



## WHO report on Hypertension

### Why in news?

Recently, World Health Organisation (WHO) released its first-ever report on global impact of hypertension.

### What is Hypertension?

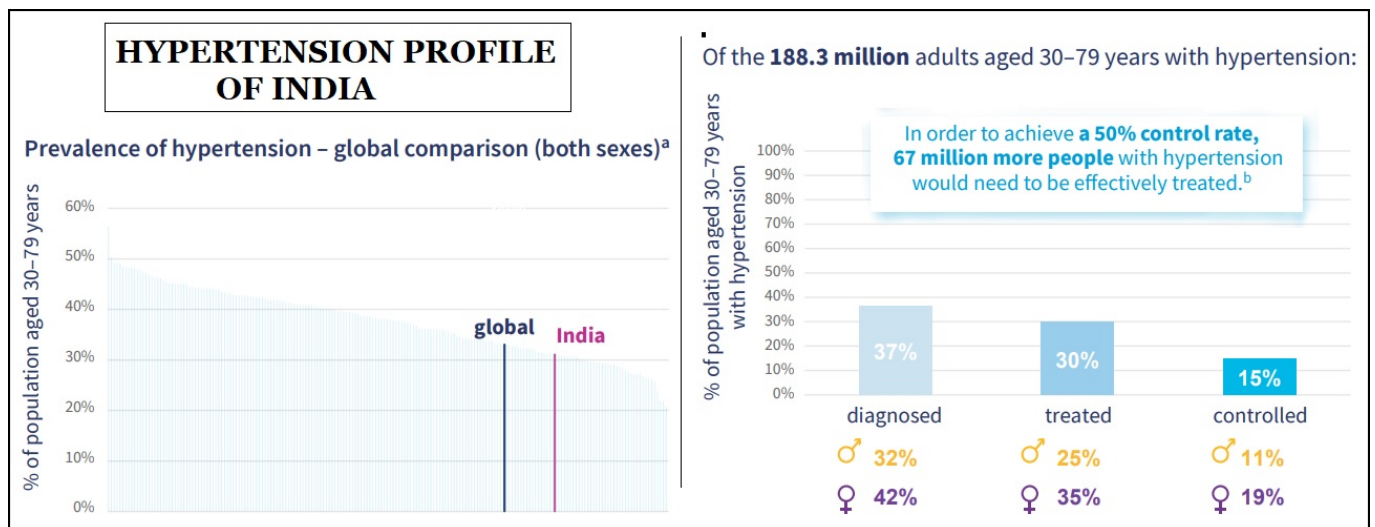
- Hypertension (high blood pressure) is when the pressure in your blood vessels is too high (140/90 mmHg or higher).
  - **Systolic pressure** - The first number represents the pressure in blood vessels when the heart contracts or beats.
  - **Diastolic pressure** - The second number represents the pressure in the vessels when the heart rests between beats.
- **Modifiable risk factors** - It includes unhealthy diets, physical inactivity and being overweight or obese.
- **Non-modifiable risk factors** - It includes a family history of hypertension, age over 65 years and co-existing diseases such as diabetes or kidney disease.
- **Symptoms** - Hypertension is often noted as '*silent killer*' as it does not show any symptoms.
- **Complications** - Cardiovascular diseases, kidney damage, [Preeclampsia](#) and many other health problems.
- **Treatment** - Lifestyle changes such as eating a healthier diet, quitting tobacco and increasing physical activity.
- Once diagnosed, regular intake of medicines can control it effectively and prevent related complications.

*According to the Lancet research, 2022, hypertension is the most important risk factor for death and disability in India.*

### What are the findings of WHO on hypertension?

- **Global Status** - The number of people living with hypertension doubled between 1990 and 2019, from 650 million to 1.3 billion.
- More than 3/4th of adults with hypertension live in low and middle income countries.
- 1 in 3 adults gets affected with hypertension.
- Nearly 50% of people are currently unaware of their condition.

- Only about 1/5<sup>th</sup> people with hypertension have controlled it.
- 76 million deaths could be averted between 2023 and 2050, if countries scale up their coverage.
- The economic benefits of improved hypertension treatment programmes outweigh the costs by about 18 to 1.
- **In India** - It relies on 2019 data by which 188 million Indians adults aged 30-79 years have hypertension.
- Of them, only 37% were diagnosed and many do not start their treatments even after diagnosis.
- Only 30% starts treatment and a meagre 15% of people manage to keep their bp under control.
- Women's status was marginally better than men in having the condition diagnosed, treated and controlled.
- If 50% of people with hypertension manage their bp under control, at least 4.6 million deaths in India can be averted by 2040.
- More lives can be saved if around 75% of the patients keep their hypertension under control.



### What steps were taken to manage hypertension?

- **India Hypertension Control Initiative programme (ICHI)** - It is a 5-year initiative that was launched in 2017 under the National Health Mission.
- It is a collaborative initiative of Ministry of Health and Family Welfare, Indian Council of Medical Research (ICMR), state governments and WHO Country Office for India.
- It is being implemented in 138 districts of 23 states.
- It was awarded the 2022 UN Interagency Task Force and the WHO Special Programme on Primary Health Care Award at a UN General Assembly in 2022.
- **25 by 25 goal** - The Government of India has adopted the "25 by 25" goal, which aims to reduce premature mortality due to non-communicable diseases (NCDs) by 25% by 2025.
- One of the 9 voluntary targets includes reducing the prevalence of high BP by 25% by 2025.
- Under this initiative, India has committed to reduce salt intake by 30% in the mean population by 2025. (WHO's Target)

- **75/25 initiative** - It is an initiative in which 75 million people with hypertension and diabetes is put on standard care by 2025 through primary health care centres.
- **Food related measures** - The Food Safety and Standards Authority of India (FSSAI) has implemented the '*Eat Right India*' movement, which strives to transform the nation's food system to ensure secure, healthy, and sustainable nutrition for all citizens.
- In line with this goal, the FSSAI launched a social media campaign called '*Aaj Se Thoda Kam.*'

*Average daily sodium intake of Indians is approximately 11 grams.*

## What lies ahead?

- The report underscores the importance of implementing WHO-recommended effective hypertension care to save lives, which include the following 5 components:
  1. **Protocol:** Practical dose- and drug-specific treatment protocols can streamline care and improve adherence.
  2. **Medication and equipment supply:** regular, uninterrupted access to affordable medication is necessary for effective hypertension treatment.
  3. **Team-based care:** Patient outcomes improve when a team collaborates to adjust and intensify blood pressure medication regimens.
  4. **Patient-centred services:** Free medications and close-to-home follow-up visits provides easy-to-take medication regimens.
  5. **Information systems:** User-centred, simple information systems facilitate rapid recording of patient data while maintaining or improving the quality of care.

## QUICK FACTS

### Rule of Half

- Only 50% the people with hypertension get diagnosed in any population.
- Only 50% end up in treatment among the diagnosed people.
- Only 50% manage to control their blood pressure among people getting treatment.
- In India, the outcome is worse than the rule of half.

## References

1. [The Hindu| First WHO report on Hypertension](#)
2. [IE| India's status of Hypertension](#)
3. [WHO | Hypertension](#)



# IAS PARLIAMENT

*Information is Empowering*

A Shankar IAS Academy Initiative