025, and the suggested way forward therein,

**RECOGNIZING** that the burden of cardiovascular diseases in the South-East Asia Region is expected to continue to increase due to population growth, ageing and high prevalence of risk factors,

**RECOGNIZING FURTHER** that the Region still faces considerable challenges in addressing the major CVD risk factors, particularly uncontrolled hypertension, along with diabetes, tobacco use, unhealthy diet (including high salt intake and consumption of trans-fatty acids), and physical inactivity; that the interventions aimed at achieving the expanded Milestones require comprehensive and integrated approaches; and that they have strong correlations and complementarities with the interventions under the Global NCD Targets as well as the SDG Targets set for 2030,

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<sup>1</sup> SEAHEARTS: an initiative to reduce CVD burden in the WHO South-East Asia Region. New Delhi: WHO Regional Office for South-East Asia. <https://cdn.who.int/media/docs/default-source/searo/ncd/seahearts-reduce-cardiovascular-disease-burden-in-the-sear.pdf> - accessed 2 September 2025.

## DECIDES:

1. **TO EXTEND** the timeline of the four Regional Milestones of the SEAHEARTS Initiative for another 5 years, till 2030; and
2. **TO REQUEST** the Regional Director to:
  - (a) convene technical consultation(s) with Member States and key stakeholders to develop the proposed extended and expanded regional SEAHEARTS Milestones for 2030, encompassing tobacco control; salt reduction; elimination of trans-fatty acids; and most urgently, improved detection, treatment and control of hypertension and diabetes as primary risk factors for cardiovascular diseases;
  - (b) support Member States in developing national and subnational roadmaps with targets for the implementation of WHO technical packages, HEARTS<sup>2</sup> (technical package for CVD management in primary health care), MPOWER<sup>3</sup> (measures to reduce tobacco demand under the WHO Framework Convention on Tobacco Control (FCTC)), SHAKE<sup>4</sup> (technical package for salt reduction) and REPLACE<sup>5</sup> (technical package for eliminating industrially produced trans-fatty acids), in order to achieve the SEAHEARTS 2030 milestones with particular emphasis on reducing uncontrolled hypertension through population-level and clinical interventions; and
  - (c) report the progress, achievements and challenges on the implementation of this decision to the Regional Committee sessions in 2026, 2028 and 2030.

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- 2 HEARTS: a technical package for cardiovascular disease management in primary health care. Geneva: World Health Organization, 2020. <https://www.who.int/publications/i/item/9789240001367>
  - 3 MOPWER: a technical package for tobacco control. Geneva: World Health Organization, 2023. <https://www.who.int/initiatives/mpower>
  - 4 SHAKE: a technical package for salt reduction. Geneva: World Health Organization, 2016. <https://apps.who.int/iris/bitstream/handle/10665/250135/9789241511346-eng.pdf;sequence=1>
  - 5 REPLACE: an action package to eliminate industrially produced trans-fatty acids. Geneva: World Health Organization, 2021. <https://www.who.int/publications/i/item/9789240021105>

