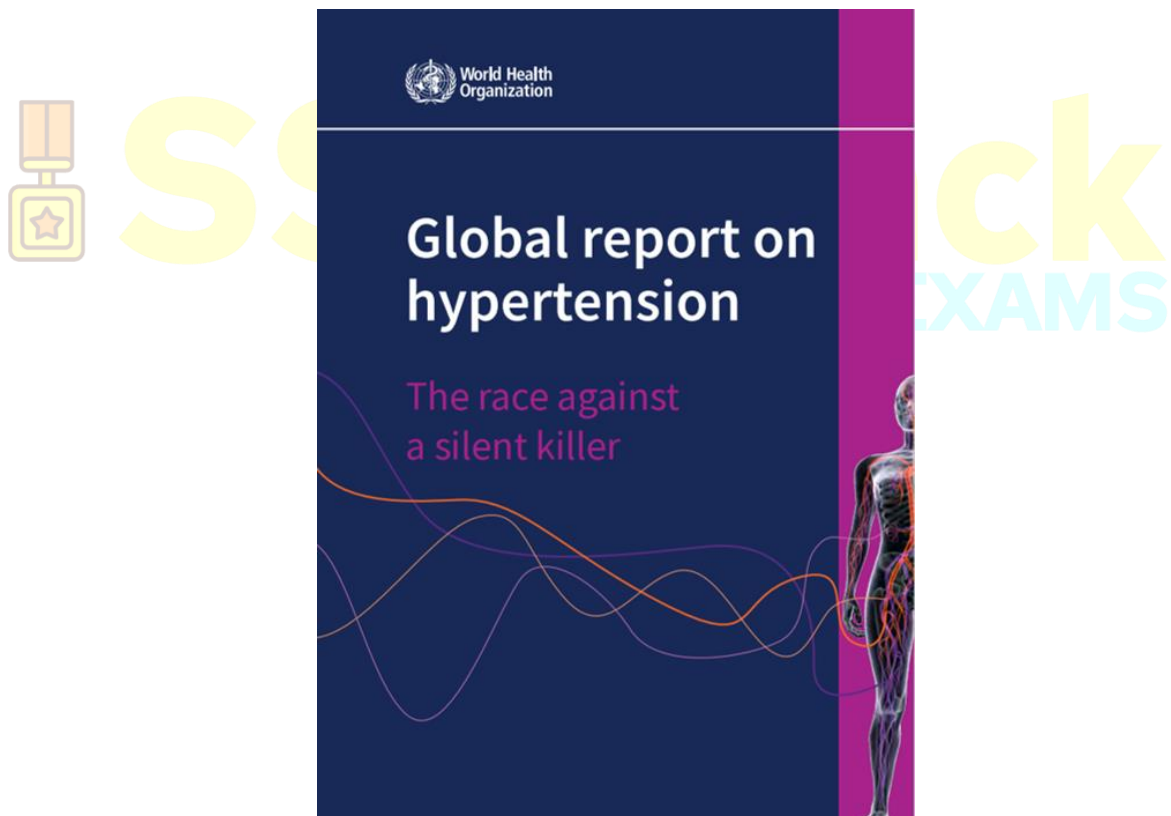


WHO Report On Hypertension: What It Says About India

Why In News

- The World Health Organization Released Its **1st Ever Report** On The Devastating Global Impact Of High Blood Pressure, Along With Recommendations On The Ways To Win The Race Against This Silent Killer.
- The Report Shows Approximately **4 Out Of Every 5 People** With Hypertension Are Not Adequately Treated, But If Countries Can Scale Up Coverage, 76 Million Deaths Could Be Averted Between **2023 And 2050**.



