

INTERNATIONAL SOCIETY OF HYPERTENSION

England & Wales · Charity number 1204969

Details

Other names	ISH
Status	Registered
Legal form	CIO
Registered	2023-09-29
Register	View on the Charity Commission register

Contact

Address	29 Gildredge Road Eastbourne East Sussex BN21 4RU
Phone	07417534271
Email	secretariat@ish-world.com
Website	www.ish-world.com

Activities

Objects: TO PROTECT AND PROMOTE THE HEALTH OF THE PUBLIC IN PARTICULAR BY ENCOURAGING THE ADVANCEMENT OF SCIENTIFIC RESEARCH AND KNOWLEDGE AND OF ITS APPLICATION IN ALL ASPECTS OF HYPERTENSION AND ASSOCIATED CARDIOVASCULAR DISEASES AND TO DISSEMINATE THE USEFUL RESULTS OF SUCH RESEARCH.

Activities: The International Society of Hypertension (ISH) is the premier global body dedicated to research, education and clinical excellence in blood pressure and related cardiovascular disease. Highlighted activities include: Scientific Meetings, New Investigator and Women in Hypertension Research networks and educational activities with a focus on economically disadvantaged countries.

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Afghanistan
- Albania
- Algeria
- Andorra
- Angola
- Antigua And Barbuda
- Argentina
- Armenia
- Australia
- Austria
- Azerbaijan
- Bahrain
- Bangladesh
- Barbados
- Belarus
- Belgium
- Belize
- Benin
- Bhutan
- Bolivia
- Bosnia And Herzegovina
- Botswana
- Brazil
- Brunei
- Bulgaria
- Burkina Faso
- Burundi
- Cambodia
- Cameroon
- Canada
- Cape Verde
- Central African Republic
- Chad
- Chile

- China
- Colombia
- Comoros
- Congo
- Congo (Democratic Republic)
- Cook Islands
- Costa Rica
- Croatia
- Cuba
- Cyprus
- Czech Republic
- Denmark
- Djibouti
- Dominica
- Dominican Republic
- East Timor
- Ecuador
- Egypt
- El Salvador
- Equatorial Guinea
- Eritrea
- Estonia
- Eswatini
- Ethiopia
- Fiji
- Finland
- France
- Gabon
- Georgia
- Germany
- Ghana
- Greece
- Grenada
- Guatemala
- Guinea

- Guinea-bissau
- Guyana
- Haiti
- Honduras
- Iceland
- India
- Indonesia
- Iran
- Iraq
- Ireland
- Israel
- Italy
- Ivory Coast
- Jamaica
- Japan
- Jordan
- Kazakhstan
- Kenya
- Kiribati
- Kuwait
- Kyrgyzstan
- Laos
- Latvia
- Lebanon
- Lesotho
- Liberia
- Libya
- Lithuania
- Luxembourg
- Macedonia
- Madagascar
- Malawi
- Malaysia
- Maldives
- Mali

- Malta
- Marshall Islands
- Mauritania
- Mauritius
- Mexico
- Micronesia
- Moldova
- Monaco
- Mongolia
- Montenegro
- Morocco
- Mozambique
- Namibia
- Nauru
- Nepal
- Netherlands
- New Zealand
- Nicaragua
- Niger
- Nigeria
- Niue
- North Korea
- Norway
- Oman
- Pakistan
- Palau
- Panama
- Papua New Guinea
- Paraguay
- Peru
- Philippines
- Poland
- Portugal
- Qatar
- Romania

- Russia
- Rwanda
- Saint Vincent
- Samoa
- San Marino
- Saudi Arabia
- Senegal
- Serbia
- Seychelles
- Sierra Leone
- Singapore
- Slovakia
- Slovenia
- Somalia
- South Africa
- South Korea
- Spain
- Sri Lanka
- St Kitts And Nevis
- St Lucia
- Sudan
- Suriname
- Sweden
- Switzerland
- Syria
- São Tomé And Príncipe
- Taiwan
- Tajikistan
- Tanzania
- Thailand
- The Bahamas
- The Gambia
- Togo
- Trinidad And Tobago
- Tunisia

- Turkey
- Turkmenistan
- Uganda
- Ukraine
- United Arab Emirates
- United States
- Uruguay
- Uzbekistan
- Venezuela
- Vietnam
- Yemen
- Zambia
- Zimbabwe
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£318,009	£334,904	-	-

Trustees

Name	Role	Appointed
Dr Cesar Andres Romero		2022-10-15
Professor Bryan Williams		2018-09-23
Professor Debora Colombari		2024-09-21
Professor Erika Sherad Wilshire Jones		2024-09-21
Professor Georgios Stergiou		2018-09-23
Professor Hind Beheiry		2024-09-21
Professor Hiroshi Itoh		2018-09-23
Professor Jose Dagnovar Aristizabal-Ocampo		2024-09-21
Professor Kazuomi Kario		2022-10-15
Professor Myeong-Chan Cho		2018-09-23
Professor Tazeen Jafar		2022-10-15
Professor Ulrike Steckelings		2018-09-23
Professor Yan Li		2024-09-21

INTERNATIONAL SOCIETY OF HYPERTENSION

England & Wales - Charity number 1204969

Accounts

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024
FOR
INTERNATIONAL SOCIETY OF HYPERTENSION**

Advanta
Chartered Accountants
29 Gildredge Road
Eastbourne
East Sussex
BN21 4RU

INTERNATIONAL SOCIETY OF HYPERTENSION

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FOR THE YEAR ENDED 31 DECEMBER 2024**

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Trustees' Annual Report for the period						
From	Period start date		To	Period end date		
	Day	Month	Year	Day	Month	Year
	01	01	2024	31	12	2024

Section A Reference and administration details

Charity name **International Society of Hypertension**

Other names charity is known by **ISH**

Registered charity number (if any) **Registered charitable incorporated organisation (CIO) number 1204969. Formerly ISH was an unincorporated charity with registered number 1122135.**

Charity's principal address **29 Gildredge Road
Eastbourne
East Sussex
Postcode BN21 4RU**

