



World
Hypertension
League

CHILDREN'S ART PROGRAM
WORLD HYPERTENSION LEAGUE
2025



WORLD — HYPERTENSION — DAY May 17th 2025

*Measure Your Blood Pressure Accurately
Control it, Live Longer.*

Initiated by the World Hypertension League

www.whleague.org



PORTUGAL

Portuguese Society of Hypertension
Rosa De Pinho MD, President



Aventureiros (Adventurers)

Escolaglobal Classroom
Project

Ages: 5 years old





Sonhadores (Dreamers)

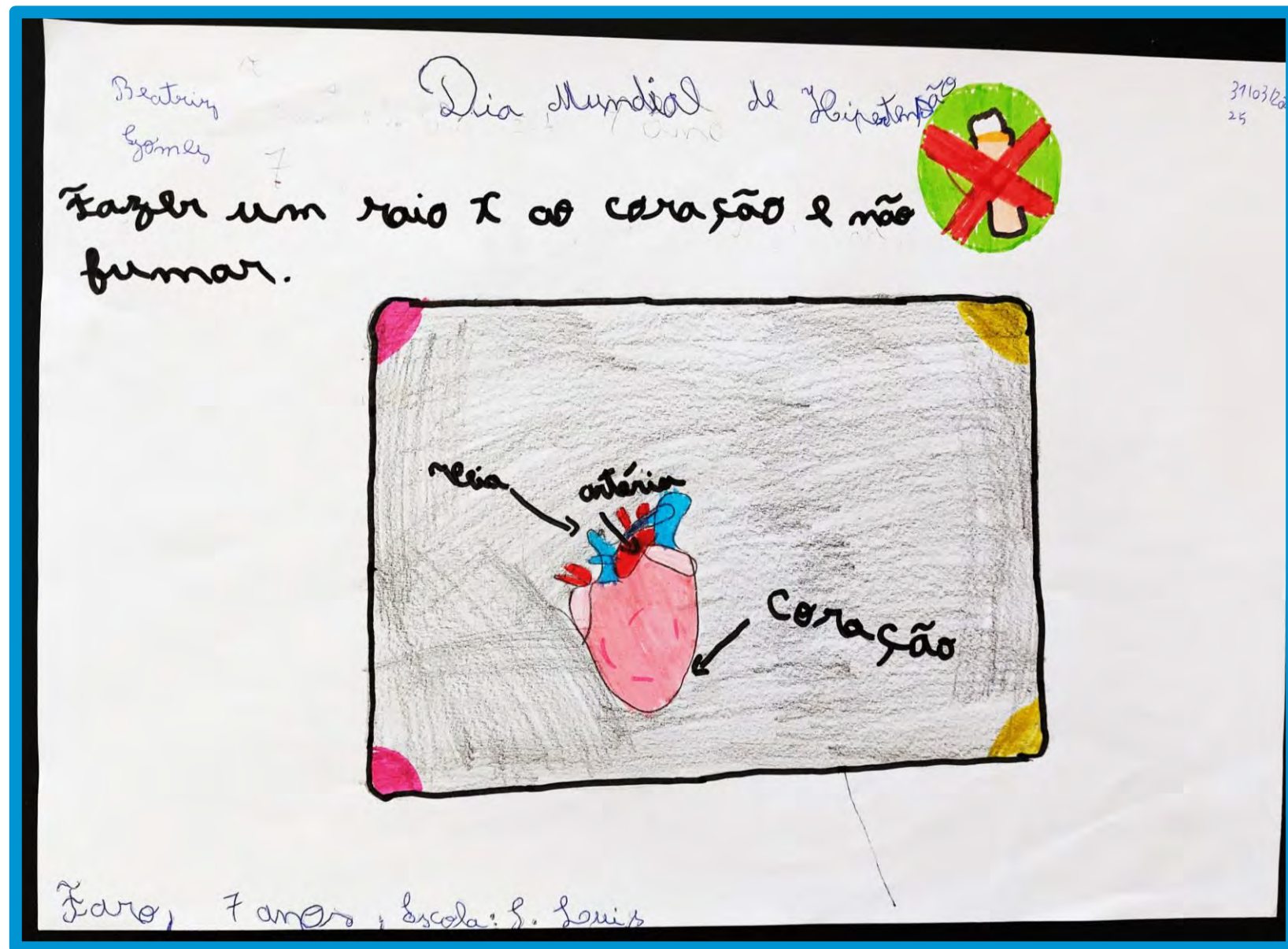
Escolaglobal Classroom
Project

Ages: 2 years old

Beatriz Campos Fonseca Pinto Gomes

Escola Básica de São Luís,
Faro

7 years old



Dia Mundial de Hipertensão 2025



Clara
Cabanita 7 anos

Escola Básica de São Luís - Faro

**Clara
Mascarenhas
Cabanita**

Escola Básica de São Luís,
Faro

7 years old

Carolina
Fernandes

10 years old



World
Hypertension
League



Francisca Galvão Norte

Escola Básica de São Luís,
Faro

8 years old

Iara Sofia Bernardo

Hospital Santa Maria -
University Hospital and
Portuguese Society of
Pediatrics

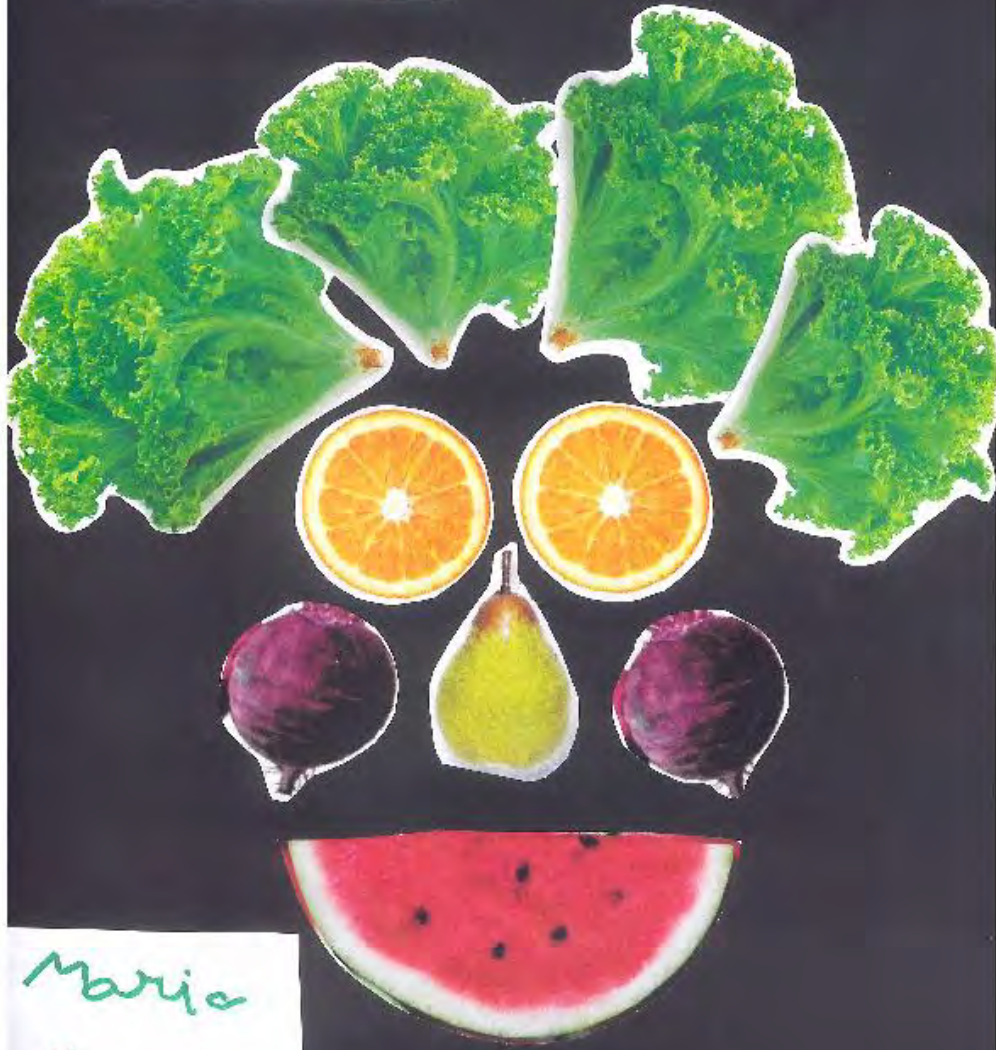
17 years old



COMER LEGUMES E

FRUTAS FAZ BEM

A SAÚDE.



Maria



Maria

Hospital Santa Maria -
University Hospital and
Portuguese Society of
Pediatrics

17 years old

**Joana de Oliveira
Silva**

Escola Básica de São Luís,
Faro

8 years old





Lara Filipa Godinho Lopes

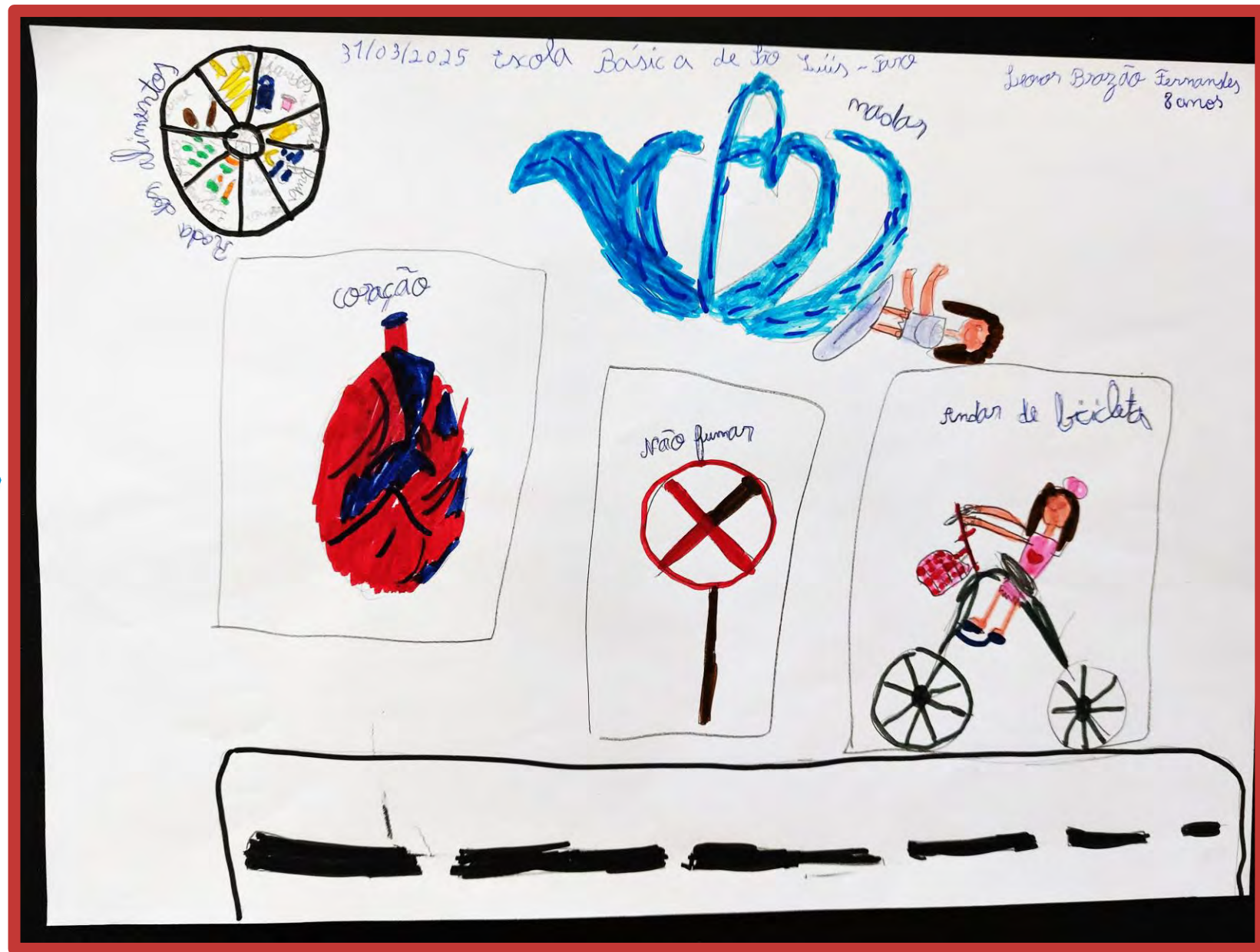
Escola Básica de São Luís,
Faro

8 years old

Leonor Brazão Fernandes

Escola Básica de São Luís,
Faro

8 years old



A sopa faz bem
a
saúde!



Leonor Carvalho

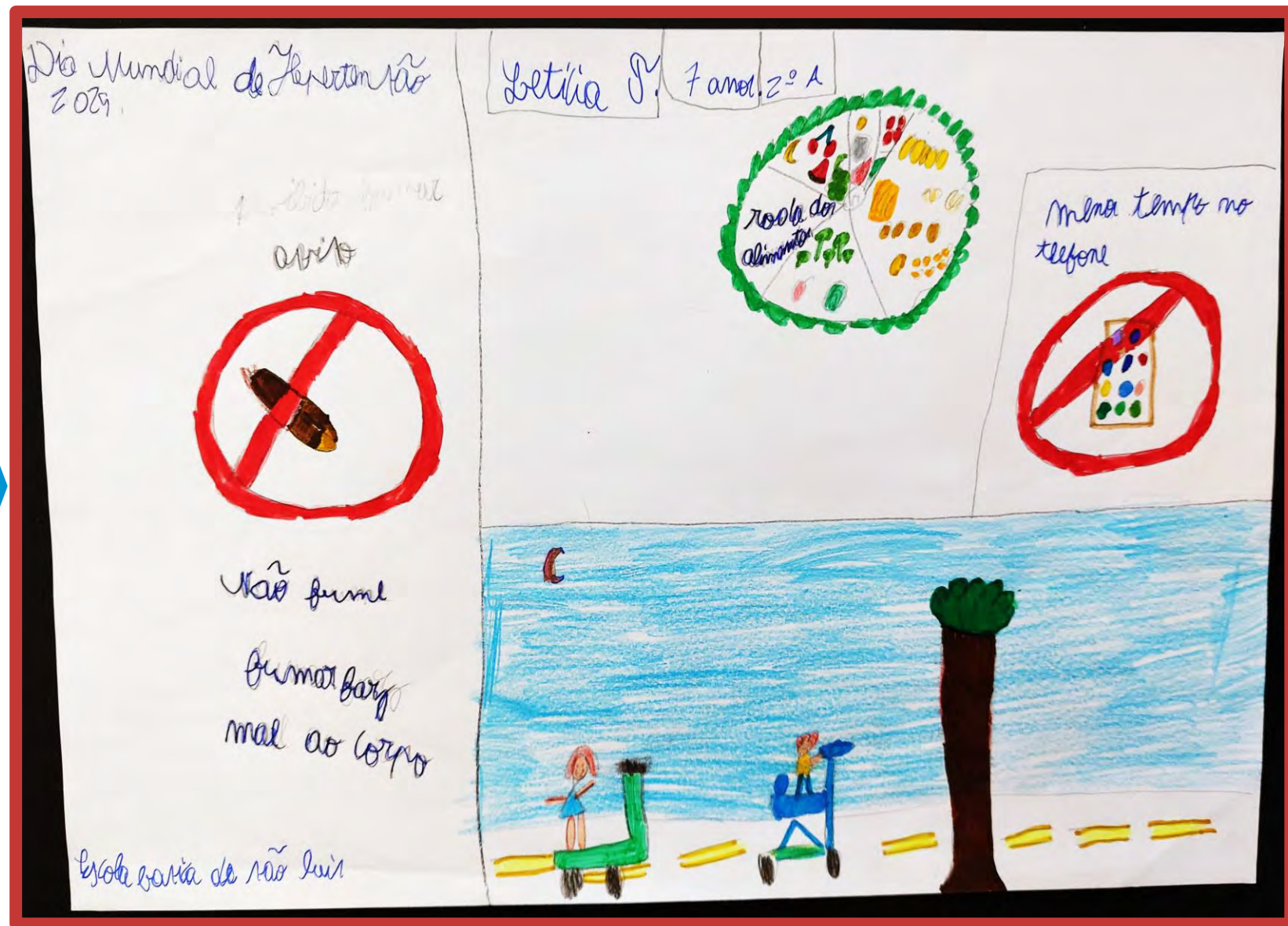
Hospital Santa Maria -
University Hospital and
Portuguese Society of
Pediatrics

8 years old

Letícia Paiões Torrez

Escola Básica de São Luís,
Faro

7 years old





Digitalizada com CamScanner

Mariana Henriques

Hospital Santa Maria -
University Hospital and
Portuguese Society of
Pediatrics

12 years old

Matilde Mendonça Palma

Escola Básica de São Luís,
Faro

8 years old





**Matilde
Veloso
Santos**

Escola Básica de São Luís,
Faro

7 years old

Santiago Lourenço Pop Monteiro

Escola Básica de São Luís,
Faro

7 years old



idade: 8

Tiago, data 31/03/2025.