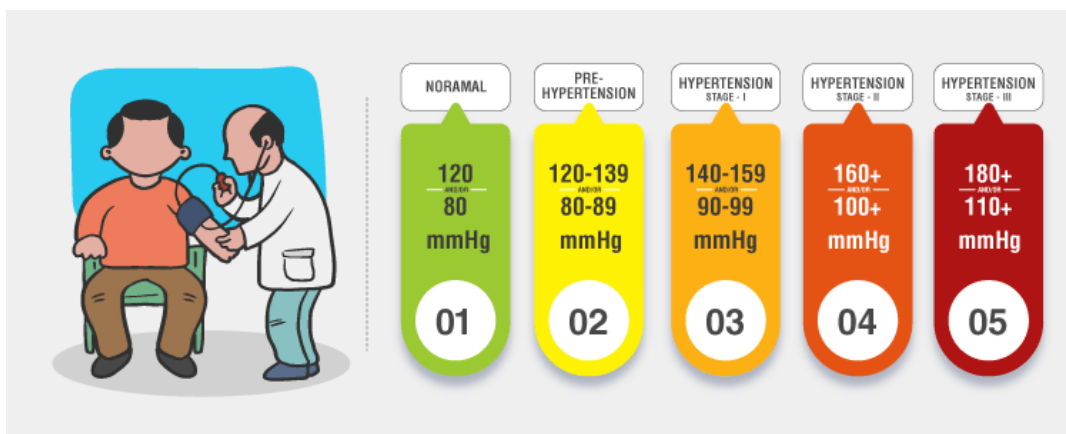
Report Launched On

- The Report Is Being Launched During The **78th Session Of The United Nations General Assembly** Which Addresses Progress For The Sustainable Development Goals Including Health Goals On Pandemic Preparedness And Response, Ending Tuberculosis And Attaining Universal Health Coverage.
- Better Prevention And Control Of Hypertension Will Be Essential To Progress In All Of These.



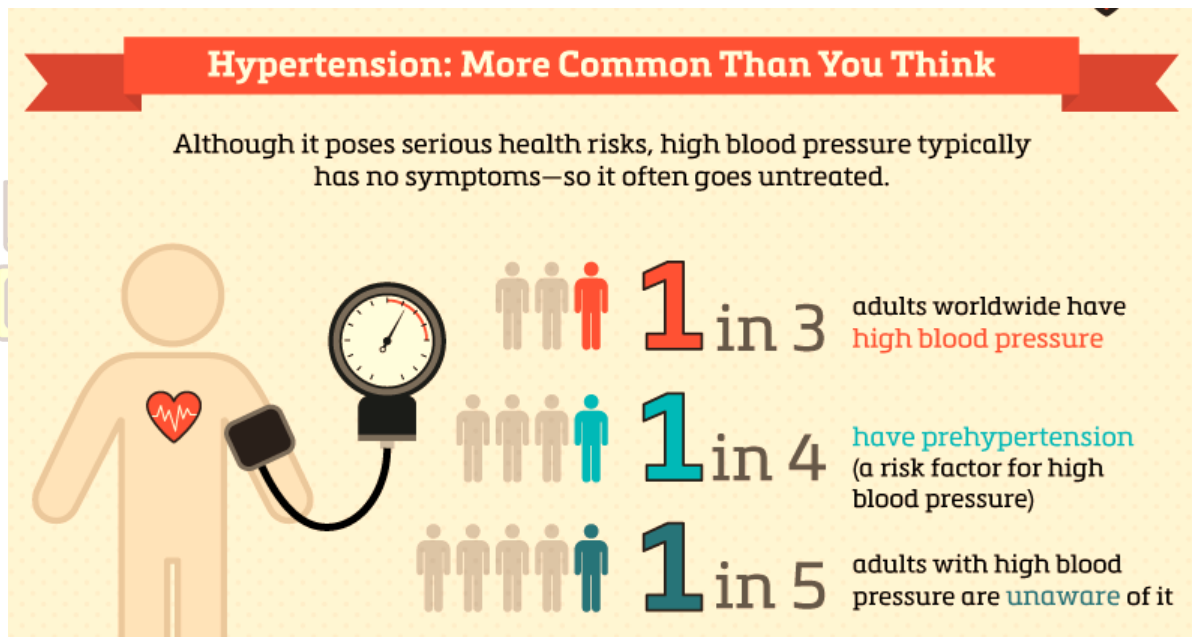
What Is Hypertension

- Hypertension (High Blood Pressure) Is When The Pressure In Your Blood Vessels Is Too High (**140/90 Mmhg Or Higher**) Ideal Blood Pressure Is Considered To Be Between **80/60mmhg And 120/80mmhg** .
- It Is Common But Can Be Serious If Not Treated.
- People With High Blood Pressure May Not Feel Symptoms. The Only Way To Know Is To Get Your Blood Pressure Checked.