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	George Stergiou (Greece)	Secretary President	01.01.24 – 21.09.24 21.09.24 – 31.12.24	
2	Dagnovar Aristizabal (Colombia)		21.09.24 – 31.12.24	
3	Hind Mamoun Beheiry Ahmed (Sudan)		21.09.24 – 31.12.24	
4	Claudio Borghi (Italy)		01.01.24 – 21.09.24	
5	Fadi Charchar (Australia)	Treasurer	01.01.24 – 21.09.24	
6	Myeong-Chan Cho (South Korea)		01.01.24 – 31.12.24	
7	Débora Colombari (Brazil)		21.09.24 – 31.12.24	
8	Hiroshi Itoh (Japan)	Vice President	01.01.24 – 31.12.24	
9	Erika Jones (South Africa)	Officer at Large	21.09.24 – 31.12.24	
10	Nadia Khan (Canada)	Officer at Large	01.01.24 – 21.09.24	
11	Kazuomi Kario (Japan)	Secretary	01.01.24 – 21.09.24 21.09.24 – 31.12.24	
12	Tazeen Jafar (Singapore)		01.01.24 – 31.12.24	
13	Yan Li (China)		21.09.24 – 31.12.24	
14	Dorairaj Prabhakaran (India)		01.01.24 – 21.09.24	
15	Cesar Romero (USA)	Treasurer	01.01.24 – 21.09.24 21.09.24 – 31.12.24	
16	Ulrike Steckelings (Denmark)		01.01.24 – 31.12.24	
17	Maciej Tomaszewski (UK)	Immediate Past President	01.01.24 – 21.09.24	
18	Bryan Williams (UK)	President Immediate Past President	01.01.24 – 21.09.24 21.09.24 – 31.12.24	

Names and addresses of advisers (Optional information)

Type of advisor	Name	Address
Accountant	Advanta Chartered Accountants	29 Gildredge Road, Eastbourne, East Sussex, BN21 4RU, UK

Name of chief executive or names of senior staff members (Optional information)

N/A

Section B Structure, governance and management**Description of the charity's trusts**

Type of governing document
(eg. trust deed, constitution)

The current ISH Constitution was initially accepted by Society members on 26 September 2022. However, it was legally accepted on 29 September 2023, when ISH was officially registered as a Charitable Incorporated Organisation (CIO) in England and Wales (registration number 1204969).

How the charity is constituted
(eg. trust, association, company)

The ISH is a registered Charitable Incorporated Organisation (CIO) in England and Wales (registration number 1204969) registered on 29 September 2023. The Society was previously an Unincorporated Charity (UC) registered under number 1122135.

Both the ISH entities - the UC and the CIO - operated concurrently for a period, while new bank accounts were established, and systems were fully implemented.

The transfer of all funds and net assets from the ISH UC to the ISH CIO was formally completed on 23rd December 2024.

The Executive Committee of ISH concluded that transitioning from an UC to a CIO offered significant advantages to the Society.

The most important benefits of the CIO structure to the ISH are:

- **Separate Legal Personality:** The CIO has its own legal identity, allowing it to enter into contracts, own property, and conduct all business in the charity's name, rather than in the names of the individual Trustees.
- **Trustee Protection (Limited Liability):** Members and Trustees are generally protected from personal liability for any debts or obligations incurred by the charity. This is a critical improvement, as Trustees of the previous UC were each and severally liable for the debts of ISH.

The Trustees of the old charity and the CIO at the time of the transfer were the same persons. Accordingly, for most practical purposes the charity is continuing as before.

Trustee selection methods
(eg. appointed by, elected by)

A call for nominations is made to membership. Votes are cast by members at a (Biennial) General Meeting or by an electronic ballot. Those who are elected to membership of the ISH Council for the succeeding four years become Trustees and are formally appointed at the General Meeting.

Additional governance issues (Optional information)

You may choose to include additional information, where relevant, about:

- Policies and procedures adopted for the induction and training of

In 2024, the ISH had an active membership of 1,905 experts from 110 countries with 5 Corporate Member industry partners. ISH is a network committed to research and education for healthcare and allied professionals in the field of hypertension (high blood pressure) and on preventing its consequences, and for

trustees.

- The charity’s organisational structure and any wider network with which the charity works.
- Relationship with any related parties.
- Trustees’ consideration of major risks and the system and procedures to manage them.

public information on hypertension.

The daily management of the ISH is undertaken by an Executive Committee (the Executive) on behalf of the Council, comprising of Officers of the Society: (President, Vice President, Secretary, Treasurer, Officer at Large and Immediate Past President), as well as an additional number of other elected Council Members as determined by the President.

Committees and groupings have been established to assist with the management of the day-to-day activities of the Society. Each Committee is chaired by a member of the Council or by a Society member (a list of all the committees can be found on the Society website). Altogether, the members of ISH Executive, the Council and all the members of ISH Committees constitute the ISH leadership.

ISH administrative support for membership, communications, finance and other identified areas is maintained by external service providers (notably Canica for membership and website management). The Society has one ISH employee with key responsibilities to support the Executive, Council, and the ISH leadership. The aim is for this dedicated full-time support to help the Society and volunteers and maintain continuity with activities.

As the Society does not undertake fundraising from the general public, the major risks to the continuation of the Society’s programme of educational activities are from a decrease in income from its industry partners, reduction in revenue from the *Journal of Hypertension* annual royalty fee and from its Biennial Scientific Meetings. Traditional and social media marketing and publicity is used to attract attendance to the ISH meetings. Amounts spent to achieve the Society Objects of education are limited by the income received (see under ‘Reserves Policy’ in section E, below).

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To protect and promote the health of the public in particular by encouraging the advancement of scientific research and knowledge and of its application in all aspects of hypertension and associated cardiovascular diseases and to disseminate the useful results of such research.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Education:

ISH primarily works with affiliated societies in the regions to forge stronger links with national and regional societies of hypertension and related bodies, to create wider awareness of the Society and importantly, to offer support and help educate those in countries and regions most in need.

ISH Regional Advisory Groups (RAGs) ensure that the Society is listening and responding to all members of its international constituency with a local flavour. Since October 2020, the map of ISH RAGs has been aligned with six World Health Organization (WHO) regions; there are RAGs in ISH as follows:

1. Africa
2. Americas
3. Asia Pacific (APAC)
4. Europe
5. Middle East and North Africa (MENA)
6. South and Central Asia (SACA)

These groups are intended to provide comprehensive Society representation globally, to distil regional issues, encourage and enhance education and biomedical research in the fields of hypertension and associated cardiovascular diseases, support the emergence of new regional

and national societies, work with existing societies to undertake joint projects in the propagation of hypertension prevention and facilitate closer working relationships and collaboration between overlapping regional groups.

Biennial Scientific Meetings:

The ISH Biennial Scientific Meetings are a platform for presenting completed and original scientific investigations and where delegates from all over the world can meet and discuss public health, clinical and population aspects of hypertension research. See section D for further information on plans that are underway for the 2026 and 2028 events.

New Investigator and Mentorship and Training Committees:

It has been the mission of the ISH to encourage and support younger researchers, as the next generation of leaders in the global management of blood pressure. Through the continued development of the New Investigator and Mentorship and Training Committees and the related New Investigator Network and mentorship webpages (<https://ish-world.com/new-investigators/> / <https://ish-world.com/mentorship/>) and presence on social media platforms (Facebook, X, Instagram, YouTube and LinkedIn), as well as the launch of the new Capacity Building Network at the end of 2023, the Society is extending its reach to the new generation of researchers and doctors and future leaders in the field.