Dia Mundial de Hipertensão 2025.

Escola Básica de São Luís de Goro de Portugal.

roda dos alimentos.



**Tiago
David Giro
dos Santos**

Escola Primatia São Luís
8 years old

Tomás Bernardo Leal Henriques

Escola Básica de São Luís,
Faro

8 years old



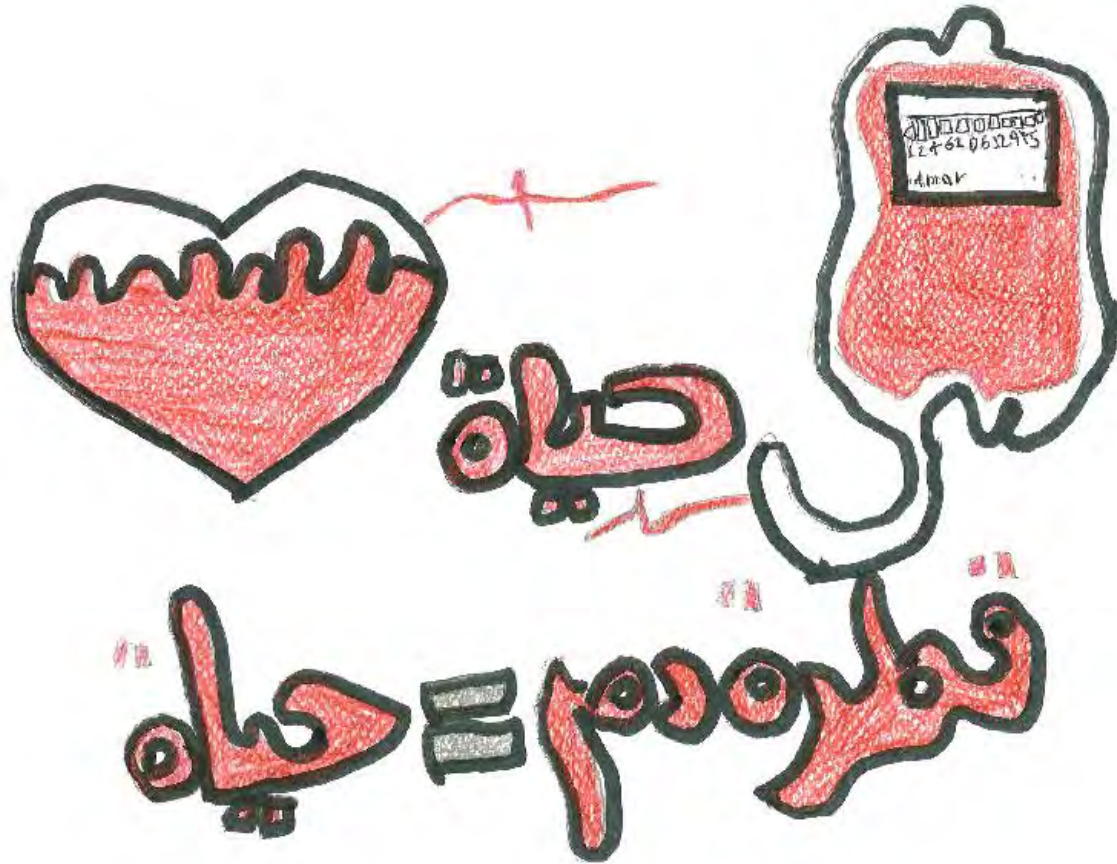
KINGDOM OF SAUDI ARABIA

Art Sponsors: Dr. Bader Almustafa, Secretary General, World Hypertension League; Dr. Mohammed Al Sultan, Saudi Society of Hypertension; Mohamed Mamdouh, IT Educational Supervisor, Al Hussan Education & Training