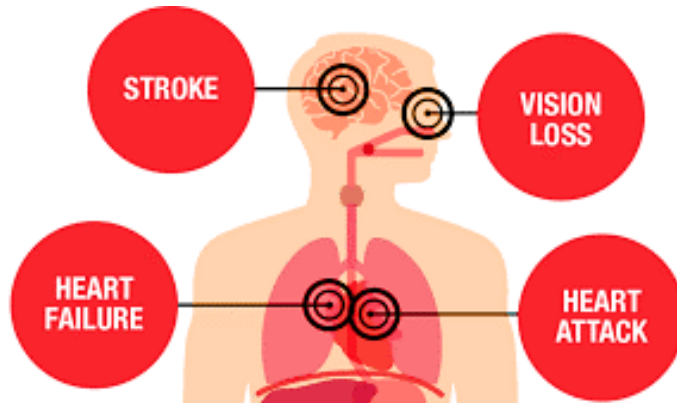
What Does Report Says

- The Report Shows Approximately **4 Out Of Every 5 People** With Hypertension Are Not Adequately Treated, But If Countries Can Scale Up Coverage, 76 Million Deaths Could Be Averted Between 2023 And 2050.
- Hypertension Affects **1 In 3 Adults Worldwide**. This Common, Deadly Condition Leads To Stroke, Heart Attack, Heart Failure, Kidney Damage And Many Other Health Problems.
- The Number Of People Living With Hypertension (Blood Pressure Of 140/90 MmHg Or Higher Or Taking Medication For Hypertension) Doubled Between 1990 And 2019, From 650 Million To 1.3 Billion.
- Nearly **Half Of People** With Hypertension Globally Are Currently Unaware Of Their Condition.



Case About India

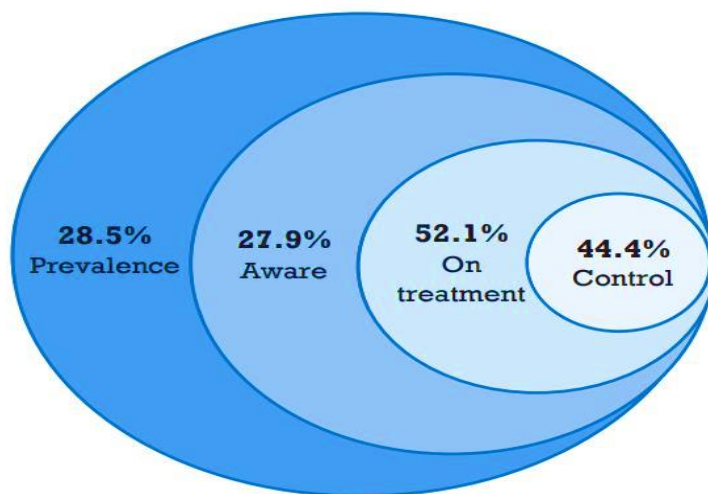
- The Report Said 188.3 Million People In The Country Were Living With The Condition, But Only **37% Of These Were Aware Of Their Status**. An Estimated **33% Of The Global Population** Lives With The Condition, With Just Over Half Receiving A Diagnosis.



- Many Do Not Start Their Treatment Even After Diagnosis. Only **30% Of The Estimated** People Living With Hypertension Start Treatment, While **Only 15% Manage** To Keep Their Blood Pressure Under Control.
- The Report Says That By Treating Half The People With Hypertension — Which Has Been Termed As **The “Progressive Scenario”** — The Country Can Prevent 4.6 Million Deaths Due To Heart Attacks And Strokes. In Fact, Uncontrolled Hypertension Is The Reason For **52% Of The Deaths** From Cardiovascular Diseases Like Heart Attacks And Strokes In India.