Women in Hypertension Research Network:

The ISH Women in Hypertension Research Network was established in 2016 to encourage, support and inspire women in science and medicine in the field of hypertension and related cardiovascular diseases. It aims to allow new avenues for communication, collaboration and education. The key aims are:

- To promote women scientists and clinicians so that they can fulfil their career aspirations in the field of hypertension and related cardiovascular diseases.
- Provide a platform for networking and mentoring to enable women hypertension researchers to maximise career opportunities. In particular, to reach out to those who do not have formal mentoring support.
- Recognise and promote the successes of women in the hypertension community.
- Involve all ISH members in promoting equal opportunities for women in science and medicine based on merit.

Affiliated Society and Partner Collaborations:

Increasingly effective links have been forged amongst national and regional societies of hypertension and high blood pressure research councils around the world via our six Regional Advisory Groups, providing a platform for research and intellectual exchange of ideas pertinent to scientific, economic and ethical aspects of cardiovascular prevention and care.

The ISH RAGs additionally help to provide comprehensive Society representation globally, to resolve regional issues and encourage and enhance education and biomedical research in the fields of hypertension and associated cardiovascular diseases.

Public Awareness:

World Hypertension Day (17 May):

Raised blood pressure is the biggest single contributing risk factor for global death. Lots more needs to be done by governments, public health agencies and healthcare systems to counter the devastating and perpetual menace of hypertension – the silent killer. As a result of the rapidly growing burden of disease associated with the global increase in hypertension the Society supports and encourages involvement in the annual World Hypertension Day on 17 May by Society members and affiliated regional and national societies (established by our partner organisation World Hypertension League).

The theme of WHD in 2024 was ‘Measure your blood pressure accurately, control it, live longer’ focusing on combatting low awareness rates worldwide, especially in low-and middle-income areas, and accurate blood pressure measurement methods. As a part of commitment to awareness of high blood pressure, on 17 May 2024 the Society released a short video to

amplify the message that 10 million deaths every year across the world could have been avoided if high blood pressure had been detected and treated. Furthermore, the Society curated and shared a resource page highlighting fantastic global activities taking place by many of our Affiliated Societies and members to mark WHD and to act as a prompt for people to get their blood pressure checked if not checked before.

Plans were additionally advanced in 2024 to write an ISH Patient-focused guideline designed to empower and talk to patients. The Society has recognised that there is a need to create a lay friendly document to better communicate with patients, explain what is happening to them and help them gain more control and understanding regarding their own blood pressure and to facilitate a transfer of power. The document will outline the optimal standards and the minimum standards that must be achieved. The document will be tailored to different levels of understanding and made available in different languages to facilitate adoption of the guideline in the regions.

World Adherence Day

With partner organisations (including the World Heart Federation), the ISH was involved in 2024 in the establishment of a new initiative - World Adherence Day. This is an initiative aimed at raising awareness about the importance of sticking to prescribed healthcare plans. The first World Adherence Day will be observed on 27 March 2025. The day emphasises the significance of adherence to treatments, especially for chronic conditions, to improve health outcomes and reduce complications.

The campaign encourages individuals to follow their healthcare providers' recommendations, whether it involves medication, lifestyle changes, or maintaining a healthy routine. The theme for the day in 2025 will be "Don't Miss a Moment," highlighting the importance of staying on track with healthcare plans to protect meaningful moments in life.

World Adherence Day was publicised at the ISH2024 meeting in the ISH [Cartagena Declaration](#).

May Measurement Month:

Building on the success of the existing WHD, the ISH designated the entire month of May as May Measurement Month (MMM) in 2017. The aim was to highlight the importance of measuring your blood pressure (BP) and to raise awareness of the dangers posed by elevated BP and hypertension. The target is to increase the numbers of participants aged 18+ who are regularly getting their BP checked and to give people the tools to understand how this information can contribute to a person's knowledge about their individual health. MMM also provides diet and lifestyle advice to those with BP in the hypertensive range and to facilitate improved follow up for sufferers.

The ISH leadership introduced a new model of governance for the MMM initiative, which became effective from 1st January 2022. This is because the expansion of MMM was increasingly consuming leadership time and resources from the ISH, distracting from the opportunity to launch new initiatives. In this new arrangement, MMM has become an independent charity in England and Wales. However, the campaign continues to remain strongly affiliated with the ISH as the founding partner and successful MMM activities took place once again in many parts of the world in 2024.

Public Benefit

The Trustees have read the guidance issued by the Charity Commission relating to public benefit and can confirm that the above activities of the ISH benefit the public in general. This is achieved by improving the depth and spread of knowledge in the field of hypertension and cardiovascular disease, fostering the translation of novel clinical research and basic science into best clinical practice and increasing public awareness of raised blood pressure.

Upskilling practitioners improves healthcare for all those with hypertension and other related diseases. The charity has a track record of organising high-quality educational courses, seminars, and meetings all over the world, as well as providing expert faculty members to disseminate the latest hypertension management guidelines. All these activities result in increased knowledge by clinicians treating hypertension. There are no restrictions to this

overall benefit in healthcare, as specified in the Charity Commission guidance (e.g., in terms of access, geography, membership, ability to pay etc).

Section D Achievements and performance

Summary of the main achievements of the charity during the year

Achievements and Performance

SOCIETY MEMBERSHIP:

The Society has a dedicated Membership Committee to:

- (1) actively recruit new members
- (2) attract more geographically comprehensive membership and expand ISH's global footprint of members
- (3) retain members and encourage active participation
- (4) increase the number of paying members

Members in 2024 included trainees, junior and established scientists, clinicians, health care providers and allied health care workers from across the globe, all with a common interest in hypertension research and patient care.

At the end of 2024, the Society had 1,905 members constituting 1,202 Members (including 96 ISH Fellows, 14 Distinguished, 59 Emeritus and 3 Honorary Fellows), 235 Trainees and 468 Associate Members. In addition, there were 5 Corporate Members (organisation - industry partners).

The ten countries with the highest number of members included Japan, United States, Australia, China, Canada, India, UK, Nigeria, South Korea and South Africa.

The ISH continued to work with a membership management organisation based in Argentina in 2024 to improve the interface with ISH members. Working in Latin America is allowing the Society to open our doors to the large Spanish speaking hypertension community that had previously been untapped by the ISH.

The ISH leadership used this period of change as a great opportunity to set in motion a large membership restructure, designed to make membership more accessible for anyone with an interest in hypertension globally and to improve the overall membership experience. This restructure was completed in 2024.