Abdullah Fitriadi Lasmin

AlHessan Petro Rabaegh
11 years old





**Ammar Muhammad
Omar Al-Jizan**

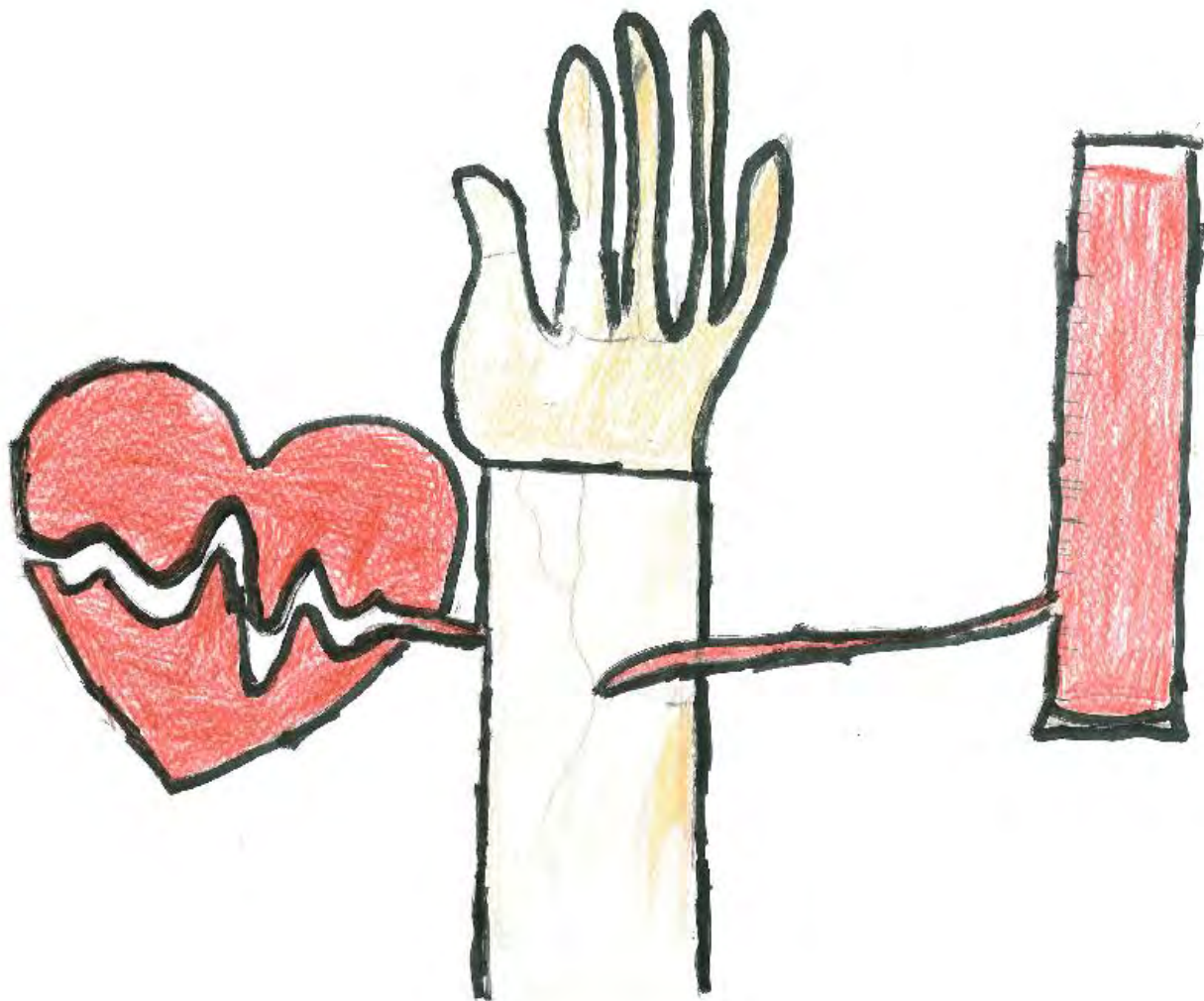
AlHessan Petro Rabaegh

11 years old

Aya Yahya Hawsawi

AlHessan Petro Rabaegh
14 years old



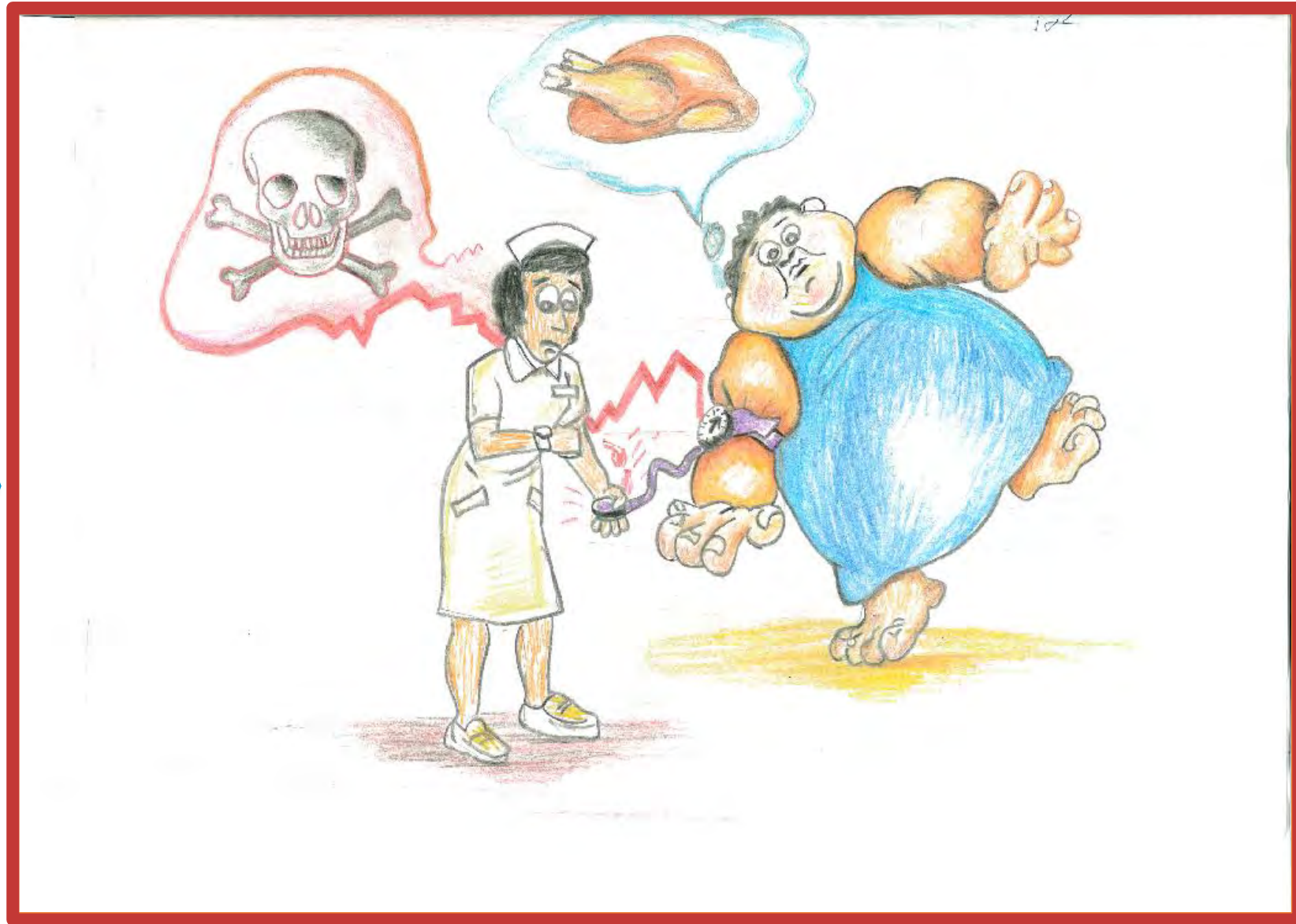


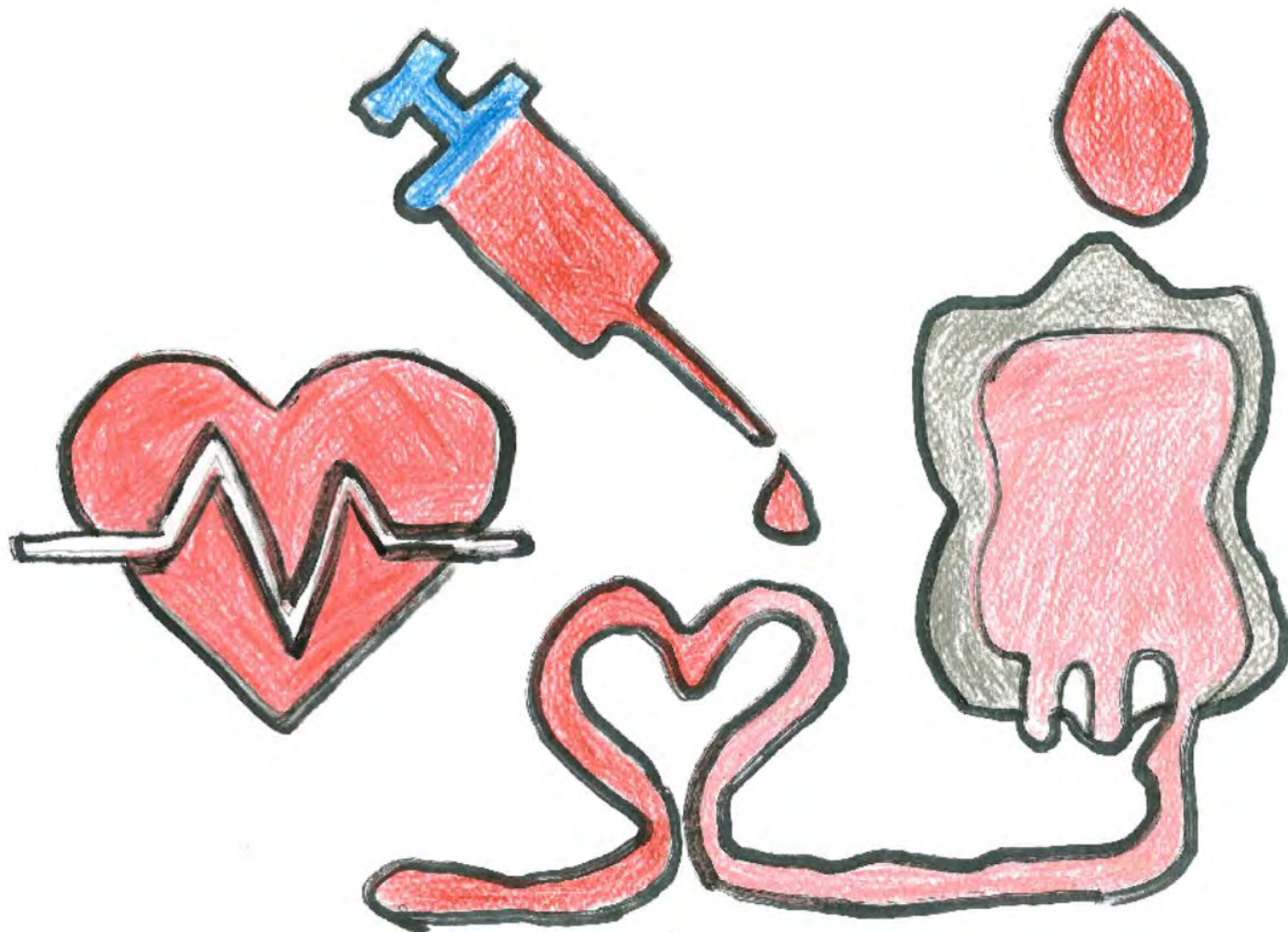
Ayedh Muqrin
Ayedh
Al-Ma'badi

AlHessan Petro Rabaegh
11 years old

Hashem Moataz Mahdi Saqti

AlHessan Petro Rabaegh
14 years old



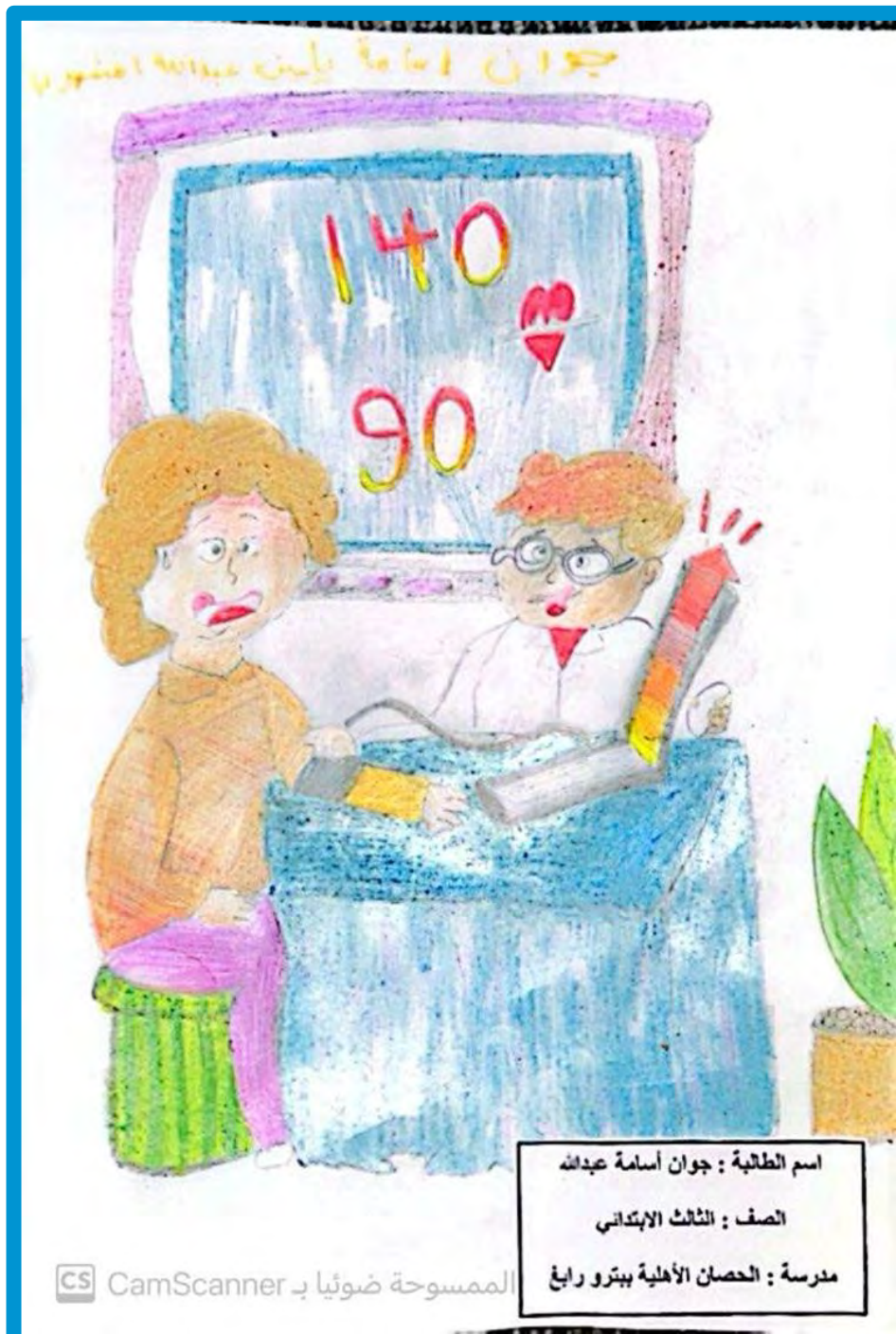


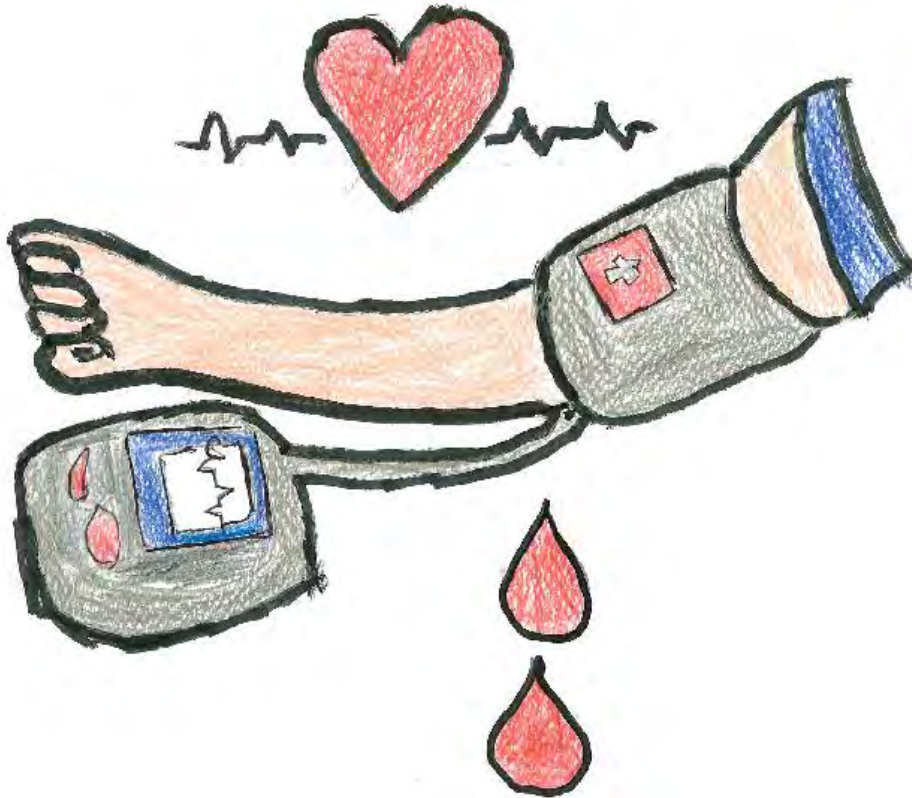
**Hussein
Muhammadi
Hussein Al-
Mohammadi**

