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ISHIB is a professional medical organization providing education, advocacy and research on high blood pressure and related risk factors in ethnic populations. ISHIB was founded in 1986 to respond to the problem of high blood pressure among ethnic groups. Today, its organizational scope includes diabetes, stroke, lipid disorders, renal disease, and other related cardiovascular risk factors. The objectives of the Society are:

- to promote public awareness of the harmful effects of hypertension and related risk factors, especially among ethnic minority populations;
- to develop health-related programs to improve the quality of life in ethnic populations worldwide;
- to educate the public on ways to prevent the complications of hypertension and other related cardiovascular diseases;
- to stimulate research and clinical investigation;
- to disseminate scientific findings to aid in the understanding of differences in hypertension and related risk factors among ethnic populations.

ACCREDITED PROFESSIONAL EDUCATIONAL PROGRAMS
In cooperation with leading health care institutions, ISHIB develops and implements accredited educational programs for physicians, nurses, pharmacists, and other allied health professionals who care for ethnic patients with hypertension and other co-morbid cardiovascular diseases.

PATIENT AND COMMUNITY EDUCATION
To promote public awareness about the dangers of high blood pressure and related cardiovascular diseases, the Society conducts patient and community education programs throughout the year. Programs are designed to meet the needs of the community and have included a children's program to help young people reduce risk factors related to hypertension and adult programs to help adults take preventive approaches in maintaining healthy lifestyles. The ISHIB focus includes health promotion, disease prevention and treatment, as well as community-based research initiatives.

RESEARCH
The Society’s research unit conducts clinical trials related to hypertension prevention, treatment and management as well as data gathering and analysis of current disease trends. ISHIB is highly regarded as a resource for protocol development, study management, and patient recruitment.

International Interdisciplinary Conference
The Society sponsors an annual international conference. Begun in 1985, the conference attracts recognized lecturers and an impressive audience of international health professionals who gather to learn from each other, debate the utility of current practices and theories, present never-before published research, and continue to build the solutions to eliminating the disproportionate rates of disease among ethnic populations.

Worship-Site Health Education Program
ISHIB coordinates this program that brings speakers to congregations to discuss hypertension and related cardiovascular diseases. On-site blood pressure screening and community information accompany the presentations.
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