Achievements in 2024:

- Membership restructure plans were concluded and made possible with the assistance of an enthusiastic and driven Membership Committee chair and members. Changes agreed with the restructure included:
 - A new and simplified set of membership categories to Member, Trainee and Associate Member.
 - Reduced fees and free memberships for members from parts of the world where fees can be a barrier to membership.
 - Extensive promotion of the two free membership categories (Associate Member and Trainee) extensively at various events globally and on social media.
 - A refreshed membership portal offering members access to training, resources, and other member benefits. Previously all information had been accessible to members only via the open ISH web pages.
- As a result of our membership restructure and promotion, we gained approximately 800 new members of the Society in 2024.

- A much-reduced cost subscription to the ISH's official Journal – the *Journal of Hypertension* – continued to be offered to members via the membership portal.

ISH BIENNIAL SCIENTIFIC MEETINGS:

ISH 2024 Scientific Meeting

The 30th Scientific Meeting of the International Society of Hypertension took place from 19-22 September 2024, in Cartagena de Indias, Colombia, with pre-event sessions held on 18 September. This event, held in conjunction with the Colombian Society of Cardiology and Cardiovascular Surgery was supported by several key societies in the region.

The meeting had the theme 'Improving the Control of Hypertension Worldwide' and was supported by approximately 1,500 participants from over 60 countries, including 160 speakers from over 35 countries. 472 abstracts were submitted for the presentation of research and 285 abstracts presented in oral or poster presentation sessions. We also garnered support from 26 sponsors for the meeting.

Multiple topics were covered at the meeting including cardiovascular risk factors, epidemiology of hypertension and metabolic disorders, blood pressure measurement, stroke, obesity and metabolic syndrome, hypertension mediated organ damage, resistant hypertension and diabetes, hypertension in pregnancy amongst others. Keynote sessions at the event discussed AI in healthcare, Genetics and genomics of sex determination and the Genetics of blood pressure.

Sessions were devoted to furthering the ISH's educational agenda. The programme included a variety of joint sessions with ISH partners such as the Latin American Society of Hypertension (LASH), European Society of Hypertension (ESH), World Hypertension League (WHL), Korean Hypertension Society (KSH), and American College of Cardiology (ACC). There was a focus on the various regions of the world with sessions facilitated by three of the six ISH Regional Advisory Groups and dedicated slots in the programme for women in hypertension research, mentorship, communication and new investigators.

The ISH Capacity Building Network carried out successful activities at the event including two Speed Mentoring Lunchtime Sessions and a full day symposium on 18 September designed to help attendees communicate research effectively, build their research networks and write a successful grant application. This event was attended by over 50 trainees. To add to this, the Society announced the 2024 ISH Collaboration Exchange Scholarship valued at USD 5,000. The aim of the ISH Collaboration Exchange Scholarship is to support the development of collaborative relationships and/or activities with someone they met at the 2024 ISH meeting. We have now awarded two successful applicants with USD 5,000 each.

A record number of nominations were received in 2024 for the ISH Biennial awards, and winners were presented by the Society at the Cartagena 2024 meeting to honour members for their achievements. New awards developed for the meeting included the ISH Emerging Leader Awards. With these awards, the ISH aims to provide a platform to promote the research of new investigators from each of the six ISH regions and increase inclusivity and representation of the ISH globally.

At the close of the meeting, At ISH2024, Bryan Williams, ISH President 2022-2024, and Dagnovar Aristizabal, ISH2024 Chairman, signed the [Cartagena Declaration](#) – a call to action to improve adherence to antihypertensive medications globally. The declaration highlights the establishment of a World Adherence Day, the first of which will take place on 27 March 2025.

ISH 2026 Scientific Meeting

Dubai was selected as the destination for the ISH 2026 meeting in 2023. The co-host of this meeting will be the Emirates Cardiac Society. Planning continued for this event in 2024, and the meeting was officially launched at the end of the ISH Cartagena September meeting.

ISH 2028 Scientific Meeting

At the end of 2028, the ISH and European Society of Hypertension (ESH) leadership signed an agreement to hold a joint meeting in 2028 in Europe, in the tradition of several successful joint meetings in the past, with proposals to host the meeting invited in 2025.

SOCIETY'S JOURNAL, PUBLISHED PAPERS AND STATEMENTS:

In 2024, the ISH continued to partner with the *Journal of Hypertension*, as the official journal of the Society. In addition to primary papers from world-renowned experts, the Journal (published by Wolters Kluwer) contains authoritative reviews that summarise and evaluate the most significant recent developments. Further self-published items include *ISH Hypertension News* (a magazine produced approximately 3 times per year) read by the Society's more than 7,000 Members and subscribers and the *ISH monthly e-Bulletin*.

Papers published in 2024 by the ISH or with ISH leadership authorship were as follows.

Innovations in blood pressure measurement and reporting technology: International Society of Hypertension position paper endorsed by the World Hypertension League, European Society of Hypertension, Asian Pacific Society of Hypertension, and Latin American Society of Hypertension

New blood pressure measurement devices such as cuff-less wrist monitors are likely to play an important role in hypertension diagnosis and management in future - but several challenges remain before these new technologies can be introduced widely, according to a new position paper from the International Society of Hypertension (ISH).

A key challenge is that these new devices are not yet as accurate or reliable as existing blood pressure monitors. The position paper – published in the *Journal of Hypertension* – looks at the evidence around the accuracy, validation and clinical utility of new kinds of blood pressure monitors and other innovations in hypertension.

https://journals.lww.com/jhypertension/abstract/9900/innovations_in_blood_pressure_measurement_and.518.aspx

Priorities to reduce the burden of hypertension in Africa through ACHIEVE

A paper published in the February 2024 issue of *The Lancet Global Health* outlines the work of the Accelerating African Control of Hypertension through Innovative Epidemiology and a Vibrant Ecosystem (ACHIEVE) initiative. ISH President 2022-2024, Bryan Williams was one of the authors.

[https://www.thelancet.com/journals/langlo/article/PIIS2214-109X\(23\)00540-5/fulltext](https://www.thelancet.com/journals/langlo/article/PIIS2214-109X(23)00540-5/fulltext)

The ISH Research and Education Committee commenced work in 2024 to develop multiple new position papers for publication in 2025 and 2026. Authorship of the papers will include representation from Society leadership and membership in all regions where possible, including a high percentage of women and new investigators as collaborators.

To add to this, the Society worked with the Endocrine Society on their new guidelines – to be released in 2025.

ENDORSED EVENTS AND PAPERS:

The ISH, as a respected body of expertise, is frequently asked to endorse events and publications. It assesses these requests on the basis of criteria which are published on its website. The ISH Research, Science and Education Committee and Council typically consider several such requests each month. A sample of the successful requests follows.