AlHessan Petro Rabaegh
12 years old

Joan Osama Abdullah

AlHessan Petro Rabaegh
9 years old





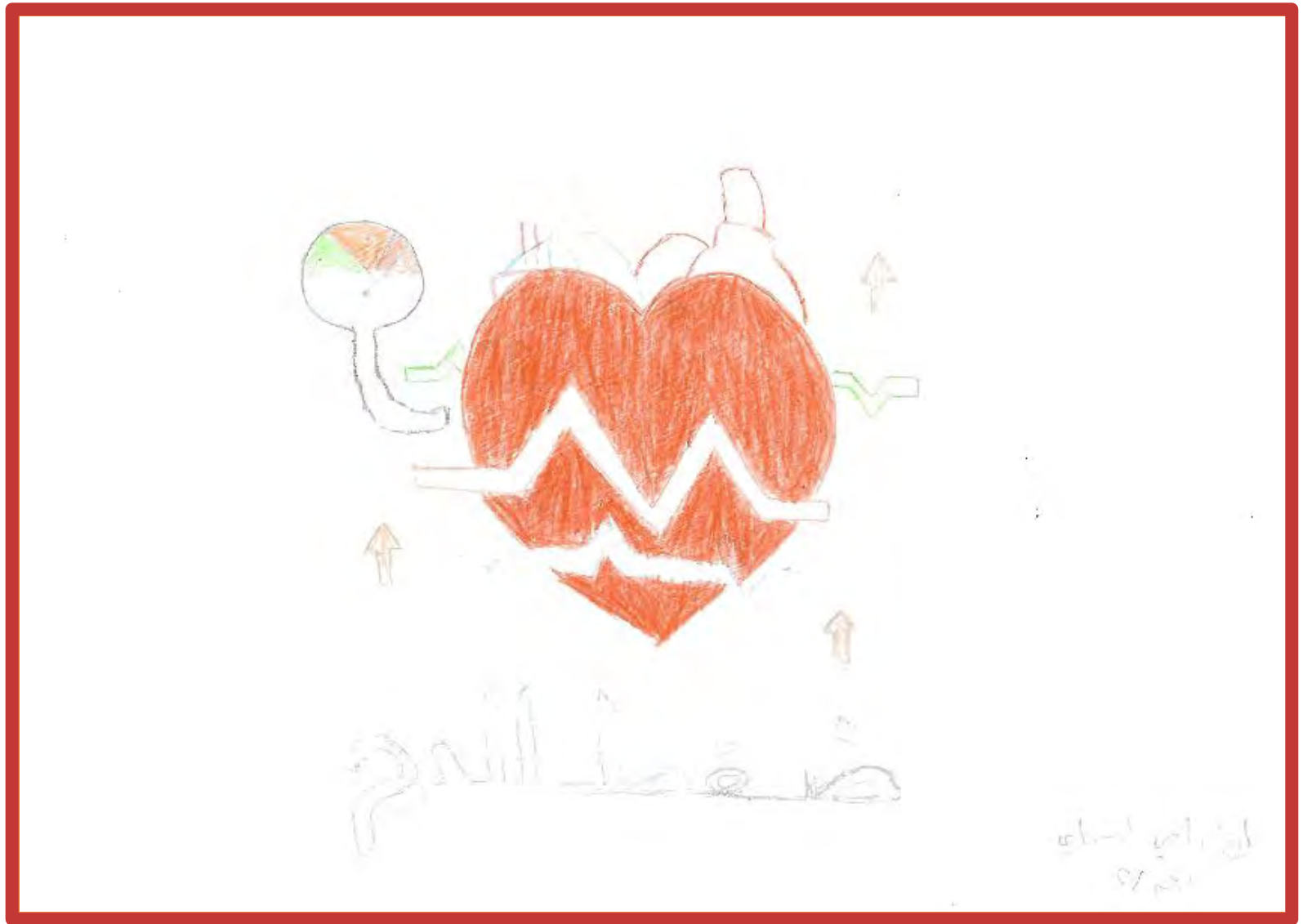
Khaled Abdulaziz Mohammed Al- Quraiqiri

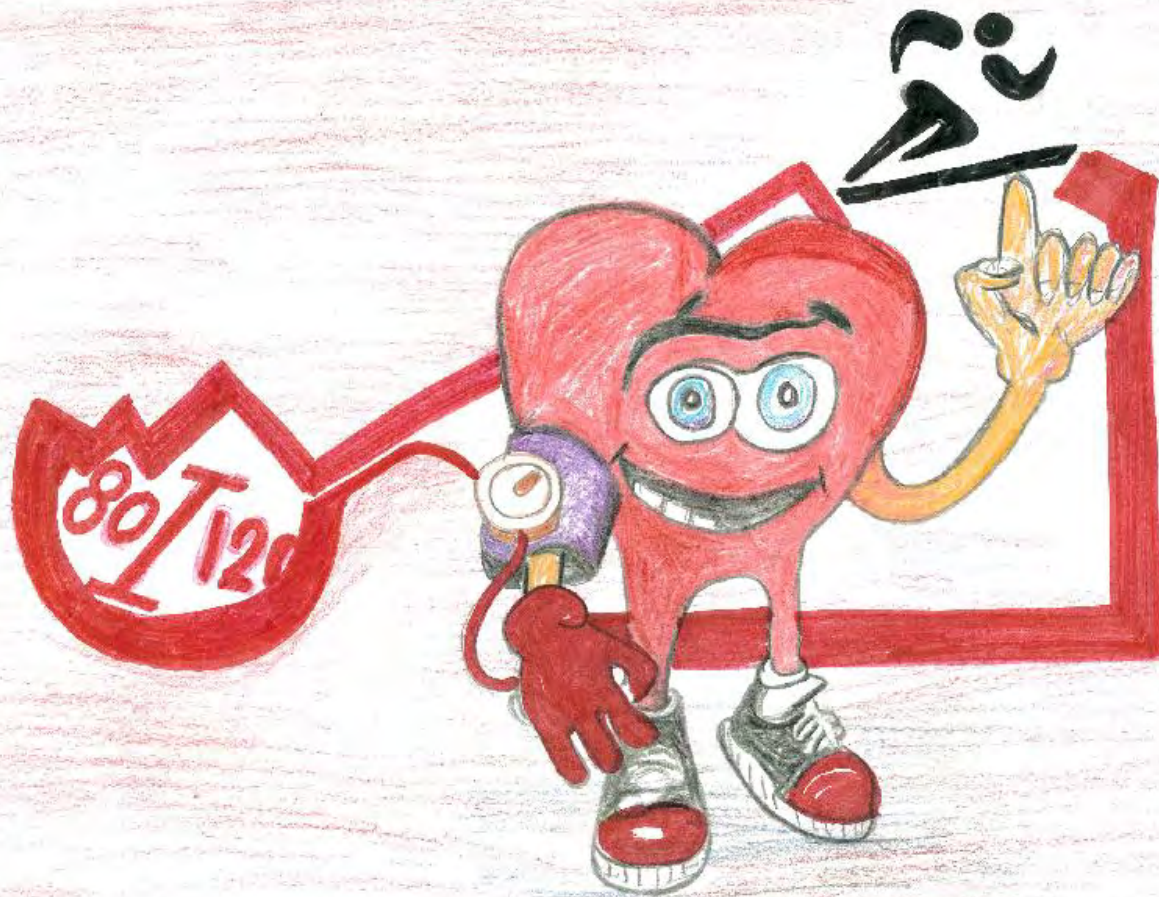
AlHessan Petro Rabaegh

11 years old

Lin Rami Abdulrahman Al Shamsi

AlHessan Petro Rabaegh
14 years old





**Mishaal Majed
Al-Ghamdi**

AlHessan Petro Rabaegh
14 years old

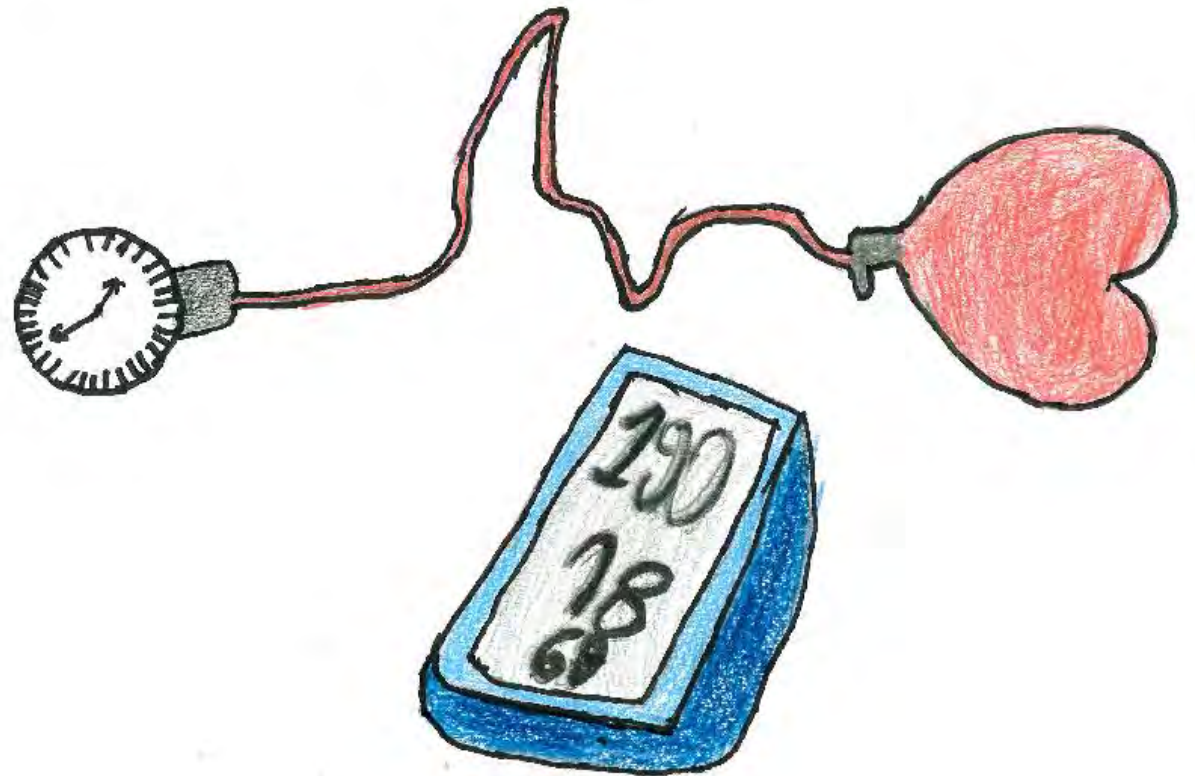
**Mohamed Hani
Ragi Abdel-Adi**

AlHessan Petro Rabaegh
10 years old



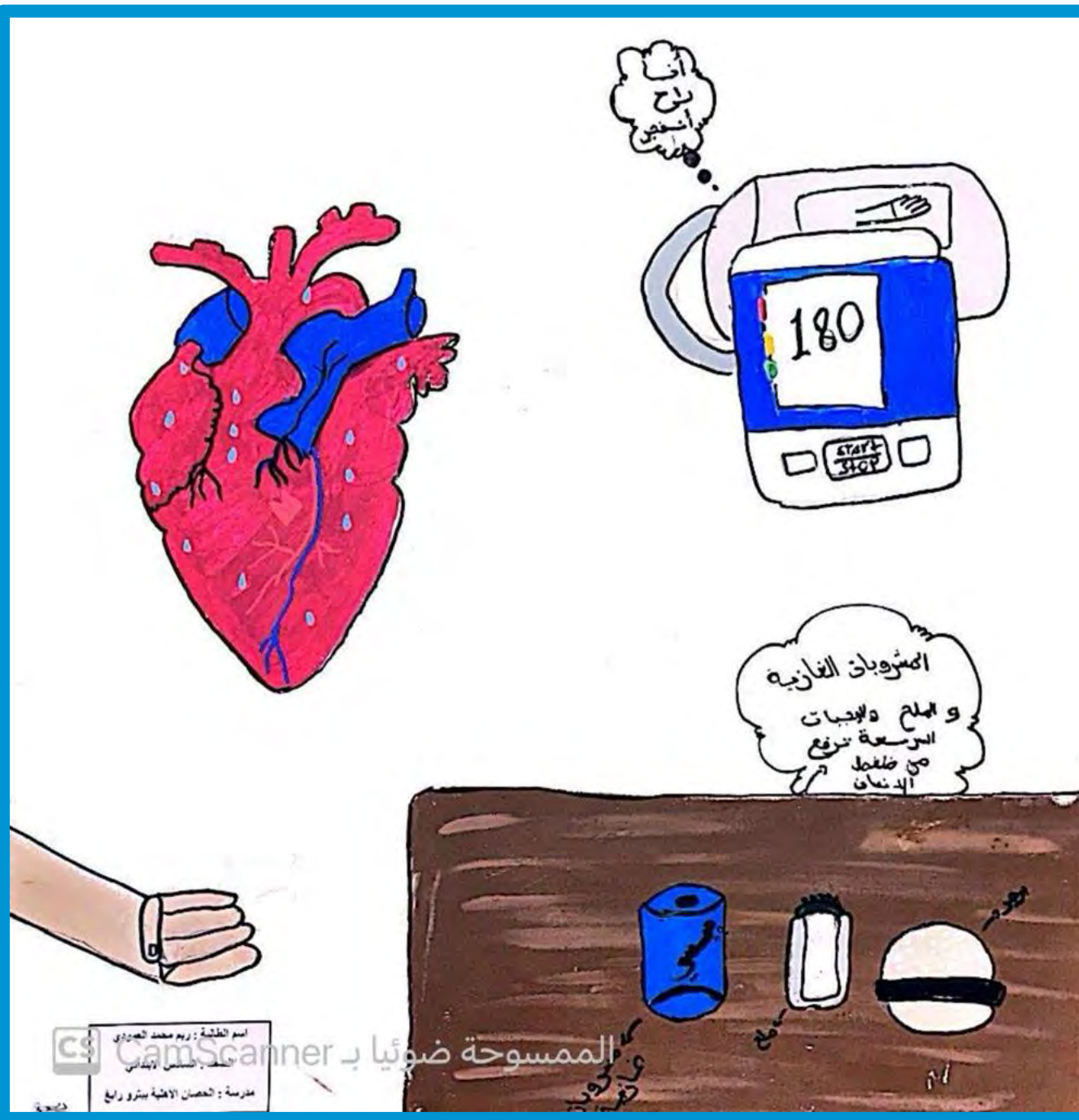
Rakan Muhammad Abbas

AlHessan Petro Rabaegh
11 years old



Reem Mohammed Al- Amoudi

Al-Hussan School
In Petro Rabigh Community
12 years old



Renad Younis Hawsawi

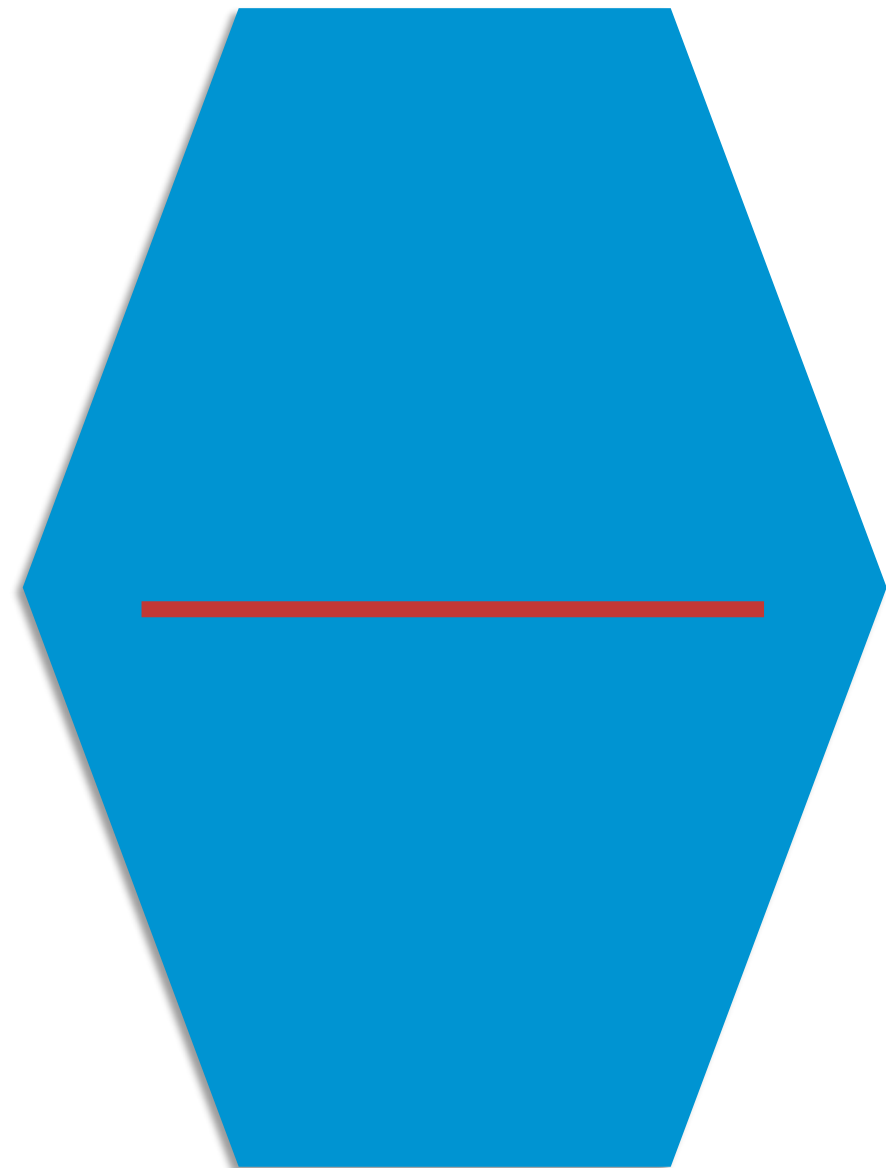
AlHessan Petro Rabaegh
14 years old

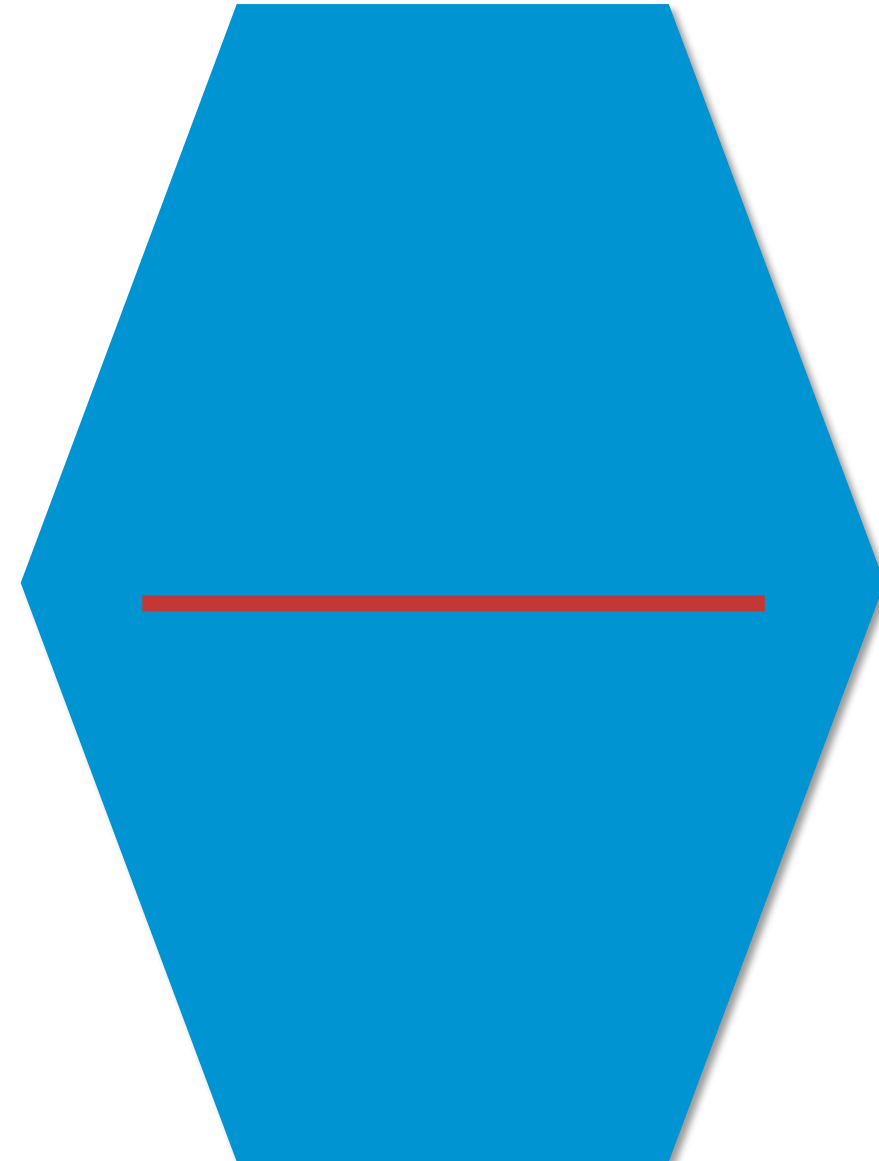
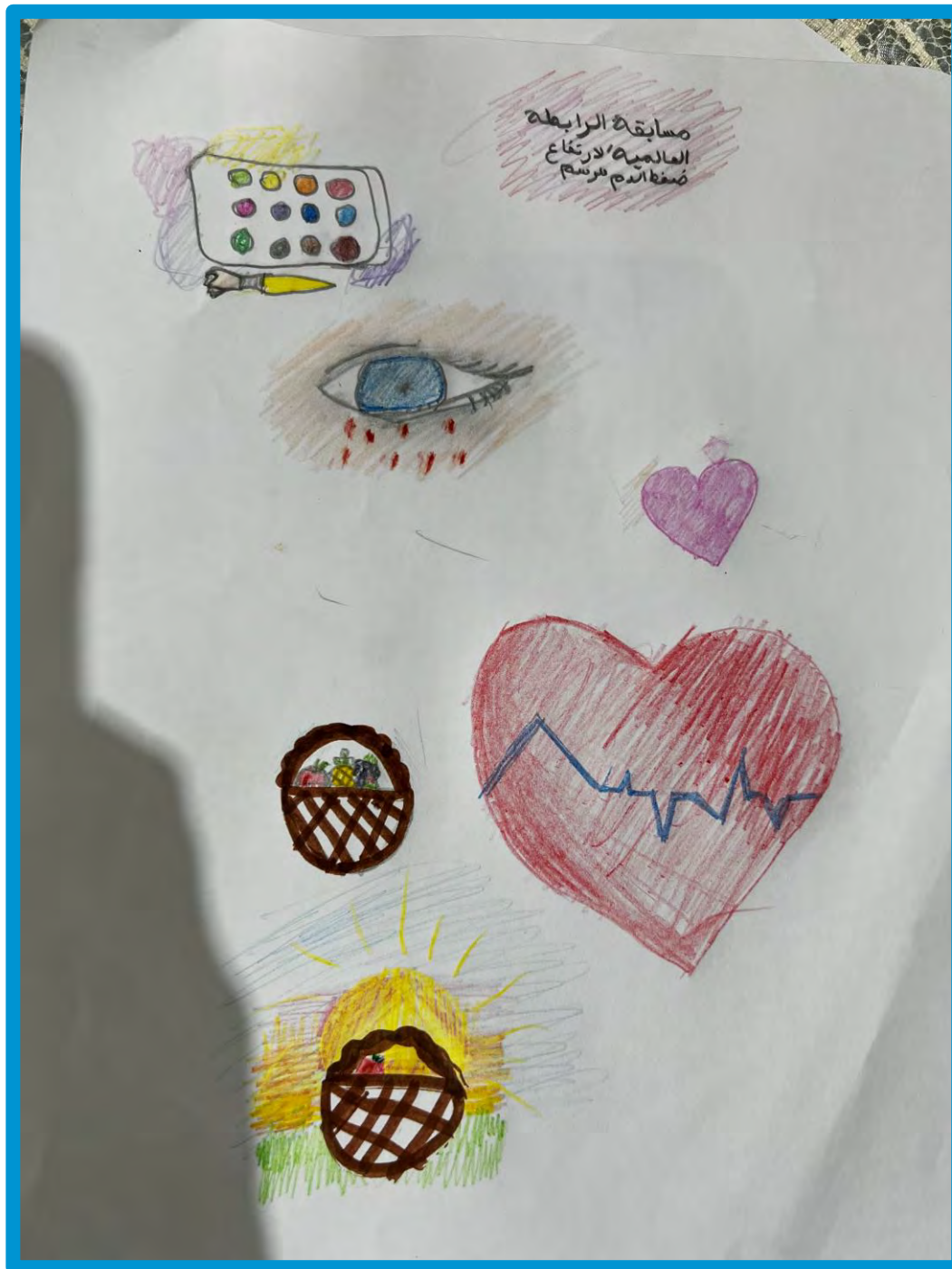