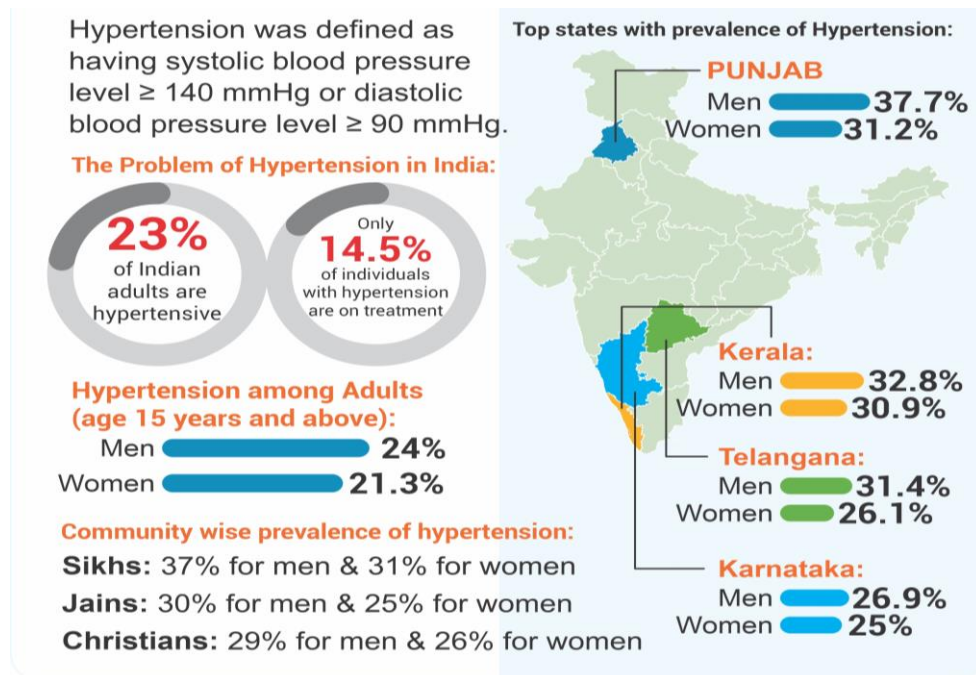
Indian Hypertension Control Initiative

- Indian Hypertension Control Initiative (IHCI) Involving the **Ministry of Health & Family Welfare, Indian Council of Medical Research, State Governments, and WHO-India.**

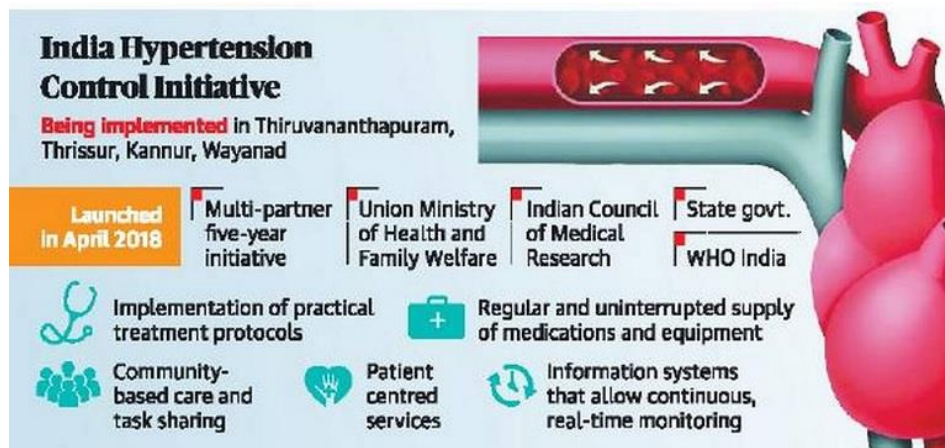


- IHCI Aims To Accelerate Progress Towards The Government Of India's **NCD Target** By Supplementing And Intensifying Evidence-Based Strategies To Strengthen The Building Blocks Of Hypertension Management And Control.

- India Aims To Put **75 Million Patients** With Hypertension Or Diabetes On Standard Care By 2025.



- The IHCI Has Already Managed To Enrol **5.8 Million People** With Hypertension From 27 States. The Report Flagged Issues With Procuring The Blood Pressure Medicine That The Programme Initially Faced. This Led To People Not Returning To The Centres For Treatment.



- The Situation, However, Improved By 2020. “By 2020, The IHCI Had Ensured That More Than **70 Per Cent Of Health Care Facilities Had Ensured One Month’s Stock Of The Protocol Medicines**, And Fewer Than 10 Per Cent Had Experienced Stock-Outs,” The Report Said.

Effective Hypertension Care To Save Lives

- **Protocol:** Practical Dose- And Drug-Specific Treatment Protocols With Specific Action Steps For Managing Uncontrolled Blood Pressure Can Streamline Care And Improve Adherence.
- **Medication And Equipment Supply:** Regular, Uninterrupted Access To Affordable Medication Is Necessary For Effective Hypertension Treatment; Currently, Prices For Essential Anti-Hypertensive Medicines Vary By More Than Ten-Fold Between Countries.
- **Team-Based Care:** Patient Outcomes Improve When A Team Collaborates To Adjust And Intensify Blood Pressure Medication Regimens Per Doctor Orders And Protocols.
- **Patient-Centred Services:** To Reduce Barriers To Care By Providing Easy-To-Take Medication Regimens, Free Medications And Close-To-Home Follow-Up Visits, And Making Blood Pressure Monitoring Readily Available.
- **Information Systems:** User-Centred, Simple Information Systems Facilitate Rapid Recording Of Essential Patient-Level Data, Reduce Health Care Worker Data Entry Burden, And Support Rapid Scale-Up While Maintaining Or Improving The Quality Of Care.