- Clinical Hypertension Fellowship from the World Kidney Academy. The fellowship is an online programme structured as 3 modules – 14 weeks each – aimed at medical doctors and healthcare workers involved in hypertension care, from anywhere in the world.
- Servier EVIDENT Summit – a 1-day event in the Middle East Region focused on

overcoming medication nonadherence and treatment inertia for patients with cardiometabolic diseases.

- Thai Hypertension Camp organised by the Thai Hypertension Society (THS). Four one-day workshops took place – with 20 participants attending each time to equip attendees to become champions in hypertension care in the hospitals where they work.
- Abbott's a:care congress held in October committed to advancing treatment adherence and behavioural science through research, evidence-based practices, and collaborative discussions.

REGIONAL EDUCATIONAL AND TEACHING ACTIVITIES:

To forge stronger links with national and regional societies of hypertension and related bodies, create wider awareness of the Society and to continue to disseminate information regarding the *2020 ISH Global Hypertension Practice Guidelines*, the ISH works - mainly via its six Regional Advisory Groups (RAGs) - with affiliated societies and sends Teaching Faculty, Council members or other members of the ISH leadership to participate in, and offer educational content at, numerous global activities each year.

ISH representatives presented at, and held joint sessions, at a great number of educational and teaching activities and meetings in 2024 (additional to the ISH2024 Scientific Meeting in Cartagena, Colombia) including:

AFRICA

- August: Southern African Hypertension Society Biennial Congress in Johannesburg.

AMERICAS

- April: Argentine Society of Hypertension (SAHA). ISH supported the new investigator awards presented on this occasion.
- August: Brazilian Society of Hypertension

APAC

- February: Indonesian Society of Hypertension (InaSH)
- June: Vietnamese Society of Hypertension (VSH)
- July: Malaysian Society of Hypertension (MSH)
- October: Japanese Society of Hypertension (JSH)
- November: Korean Society of Hypertension (KSH)
- December: Chinese Hypertension League (CHL)
- December: Hypertension Australia

EUROPE

- April: ISH President 2022-2024 Bryan Williams and Past President Maciej Tomaszewski were part of a British Heart Foundation (BHF) webinar exploring risks associated with high blood pressure and how it can be managed.
- June: European Society of Hypertension (ESH) Meeting / Joint ISH-ESH Session
- August: European Society of Cardiology (ESC) / Joint ISH-ESC Session

MENA

- March: ISH MENA Regional Advisory Group Hypertension Symposium
- June: ISH MENA Regional Advisory Group Hypertension Symposium
- August: Iraqi Society of Hypertension
- December: ISH MENA Regional Advisory Group Hypertension Symposium

SACA

- September: Pakistan Hypertension League Meeting

ONLINE COURSES, EVENTS AND OTHER EDUCATIONAL ACTIVITIES:

- The ISH was pleased to support the launch of a new report at the EU Parliament on 30 January to improve adherence to hypertension treatment. The event was attended by ISH Past President Maciej Tomaszewski (UK) and ISH Council member Claudio Borghi (Italy).
- ISH continued to endorse the Certificate Hypertension Programme in Spanish organised by the Argentine Society of Hypertension (SAHA) and with significant support given from the ISH Americas RAG. This comprehensive program consisted of 16 modules, featuring both synchronous and asynchronous classes. It is designed for physicians in the Latin American region aspiring to become hypertension experts. 90 people graduated from the 2-year Certificate Course in 2024 from the second edition of the course.
- Work commenced by the ISH Africa RAG in 2024 to create a simplified, unified African guideline derived from the ISH 2020 guidelines and other locally available evidence, with the aim of publishing this in 2025.

The Society additionally worked with the following global organisations and hypertension related societies to support the following activities:

- **STRIDE BP e-learning platform:** STRIDE BP is an international scientific non-profit organization that provides guidance on the methodology and technology for accurate blood pressure evaluation. It is officially supported by the *ISH*, the *European Society of Hypertension*, and the *World Hypertension League*. <https://www.stridebp.org/>
- **Global Coalition for Circulatory Health (GCCH):** GCCH brings together 32 international, regional and national stakeholders in circulatory health to drive the urgent action needed to combat heart disease and stroke. Their efforts include publishing position papers and white papers.
- **OMRON Academy:** ISH continued to support Omron Healthcare with their online curriculum on hypertension. OMRON Academy is a curriculum framework made by expert scientists and offers continuous medical education for healthcare professionals. The training highlights specific challenges in the field of hypertension and respiratory disease and offers updates on the latest advances in these fields. The online courses are developed for mobile and desktop use and the hypertension courses are endorsed by the ISH, European Society of Hypertension (ESH) and the British and Irish Hypertension Society (BIHS). After completing each module, participants receive a certificate of completion which can be used for continuing medical education (CME) credits.

Looking forward to 2025:

Plans were advanced in 2024 to launch an ISH specialised educational platform called ISH Academy.

The Academy ISH educational platform is in the process of being established to provide standardised, high-quality content for ISH members. This will offer a go to place for the hypertension community and educational platform will discuss various aspects of hypertension. The aim is for accreditation to be offered so those completing the process will be recognised by their peers. The course will offer a curriculum and not just a series of presentations and be updated on an ongoing basis to keep this current.

NEW INVESTIGATOR, MENTORSHIP AND WOMEN IN HYPERTENSION RESEARCH COMMITTEE ACTIVITIES:**New investigator Committee (NIC)**

The Society continued to encourage interaction and involvement with the ISH New Investigator Network on the Society website and via social media platforms, Facebook X and LinkedIn. The Society circulated regular news via the main Society news channels to focus on the achievements of new researchers or clinical scientists undertaking a higher degree. To add to this, the spotlight section was retained on the Society webpages to feature hypertension future leaders.

Mentorship and Training Committee (MTC)

The focus of the Mentorship and Training Committee in 2024 was to continue the successful ISH Mentorship Scheme. This is an exciting scheme designed to bring together new investigators (students and hypertension researchers who are within 10 years of a doctoral degree) and more experienced investigators.

Women in Hypertension Research Committee (WiHRC)

The long-term goal of the Women in Hypertension Research Committee (WiHRC) is to address the barriers to progression that affect women and other under-represented groups within the society and to ensure equality of opportunity for all across the Society's activities and within the wider hypertension research community. With their activities the WiHRC are aiming to promote their mission. This is:

- To promote women scientists and clinicians so that they can fulfil their career aspirations in hypertension and related CVD.
- To provide a platform for networking and mentoring
- To recognise and promote successes of women in the hypertension community
- To encourage research in the field of 'hypertension and cardiovascular disease in women'

The spotlight section was retained on the Society webpages to provide an international platform to promote outstanding women working in hypertension research, learn about their scientific interests/achievements and to tell their personal story.