Yamen Suleiman Abdel-Hay Shams El-Din

AlHessan Petro Rabaegh
13 years old





Abdulmajed AlMutairi

Alkhozai Intermediate School
13 years old



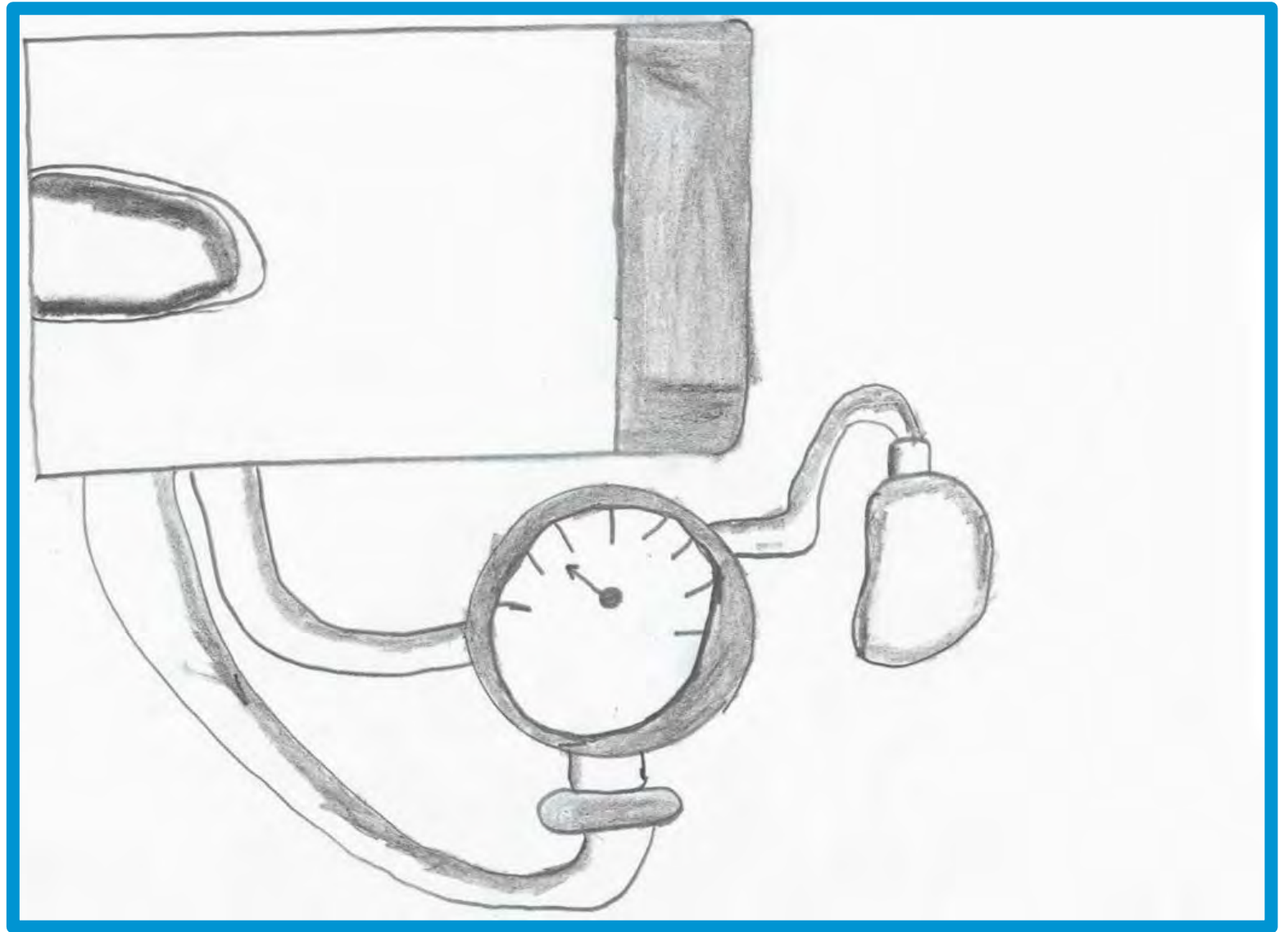


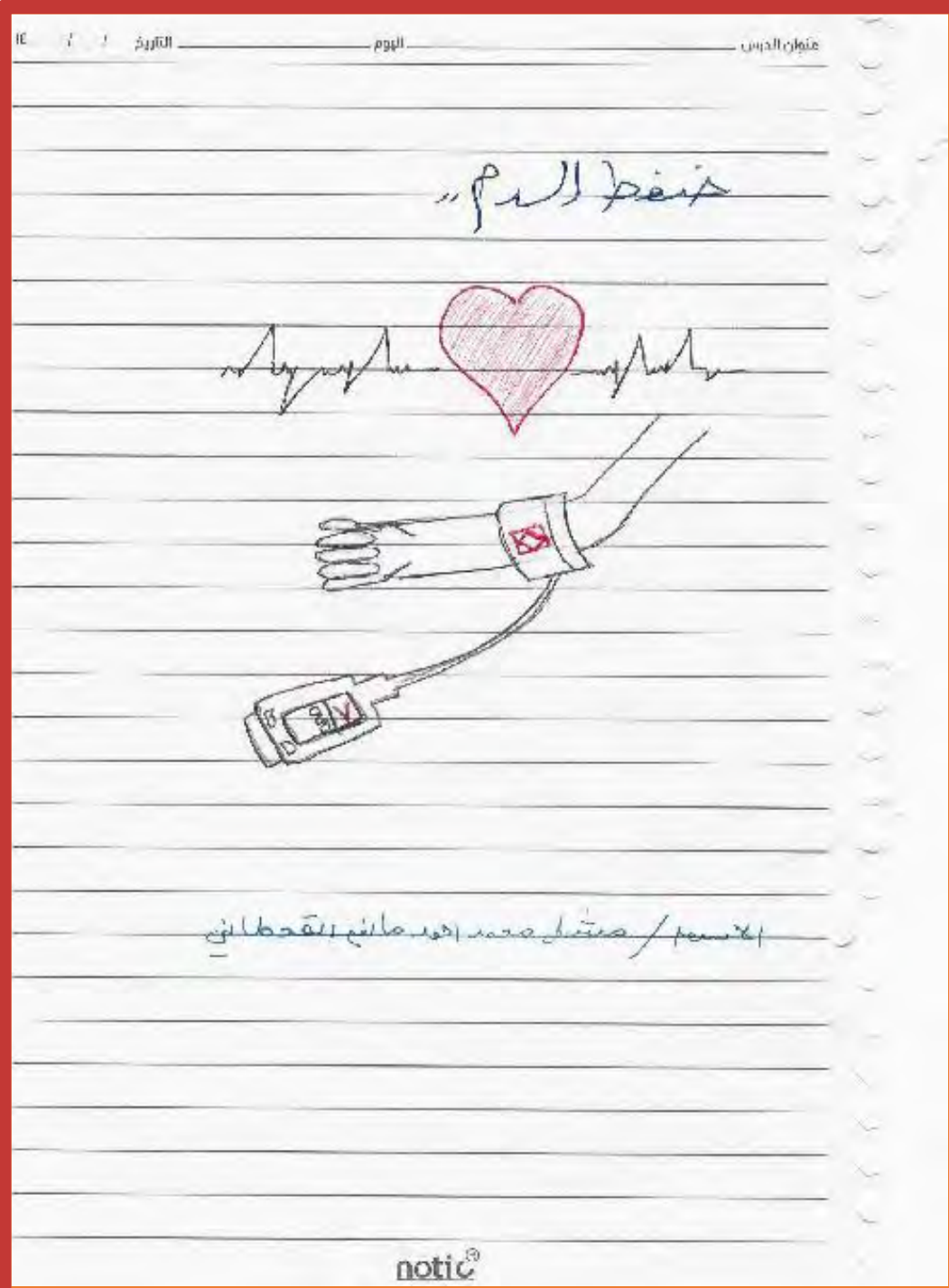
Abdulrahman Khalaf Al Najidi

Alkhozai Intermediate School
8 years old

Bader AlMutairi

Alkhozai Intermediate School
13 years old



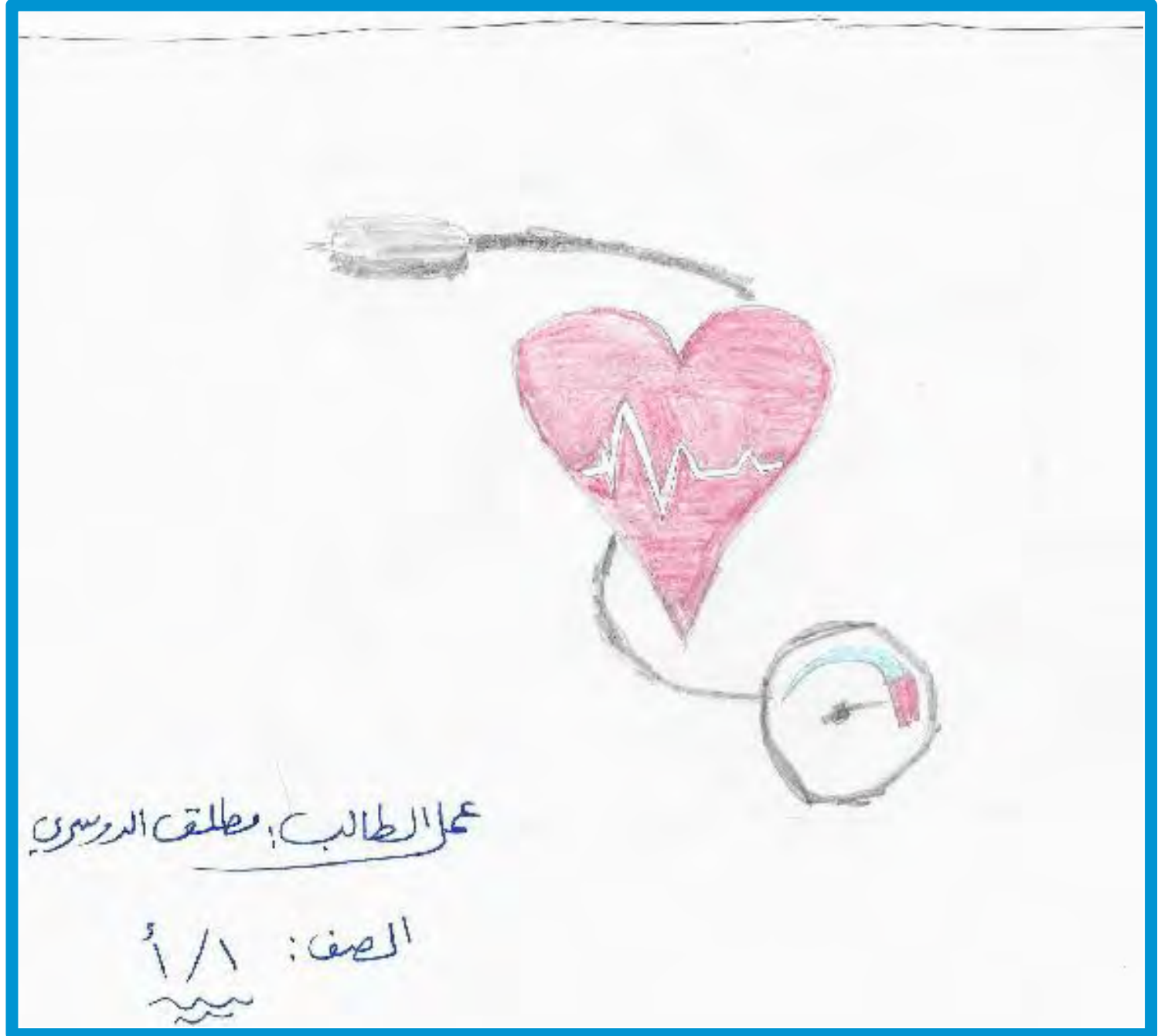


Mishal AlQahtani

Alkhozai Intermediate School
12 years old

Mutalq AlDossary

Alkhozai Intermediate School





Osamah AL

Alkhozai Intermediate School
13 years old

Rashed AlSubaie

14 years old





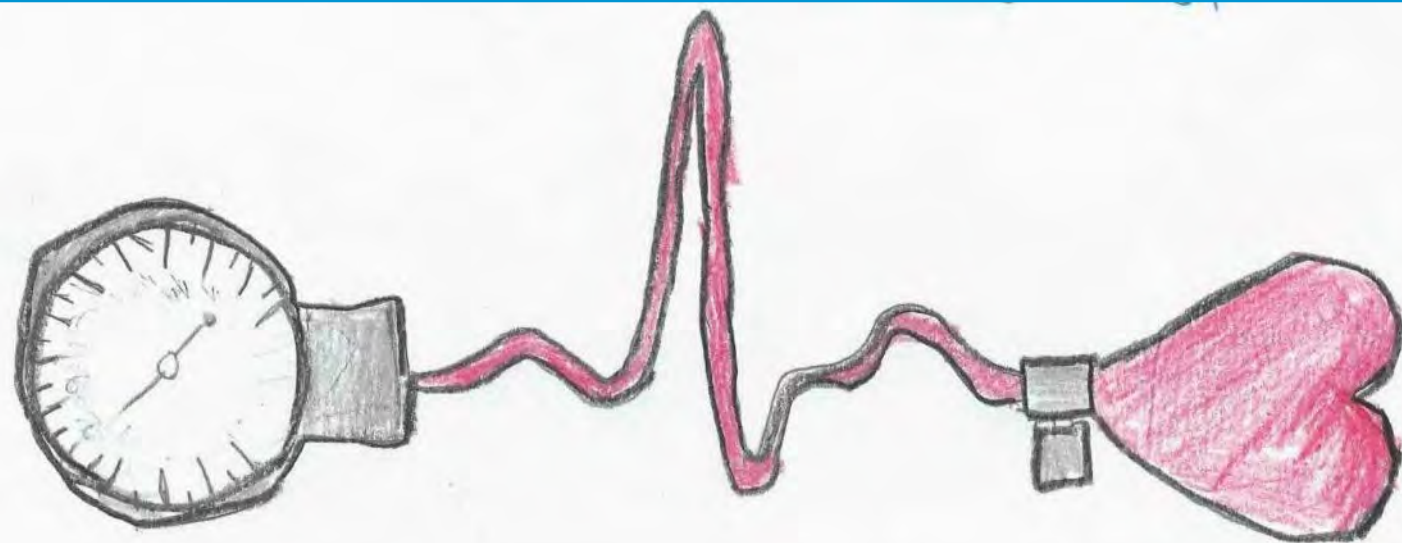
Rashed AlSubaie

Alkhozai Intermediate School
14 years old

Sultan AlRashisi

Alkhozai Intermediate School
12 years old





الصف / اول متوسط
اسم الطالب: وائل بدر عبد الزهراني
اسم المعلم: صبري مقاي

**Waeil
AL Zahrani**

Alkhozai Intermediate School
12 years old

Ahmed Abbas Al Hajii

Qatif School
13 years old

علامات ارتفاع الدم



دوار الرأس



صداع



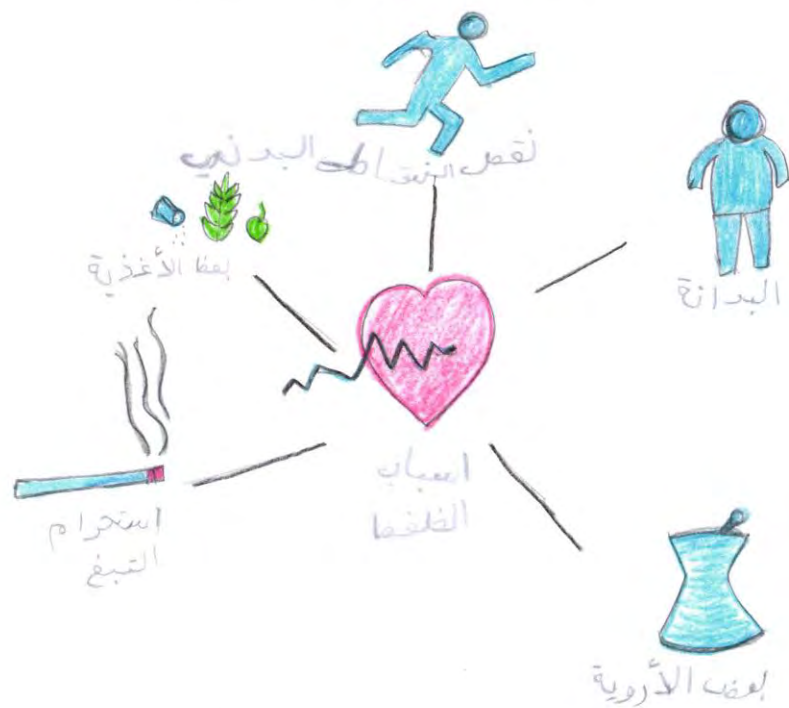
طنين الأذن



سرعة دقات
القلب

أحمد عباس آل حاجي
١٣ سنة

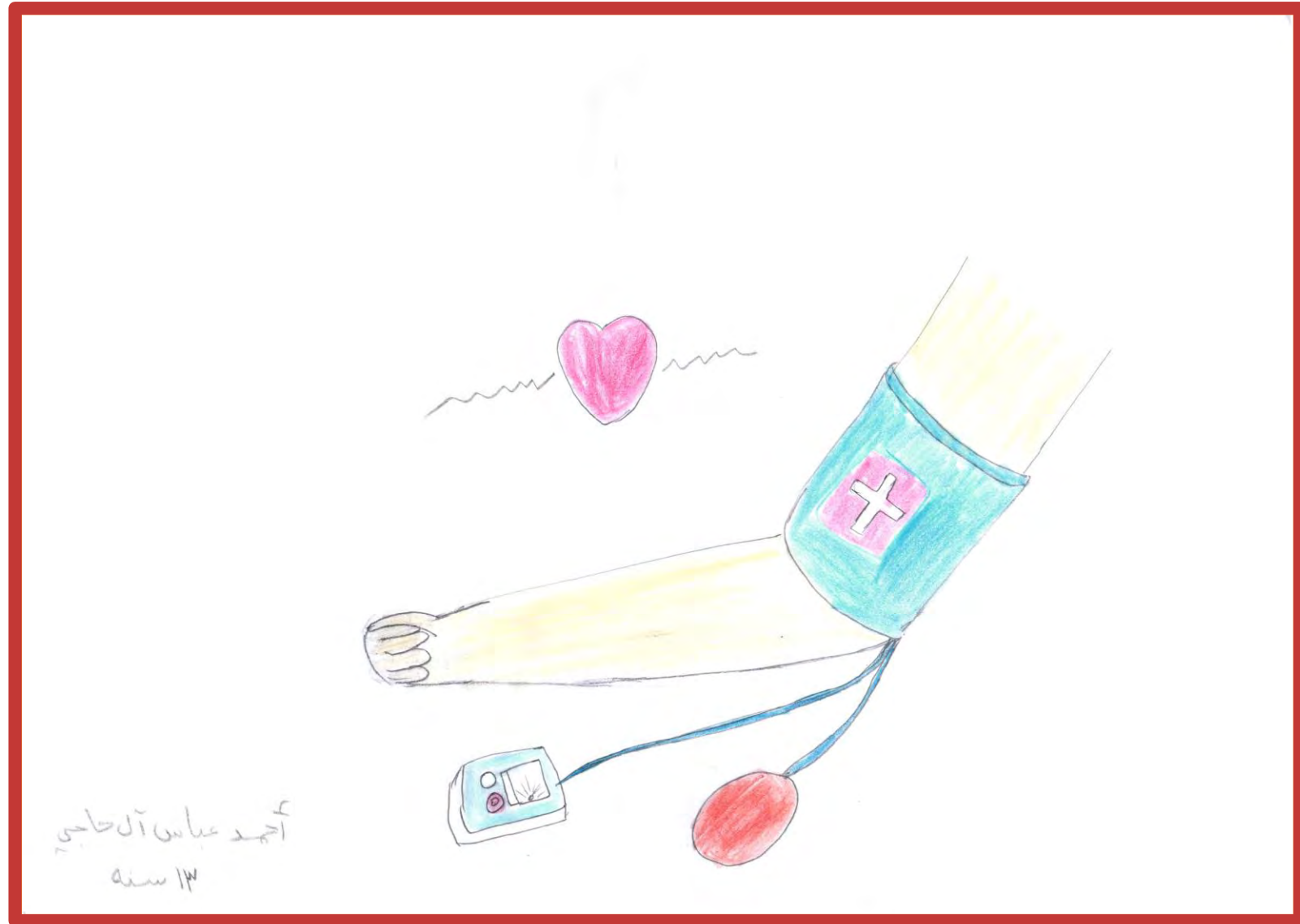
أسباب ارتفاع ضغط الدم



أحمد عباس آل حاجي
١٣٨٥هـ

Dammam

Dammam

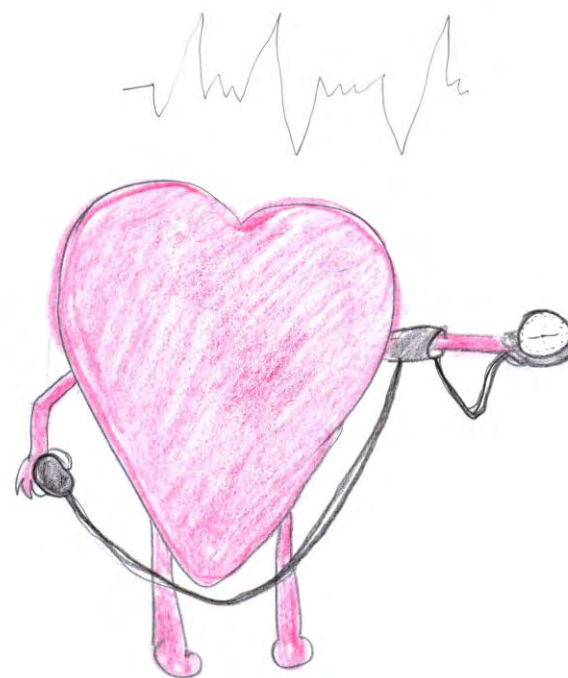




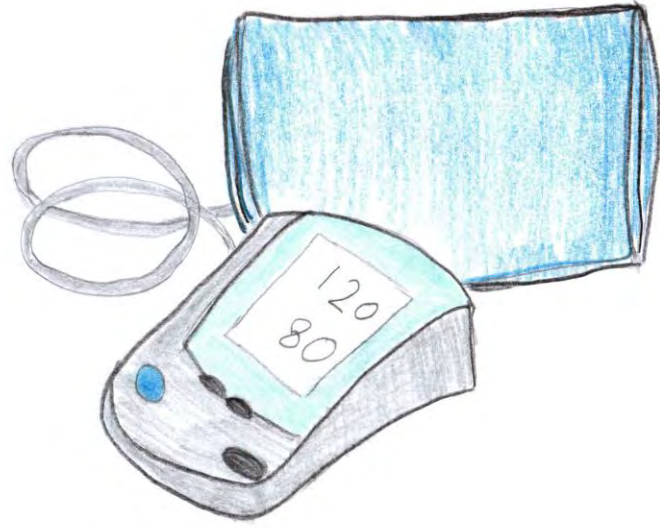
أحمد عباس آل حاجي
المر ١٣

Dammam

Dammam



أحمد عباس آل حاجي
العمر ١٣

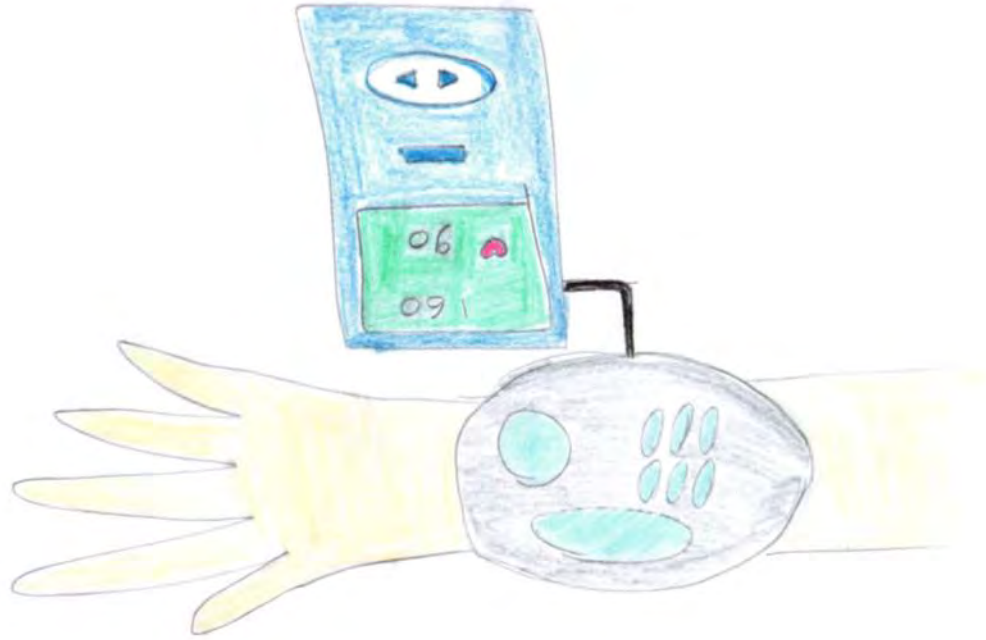


أحمد عباس آل حاجي
١٣ سبته

Dammam

Dammam



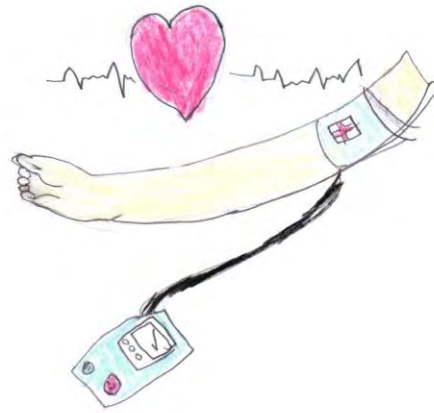


علي عباس آل حاجي
١١

Dammam

Dammam



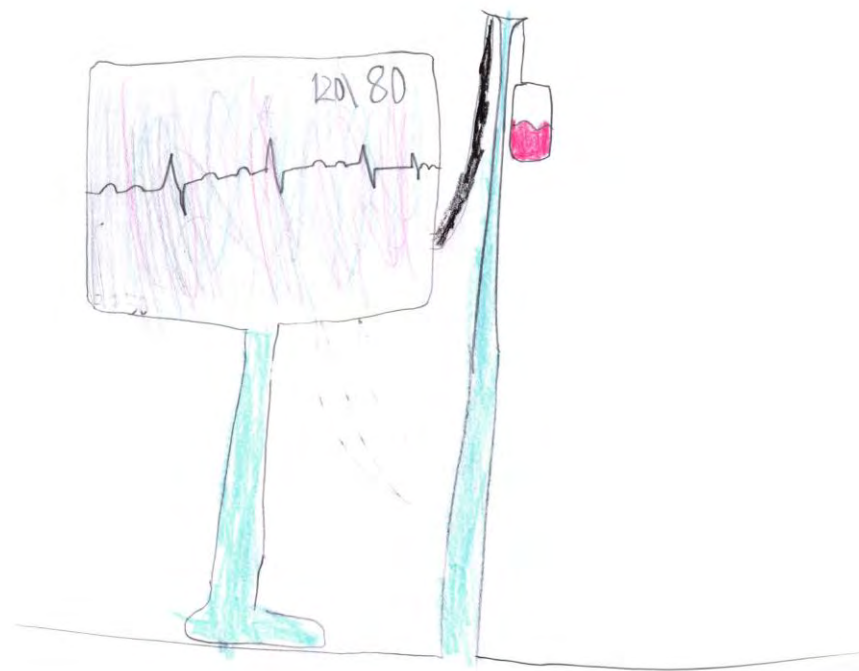


کاپی عباس آد جا جی ۱۱