Capacity Building Network

The ISH Capacity Building Network (CBN) was launched on 27 November 2023 as a collaboration between the 3 committees (ISH NIC, MTC and WiHRC) to offer career development and networking opportunities for early and mid-career researchers and those from under-represented backgrounds. The collaboration will strengthen the activities of each of the committees and reduce duplication of effort. The 3 committees jointly organised activities in 2024 - primarily at the ISH2024 Cartagena meeting - to help equip investigators with the skills they need to progress in research. See page 6. Whilst the focus of the CBN is on researchers in the earlier stages of their careers, all members of the ISH are welcome to attend events.

COMMUNICATION / WEBSITE:

Extensive efforts were made in 2024 to increase the level and content of communication from the ISH to Society members and those non-ISH members engaged within the hypertension community. ISH magazine - *Hypertension News* - continued to be sent to stakeholders and made available on the open webpages. It is focused on scientific content and major updates and remains highly readable. Our members regularly express interest in communicating and exchanging their ideas via this publication. There were three issues in 2024. In addition, the monthly *e-Bulletin* for membership was expanded to match the increased activity within the Society and increased recognition of partner activity. Our magazine and bulletin are highly valued, with open rates for our email bulletins around 40-50%.

The Communications team extensively promoted the ISH 2024 Cartagena, Colombia meeting via a mixture of traditional (e-mail, Hypertension News, E-bulletin) and social media (Twitter, Facebook, YouTube, LinkedIn). All efforts were made and coordinated with the local organising committee.

Other key activities in 2024 included supporting the release of ISH position papers, promoting the ISH Colombia 2024 Scientific Meeting and ISH 2026 Dubai Meeting, as well as extensive promotion of the membership restructure and new free membership category open to anyone interested in high blood pressure.

In 2024 the ISH upgraded its website to provide easier navigation and a higher quality browsing experience for our members and visitors.

The ISH is also keeping up-to-date on modern communication practices, employing use of video, and new social media platforms. For example, the Society is now on Instagram and BlueSky. This extends the reach and visibility of our charitable activities.

We also use our comms platforms as a way of promoting the work and activities of our affiliated national and regional societies around the world.

PARTNERSHIPS:

Additional new and ongoing partnerships were established and maintained with the following organisations – apart from the ongoing relationship that the Society has with over 80 national hypertension and cardiac societies globally.

European Society of Hypertension (ESH), Asian Pacific Society of Hypertension (APSH), Latin-American Society of Hypertension, Endocrine Society, Resolve to Save Lives, KDIGO BP measurements standardization consensus partnership, *Cardiovascular Research*, World Health Organization (WHO), Framework Convention Alliance for Tobacco Control, International Alliance of Patients' Organizations, International Council of Nurses, International Diabetes Federation, International Society of Nephrology, World Federation of Public Health Associations, World Heart Federation, World Hypertension League (WHL), World Organization of Family Doctors, World Stroke Organization, and International Atherosclerosis Society via the Global Coalition for Circulatory Health (GCCH) and HEARTS Initiative led by the WHO.

PATIENT GUIDELINE INITIATIVE:

The ISH established a flagship global programme through a new Patient Guideline Initiative, made possible by an industry grant. This patient-focused guideline will provide people worldwide with the essential tools and knowledge required to effectively detect, monitor, and control their blood pressure.

CHANGE OF SOCIETY LEGAL STATUS:

The ISH changed its legal status to a Charitable Incorporated Organisation (CIO) and on 29 September 2023, the new CIO was entered on the Register of Charities with the registered Charity number 1204969. Assets were transferred from the Unincorporated Charity to the CIO on 23rd December 2024 and the Unincorporated Charity was closed. The CIO has a new Constitution, and the aims and objectives are based on those of the Unincorporated Charity.

Brief statement of the charity's policy on reserves

The financial position of the Society is considered by the Trustees to be in good order as shown by the financial statements.

As the Society does not undertake fundraising from the general public and in view of the uncertainty of long-term support from the Biennial Scientific Meetings and Corporate Members, the Trustees have approved a strategy to maintain the balance of the accounts to a reasonable sum of at least ~£500,000 to guarantee sustainable charitable activities in the event of unfavourable financial circumstances.

The Society also wishes to continue its policy of holding Biennial Scientific Meetings in regions of the world which on occasion, may not attract as much sponsorship as others and it is therefore important to maintain sufficient reserves as indicated above to ensure existing commitments are met in the event that the Biennial Scientific Meetings do not make a significant surplus. This was notably the case for the Colombia 2024 Scientific Meeting which was the first ISH meeting held in Latin America since 2004 and an invaluable opportunity to better connect with the community in the region and expand the reach of the Society.

Financial Overview for 2024

- Total income for the year amounted to £318,008, representing an increase of £97,582 compared to 2023 (£220,426). This increase is mainly attributable to a grant received of €100K (equivalent to £86,684- ISH Empowerment 23/24), which has been treated as restricted fund income.
- Direct charitable expenditure in 2024 totalled £334,904, which includes foreign exchange losses of £15,958. Charitable expenditure in 2023 totalled £304,798
- Expenditure exceeded income by £16,896, resulting in a net reduction in funds for the Society.
- This resulted in a total funds balance of £911,054 as of 31 December 2024, compared to £927,950 in 2023

New charitable expenditures have been committed for 2025, including further educational activities in the regions.

It is also the aim of the Society to further build its research activities, and it is therefore important to have sufficient reserves to honour these longer-term research commitments.

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- The charity's principal sources of funds (including any fundraising).
- How expenditure has supported the key objectives of the charity.
- Investment policy and

The Society's programme of educational activities is funded primarily in four ways:

1. Royalties: The Society receives a small percentage of the revenue made by the *Journal of Hypertension*, the Society's official journal.
2. Corporate Members: The contributions made by approximately 5 commercial companies enable the Society to continue to develop existing initiatives and provide new educational resources and activities. Donations from our industrial partners are received on the condition that all activities undertaken by the Society are managed by the Trustees alone, and that the Corporate Members are not involved with any decision-making.
3. Project and endorsement support: Industry contributes project and endorsement support either to acknowledge ISH's endorsement or to facilitate specific Society initiatives.
4. Biennial Scientific Meetings: The Society receives a percentage of any surplus from these conferences. This amount can vary considerably each time, depending on how much income

objectives including any ethical investment policy adopted.

is received from sponsorship and registration fees.

5. Membership subscription fees.

Our overarching investment objective is to achieve a combination of sustainable growth and income. We aim to generate returns that allow us to fulfil our charitable purposes while carefully preserving the capital value of our portfolio. To manage liquidity and earn a return on short-term funds, a portion of our cash balances will be held on interest-bearing deposit.