Dammam

Dammam





علي عباس الحاجي / 11 سنة

Dammam

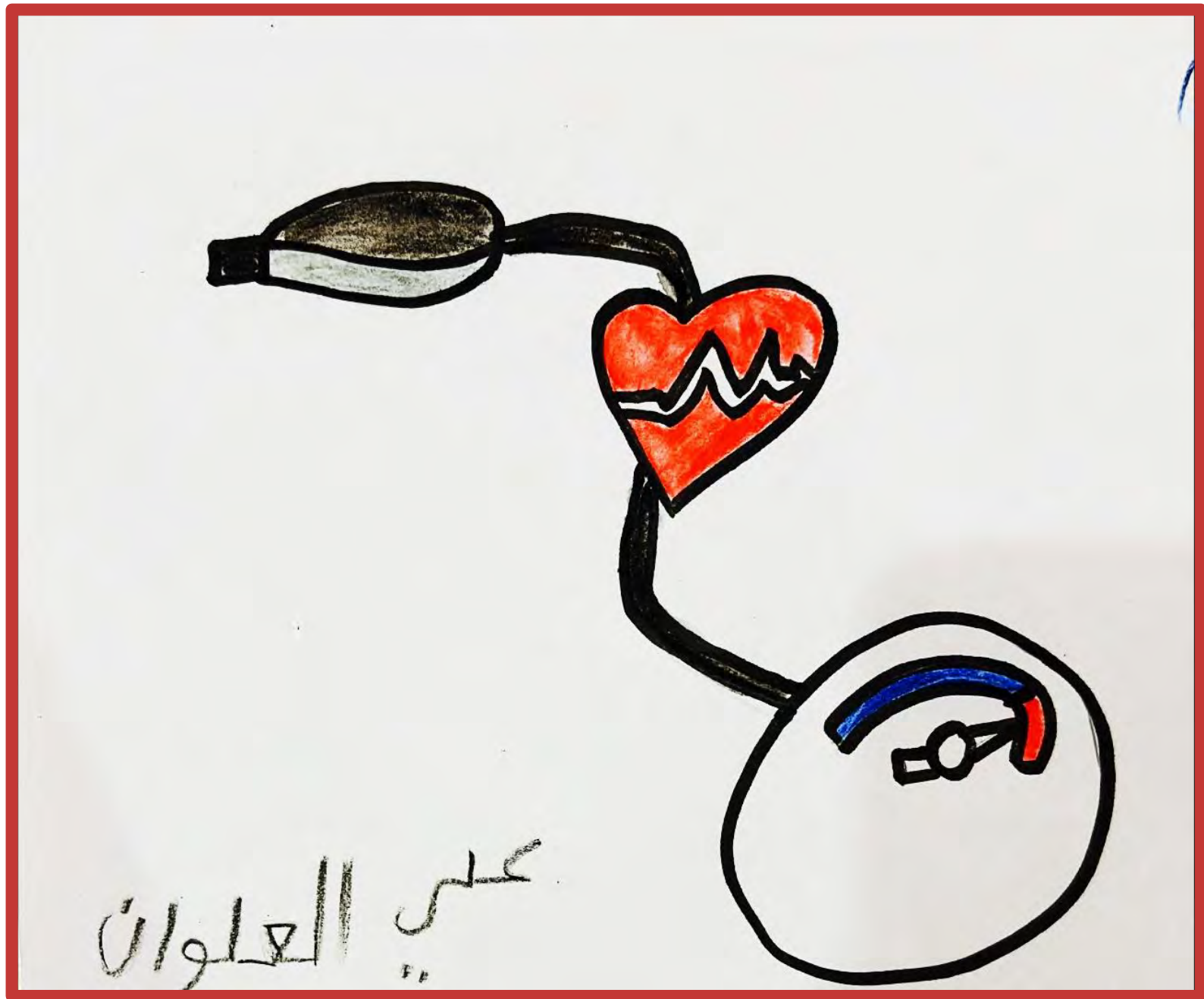
Dammam

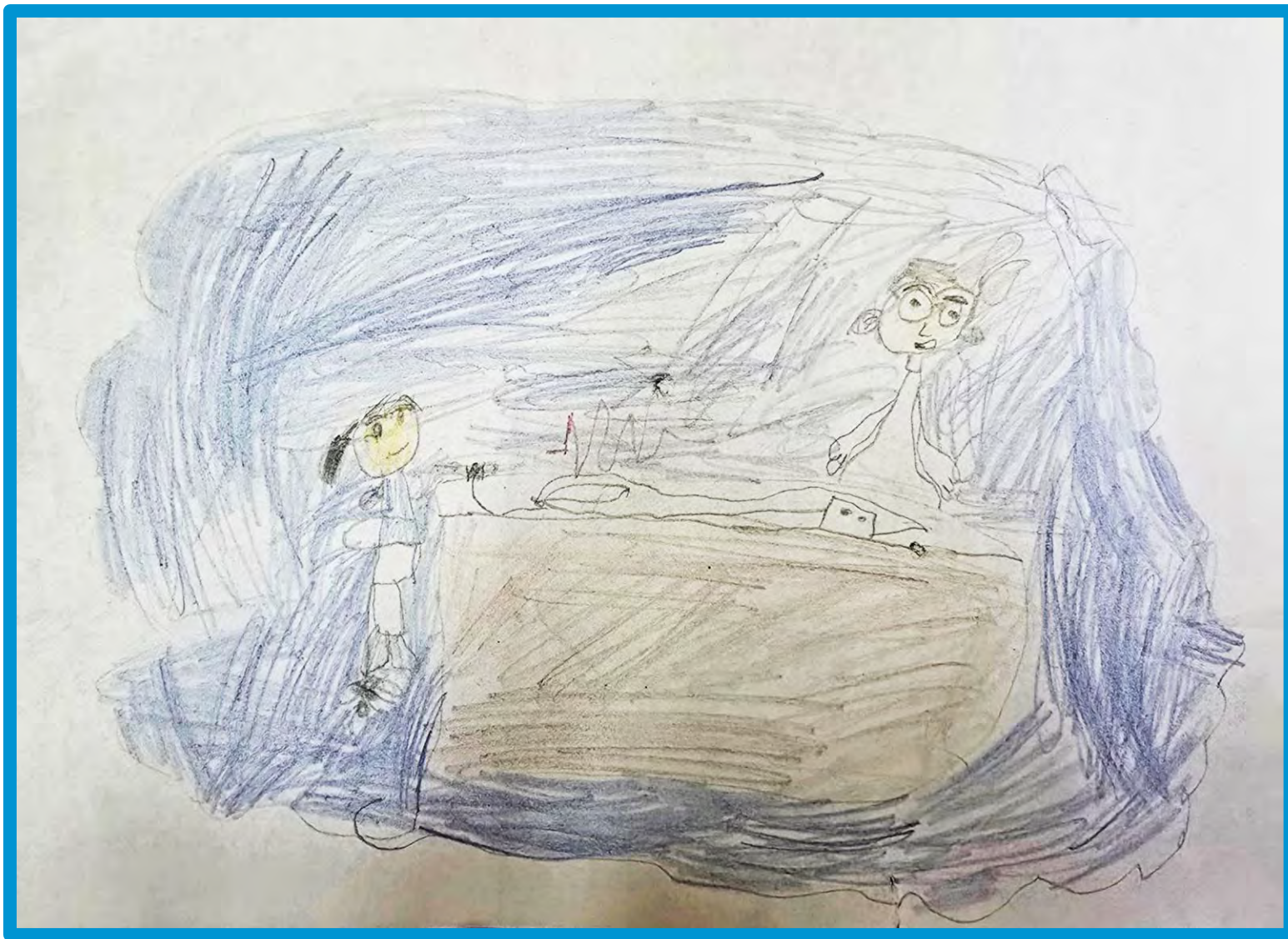


علي عباس الحاجي ٤١١

Ali ALALWAN

Dammam
9 years old



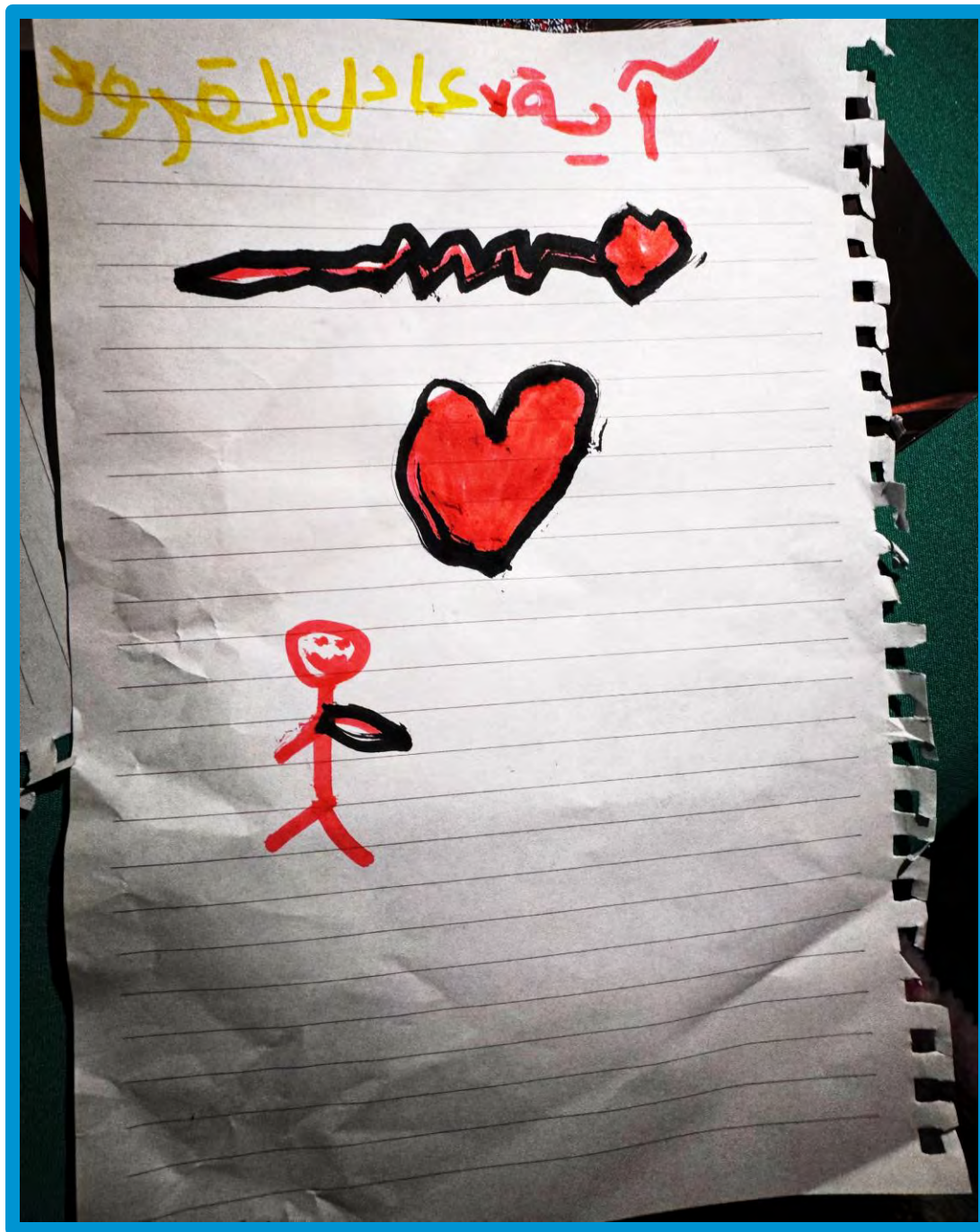


**AMNAH
ALSAFAN**

7 years old

Ayah ALQAROOS

6 years old





Fatimah Habob

10 years old

9 years old





Jomanah
ALSAIHATI

15 years old

Marya Hassan ALSAIHATI

10 years old

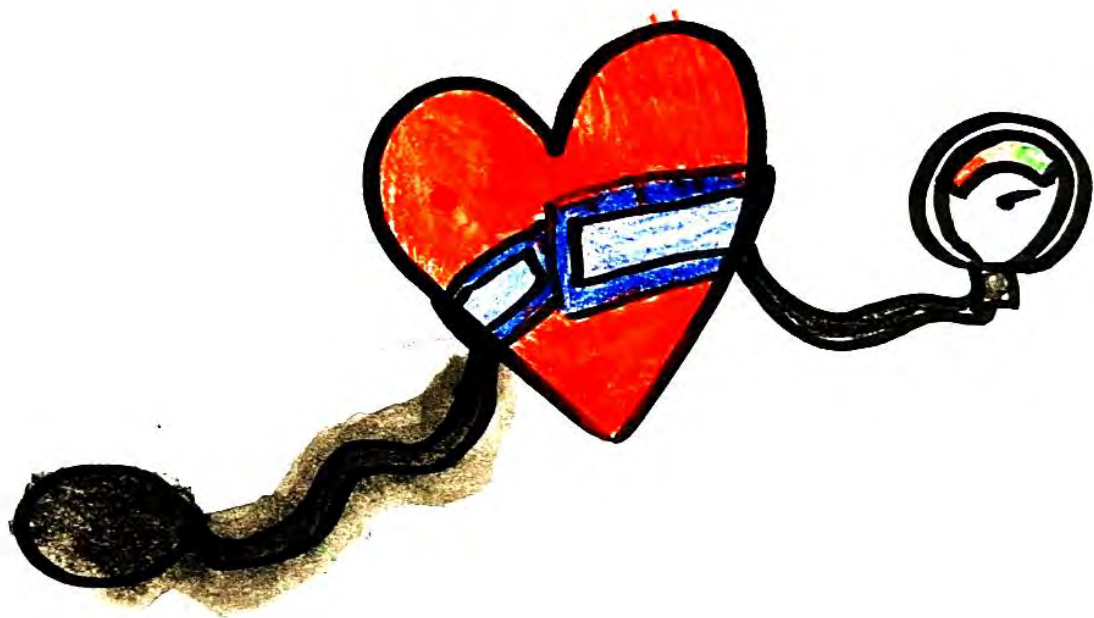
الاسم : ماريا حسين السيهاتي
العمر : ٩ سنوات
البلد : المملكة العربية السعودية



Noran ALFUOAIR

11 years old



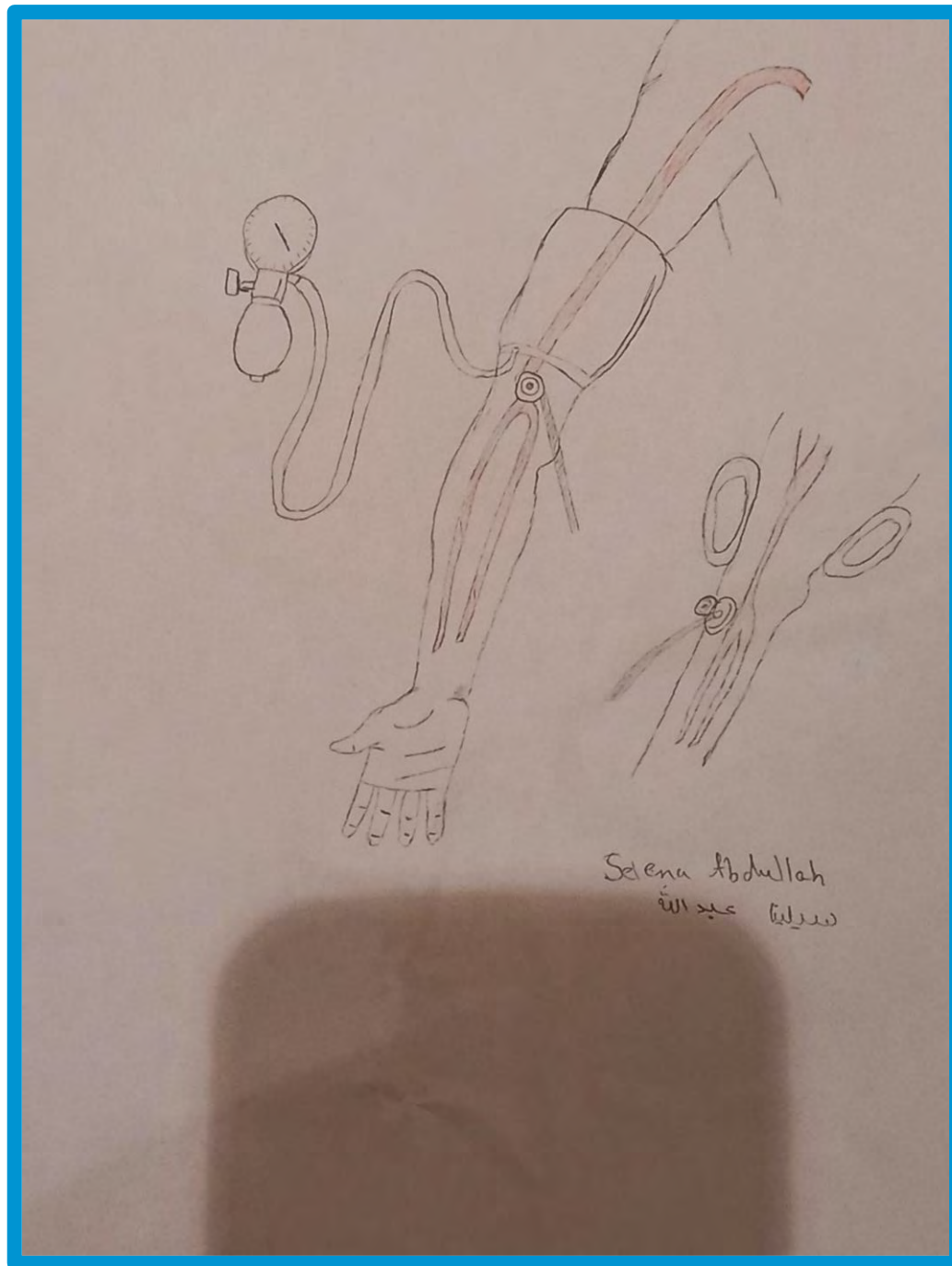


Ruqaiyah
ALALWAN

8 years old

SELENA ABDULLAH 10 Y

10 years old



Don't Smoking. Eatingsugar.

How to maintain your
blood pressure



Do

Get enough
rest.

Eat healthy.