RESPONSIBILITIES OF THE TRUSTEES FOR THE FINANCIAL STATEMENTS

The Trustees are responsible for preparing the report of the Trustees' and the financial statements in accordance with applicable law and regulations.

The Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charity of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions, disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the provisions of the charity's Constitution. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

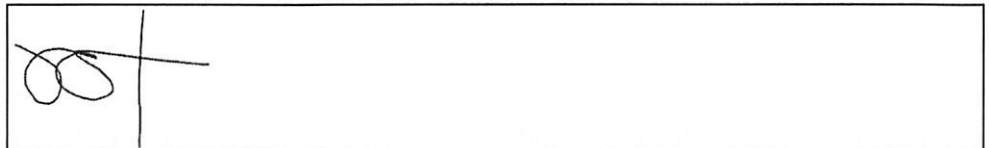
Section F Other optional information

Not applicable

Section G Declaration

The trustees declare that they have approved the trustees' report above.
Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Professor George Stergiou

Position (eg secretary, chair)

President

Date

27th October 2025

INTERNATIONAL SOCIETY OF HYPERTENSION

REPORT OF THE TRUSTEES - SOCIETY INFORMATION FOR THE YEAR ENDED 31 DECEMBER 2024

The trustees present their report with the financial statements of the charity for the year ended 31 December 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is governed by its constitution, and is a Charitable Incorporated Organisation (CIO).

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1204969

Principal address

c/o Advanta Chartered Accountants
29 Gildredge Road
Eastbourne
BN21 4RU

Trustees

Professor M Tomaszewski (resigned 21.9.24)
Professor F Charchar (resigned 21.9.24)
Professor D Prabhakaran (resigned 21.9.24)
Professor C Borghi (resigned 21.9.24)
Professor N Khan (resigned 21.9.24)
Dr H Itoh
Dr G Stergiou
Professor M Cho
Professor U M Steckelings
Professor B Williams
Professor T Jafar
Ass Prfssr C A Romero
Professor K K Kario
Professor E S W Jones (appointed 21.9.24)
Professor H Beheiry (appointed 21.9.24)
Professor D Colombari (appointed 21.9.24)
Professor J Aristizabal-Ocampo (appointed 21.9.24)
Professor Y Li (appointed 21.9.24)

Independent Examiner

Mr T Durrant
Advanta
Chartered Accountants
29 Gildredge Road
Eastbourne
East Sussex
BN21 4RU

The detailed trustees report is set out on pages TAR 1 to 14.

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
INTERNATIONAL SOCIETY OF HYPERTENSION**

Independent examiner's report to the trustees of International Society of Hypertension

I report to the charity trustees on my examination of the accounts of International Society of Hypertension (the CIO) for the year ended 31 December 2024.

This report is made solely to the trustees as a body, in accordance with the Charities Act 2011. My examination has been undertaken so that I might state to the trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the trustees as a body, for my examination, for this report, or for the opinions I have formed.

Responsibilities and basis of report

As the charity trustees of the CIO you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the CIO's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the CIO as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Mr T Durrant

Advanta
Chartered Accountants
29 Gildredge Road
Eastbourne
East Sussex
BN21 4RU

Date: 27 October 2025

INTERNATIONAL SOCIETY OF HYPERTENSION**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2024**

	Notes	Unrestricted fund £	Restricted fund £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		1,162	-	1,162	8,065
Charitable activities	3	225,318	86,684	312,002	210,888
Investment income	4	<u>4,845</u>	<u>-</u>	<u>4,845</u>	<u>1,473</u>
Total		<u>231,325</u>	<u>86,684</u>	<u>318,009</u>	<u>220,426</u>
EXPENDITURE ON					
Charitable activities	5				
Charitable activities		<u>307,817</u>	<u>27,087</u>	<u>334,904</u>	<u>126,086</u>
Total		<u>307,817</u>	<u>27,087</u>	<u>334,904</u>	<u>304,798</u>
NET INCOME/(EXPENDITURE)		(76,492)	59,597	(16,895)	(84,372)
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>927,950</u>	<u>-</u>	<u>927,950</u>	<u>1,012,322</u>
TOTAL FUNDS CARRIED FORWARD		<u>851,458</u>	<u>59,597</u>	<u>911,055</u>	<u>927,950</u>

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

All comparative figures relate to the old charity.

The notes form part of these financial statements

INTERNATIONAL SOCIETY OF HYPERTENSION

**BALANCE SHEET
31 DECEMBER 2024**

	Notes	Unrestricted fund £	Restricted fund £	2024 Total funds £	2023 Total funds £
FIXED ASSETS					
Tangible assets	11	2,198	-	2,198	-
CURRENT ASSETS					
Debtors	12	134,864	-	134,864	130,220
Cash at bank		<u>756,033</u>	<u>59,597</u>	<u>815,630</u>	<u>954,223</u>
		890,897	59,597	950,494	1,084,443
CREDITORS					
Amounts falling due within one year	13	(41,637)	-	(41,637)	(156,493)
NET CURRENT ASSETS		<u>849,260</u>	<u>59,597</u>	<u>908,857</u>	<u>927,950</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>851,458</u>	<u>59,597</u>	<u>911,055</u>	<u>927,950</u>
NET ASSETS		<u>851,458</u>	<u>59,597</u>	<u>911,055</u>	<u>927,950</u>
FUNDS	14				
Unrestricted funds				851,458	927,950
Restricted funds				<u>59,597</u>	-
TOTAL FUNDS				<u>911,055</u>	<u>927,950</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 27 October 2025 and were signed on its behalf by:



.....
C A Romero - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The financial statements are prepared in Sterling, which is the functional currency of the charity.

All the assets, liabilities, and activities of the International Society of Hypertension (unincorporated charity registration number 1122135) transferred from that charity to the CIO uninterrupted as at 23 December 2024. The financial statements have been prepared using merger accounting. All comparative figures shown relate to the old charity.

Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the International Society of Hypertension has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Cash donations are recognised on receipt. Other donations are recognised once the International Society of Hypertension has been notified of the donation, unless performance conditions require deferral of the sum.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	- 33% on cost
Computer equipment	- 33% on cost

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

1. ACCOUNTING POLICIES - continued

Foreign currencies

Assets and liabilities in foreign currencies are translated into sterling at the rates of exchange ruling at the balance sheet date. Transactions in foreign currencies are translated into sterling at the rate of exchange ruling at the date of transaction. Exchange differences are taken into account in arriving at the operating result.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Financial instruments

The International Society of Hypertension only enters into basic financial instrument transactions that result in the recognition of financial assets and liabilities like trade and other debtors and creditors.