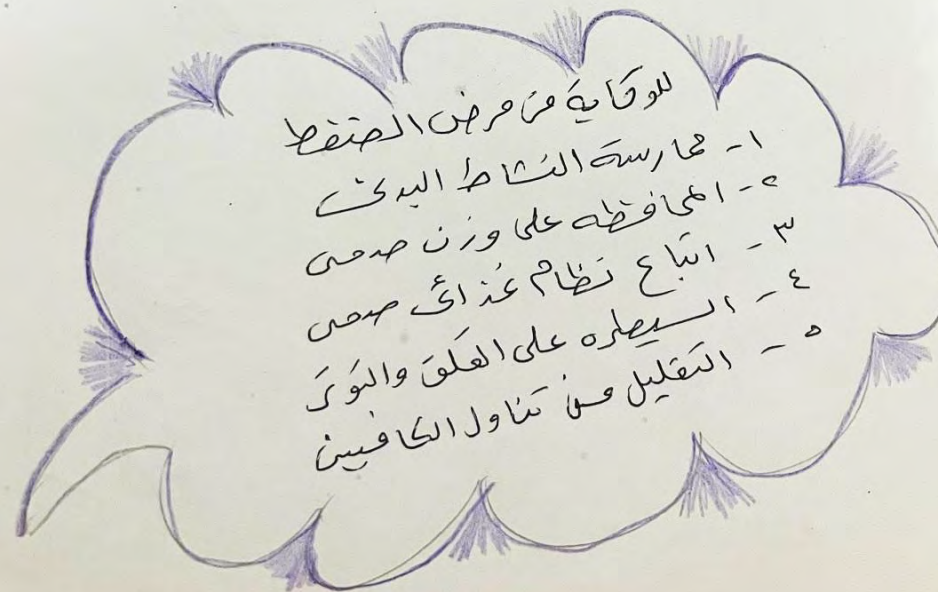
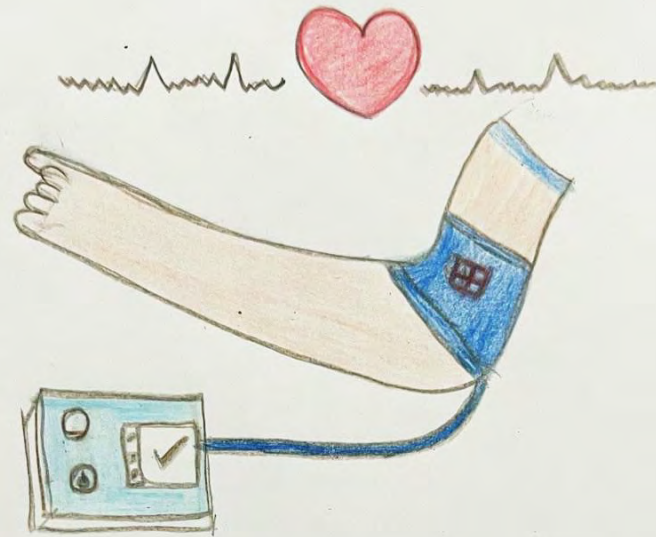
Drink plenty of
water.

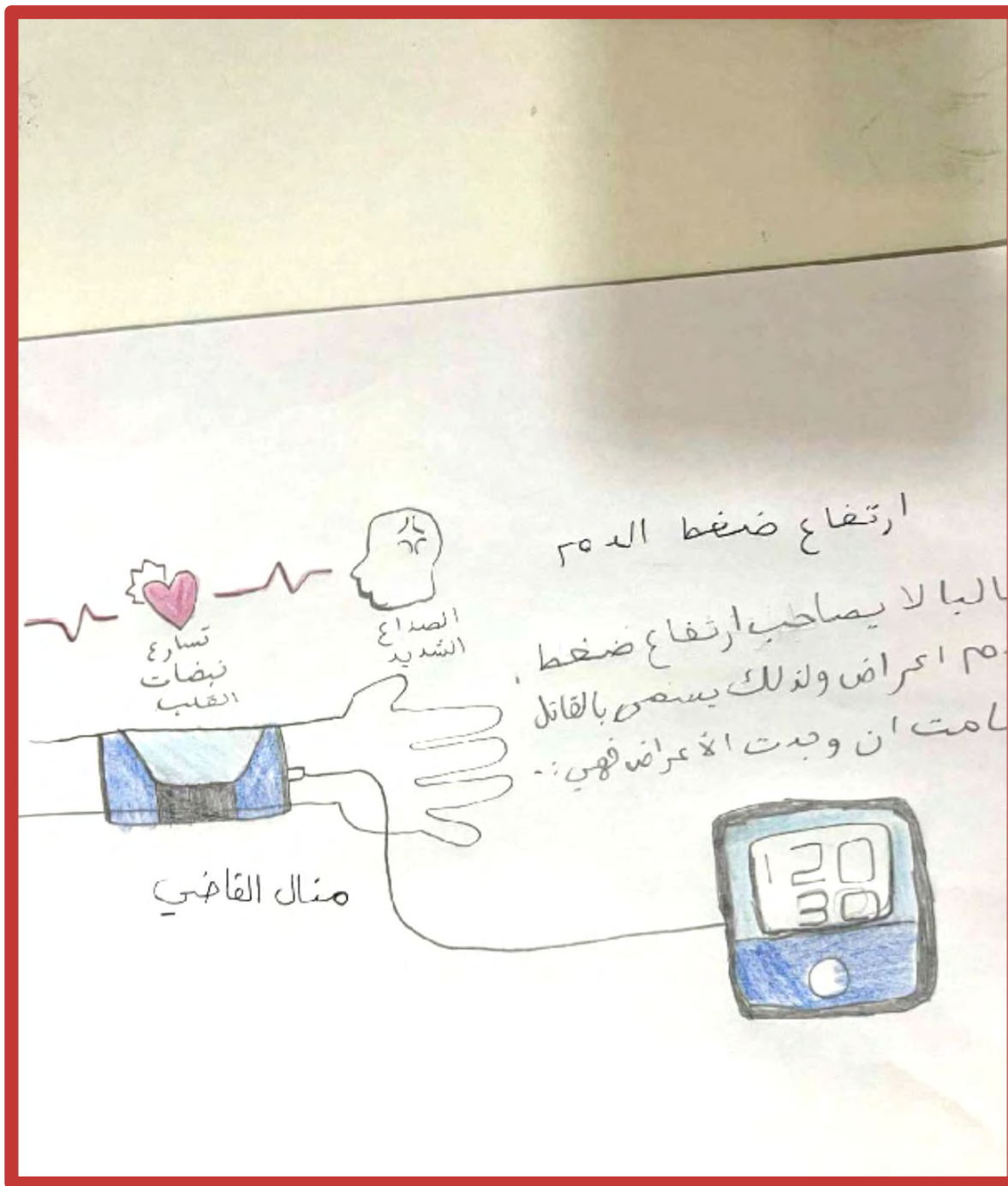
Shikah Alherz

14 years old

Waad Saleh Aamer

Riyadh School
12 years old



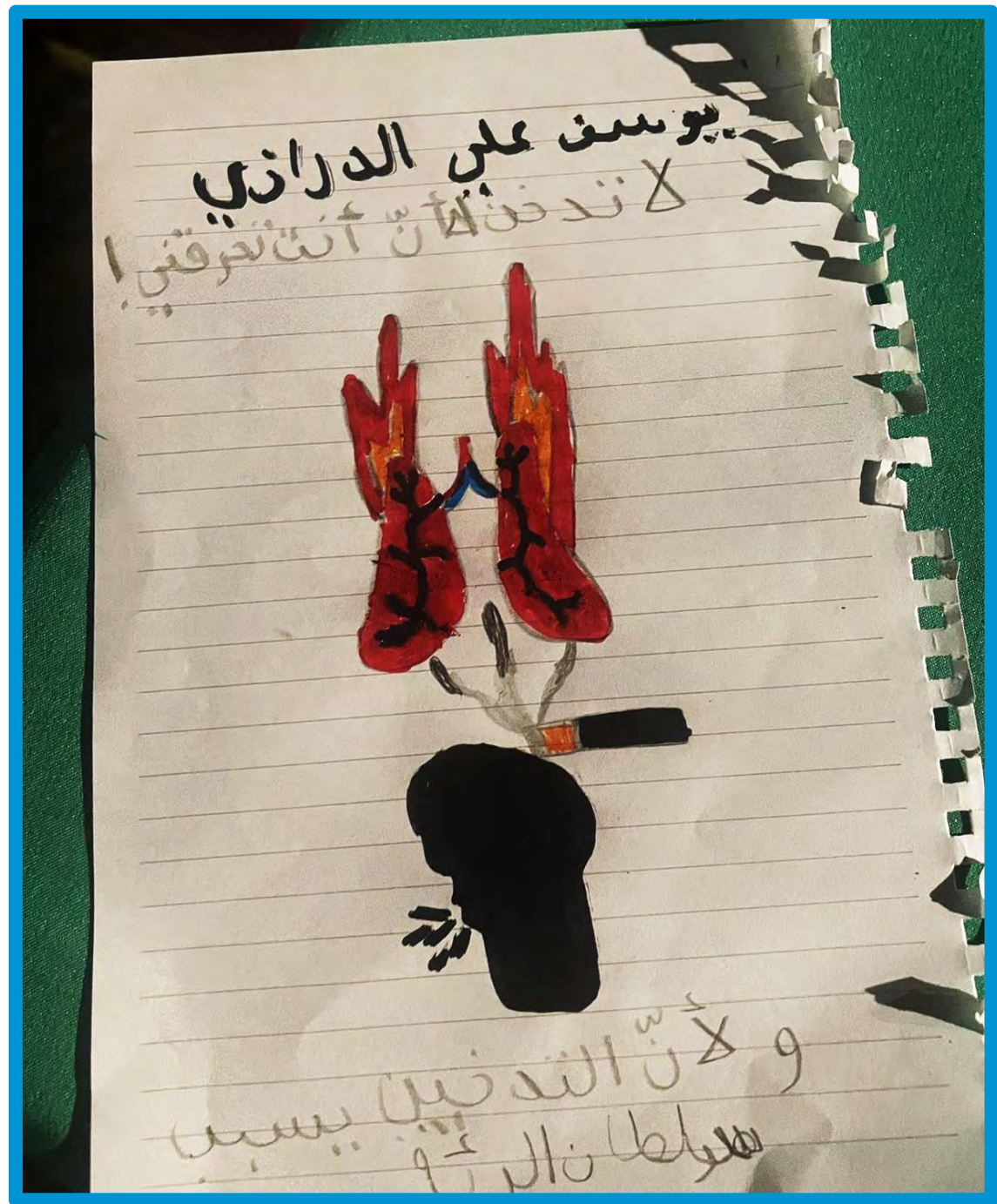


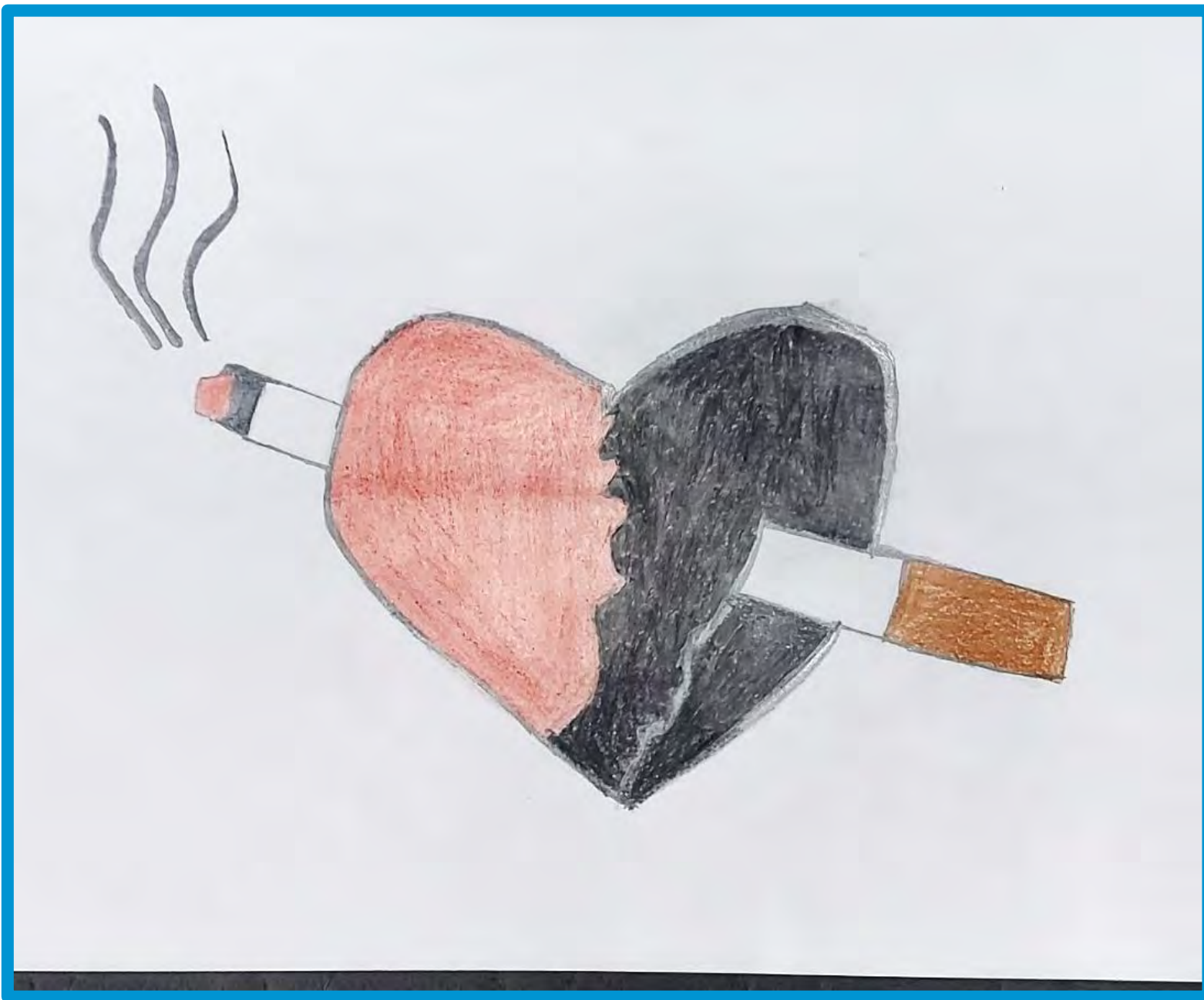
Waad Saleh Aamer

Riyadh School
12 years old

Yosef ALderazi

10 years old





Younes Bo Saleh

9 years old

Zainab Hussain ALSAIHATI

14 years old

الاسم: زينب حسين السيهاتي
العمر: ١٠ سنوات
البلد: المملكة العربية السعودية





**Fatimah
ALHASSA**

Baream Altahdtheeb School
12 years old

URUGUAY

Sponsor: Team Pro Uruguay

Tiziano Proverbio Gonzalez

Liceo de Nueva Helvecia
14 years old

CUIDA TU PRESIÓN ARTERIAL

DIA MUNDIAL DE LA HIPERTENSIÓN 2025

CONOZCA SUS CIFRAS

Controla tu presión arterial
periódicamente



World Hypertension Day

ALIMENTACIÓN SALUDABLE

Mantén una dieta baja en sodio y
saludable para el corazón con frutas y
verduras



Escucha a tu corazón

Mide tu presión
ayuda tu corazón

ACTIVIDAD FÍSICA

Haz actividad física para reducir la
presión arterial, fortalecer el corazón y
mejorar la función vascular.



Dia Mundial da Hipertensão

EVITA SUSTANCIAS NOCIVAS

EVITA CUALQUIER TIPO DE TABACO, EL
CONSUMO DE ALCOHOL Y CUALQUIER DROGA