Debt instruments that are payable or receivable within one year, typically trade debtors and creditors, are measured, initially and subsequently, at the undiscounted amount of the cash or other consideration, expected to be paid or received.

Financial assets that are measured at cost and amortised cost are assessed at the end of each reporting period for objective evidence of impairment. If objective evidence of impairment is found, an impairment loss is recognised in profit and loss.

For financial assets measured at amortised cost, the impairment loss is measured as the loss between an asset's carrying value and the present value of future cashflow discounted at the asset's original effective interest rate.

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

2. CRITICAL ACCOUNTING JUDGEMENTS AND KEY SOURCES OF ESTIMATION UNCERTAINTY

In application of the International Society of Hypertension's accounting policies, the Trustees are required to make judgements, estimates and assumptions of the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of revision and future period where the revision affects both current and future periods.

3. CHARITABLE ACTIVITIES

	2024	2023
	£	£
Corporate membership fees	61,817	67,423
Membership fees	15,852	13,310
Biennial meeting	19,936	(342)
Journal of Hypertension Royalties	104,830	106,671
Patient guideline initiative	86,684	-
ISH branded endorsements	<u>22,883</u>	<u>23,826</u>
	<u>312,002</u>	<u>210,888</u>

INTERNATIONAL SOCIETY OF HYPERTENSION**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024****4. INVESTMENT INCOME**

	2024	2023
	£	£
Deposit account interest	<u>4,845</u>	<u>1,473</u>

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Grant funding of activities £	Support costs (see note 6) £	Totals £
Charitable activities	<u>148,759</u>	<u>13,705</u>	<u>156,482</u>	<u>291,854</u>

Initiative and meeting expenses are shown in full to provide the fullest possible information. During the year income of £19,936 (2023: £(342)) was received from donors and sponsors to defray those costs.

6. SUPPORT COSTS

	Management £	Governance costs £	Totals £
Charitable activities	146,086	9,296	155,382
Charitable activities - depreciation	<u>1,100</u>	<u>-</u>	<u>1,100</u>
	<u>147,186</u>	<u>9,296</u>	<u>156,482</u>

Governance costs includes payments to the firm that employs the independent examiner of £5,000 (2023: £5,080) for independent examination fees and for the preparation of the annual financial statements to comply with the Charities Acts, and £1,711 (2023: £554) for other services.

7. TRUSTEES' REMUNERATION AND BENEFITS

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the International Society of Hypertension during the year.

8. EMPLOYEES

There was one (2023: one) employee during the year.

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024

9. EXCEPTIONAL ITEMS

Exceptional items include foreign exchange loss in the sum of £15,958 (2023: £42,190). These include unrealised gains and losses arising as a result of revaluing foreign exchange balances using the rate prevailing at the end of the financial year.

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	8,065	-	8,065
Charitable activities	210,888	-	210,888
Investment income	<u>1,473</u>	<u>-</u>	<u>1,473</u>
Total	<u>220,426</u>	<u>-</u>	<u>220,426</u>
EXPENDITURE ON			
Charitable activities			
Charitable activities	<u>126,086</u>	<u>-</u>	<u>126,086</u>
Total	<u>304,798</u>	<u>-</u>	<u>304,798</u>
NET INCOME/(EXPENDITURE)	(84,372)	-	(84,372)
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>1,012,322</u>	<u>-</u>	<u>1,012,322</u>
TOTAL FUNDS CARRIED FORWARD	<u><u>927,950</u></u>	<u><u>-</u></u>	<u><u>927,950</u></u>

11. TANGIBLE FIXED ASSETS

	Fixtures and equipment £	Computer equipment £	Totals £
COST			
Additions	<u>799</u>	<u>2,499</u>	<u>3,298</u>
DEPRECIATION			
Charge for year	<u>267</u>	<u>833</u>	<u>1,100</u>
NET BOOK VALUE			
At 31 December 2024	<u><u>532</u></u>	<u><u>1,666</u></u>	<u><u>2,198</u></u>
At 31 December 2023	<u><u>-</u></u>	<u><u>-</u></u>	<u><u>-</u></u>

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade debtors	5,910	-
Other debtors	21,229	21,229
Social security & other taxes	39	-
Accrued income	105,143	106,671
Prepayments	<u>2,543</u>	<u>2,320</u>
	<u>134,864</u>	<u>130,220</u>

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade creditors	21,640	26,206
Social security and other taxes	-	589
Other creditors	4,210	2,229
Deferred income	10,787	122,429
Accrued expenses	<u>5,000</u>	<u>5,040</u>
	<u>41,637</u>	<u>156,493</u>

14. MOVEMENT IN FUNDS

	At 1.1.24	Net movement in funds	At 31.12.24
	£	£	£
Unrestricted funds			
General fund	927,950	(76,492)	851,458
Restricted funds			
Patient Guideline Initiative	-	59,597	59,597
	<u>927,950</u>	<u>(16,895)</u>	<u>911,055</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	231,324	(307,816)	(76,492)
Restricted funds			
Patient Guideline Initiative	86,685	(27,088)	59,597
	<u>318,009</u>	<u>(334,904)</u>	<u>(16,895)</u>

14. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.1.23 £	Net movement in funds £	At 31.12.23 £
Unrestricted funds			
General fund	1,012,322	(84,372)	927,950
TOTAL FUNDS	<u>1,012,322</u>	<u>(84,372)</u>	<u>927,950</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	220,426	(304,798)	(84,372)
TOTAL FUNDS	<u>220,426</u>	<u>(304,798)</u>	<u>(84,372)</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.23 £	Net movement in funds £	At 31.12.24 £
Unrestricted funds			
General fund	1,012,322	(160,864)	851,458
Restricted funds			
Patient Guideline Initiative	-	59,597	59,597
TOTAL FUNDS	<u>1,012,322</u>	<u>(101,267)</u>	<u>911,055</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	451,750	(612,614)	(160,864)
Restricted funds			
Patient Guideline Initiative	86,685	(27,088)	59,597
TOTAL FUNDS	<u>538,435</u>	<u>(639,702)</u>	<u>(101,267)</u>

14. MOVEMENT IN FUNDS - continued

Purpose of restricted fund

The Patient Guideline Initiative Fund was started by a grant of £86,684 given to the charity to create a new flagship global programme "ISH Empower". This is a patient centred guideline to empower patients to better detect, monitor and control their blood pressure.

The restricted fund was transferred to the CIO and any restrictions in place preserved.

15. RELATED PARTY TRANSACTIONS

No key management personnel received any remuneration in the current or prior year.

During the year the International Society of Hypertension entered into the following transactions with some of its trustees, in respect of travel and accommodation expenses reimbursed in the sum of £101,662 (2023: £94,644). The number of trustees so reimbursed was 11 (2023: 12).