

India

Hypertension profile

Total population (2019): 1 383 000 000

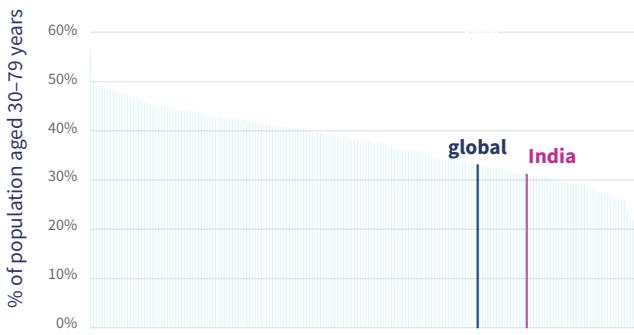
Total deaths (2019): 9 171 000

Age-standardized prevalence of hypertension among adults aged 30–79 years (2019)^a

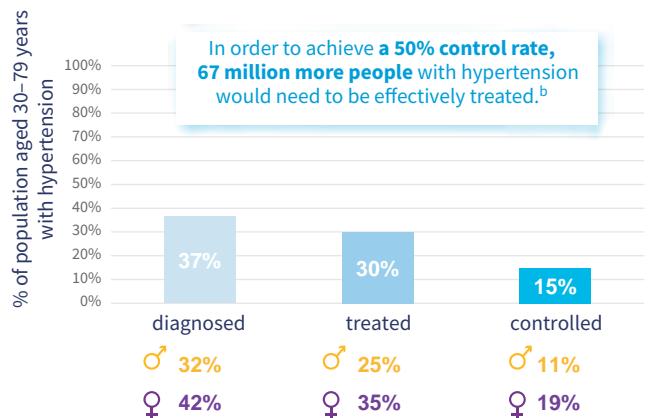
♀ 31% ♂ 32%

♀ 31%

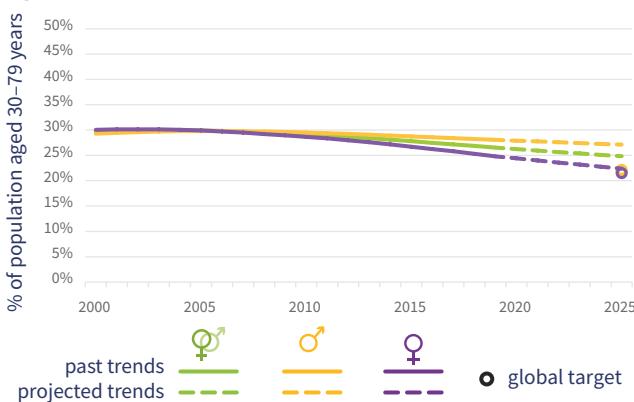
Prevalence of hypertension – global comparison (both sexes)^a



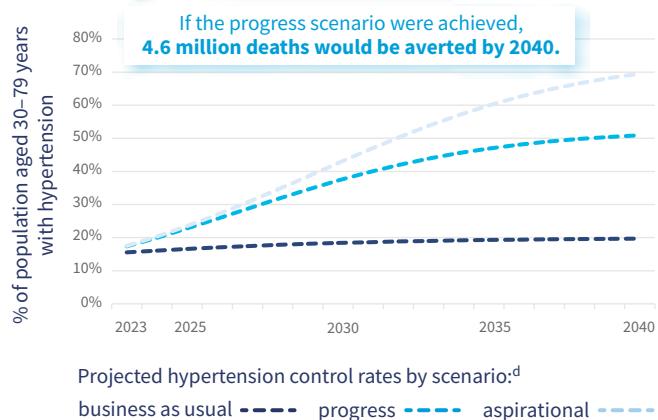
Of the 188.3 million adults aged 30–79 years with hypertension:



Trends in uncontrolled hypertension in adults aged 30–79 years^c



Hypertension control rate scenarios



Mortality

Probability of premature mortality from NCDs (%)

Cardiovascular disease deaths

Cardiovascular disease deaths attributable to high systolic blood pressure (%)

both sexes	males	females	year
22	25	19	2019
2 566 000	1 451 000	1 116 000	2019
52	51	54	2019

Risk factors^e

Mean population salt intake, adults aged 25+ years (g/day)

both sexes	males	females	year
10	11	9	2019
28	42	14	2019
4	3	5	2016
5	8	2	2019
34	25	44	2016

Current tobacco use, adults aged 15+ years (%)

Obesity, adults aged 18+ years (%)

Total alcohol per capita consumption, adults aged 15+ years (litres)

Physical inactivity, adults aged 18+ years (%)

National response

Targets

National target for blood pressure

✓

National target for salt consumption

✓

Surveillance

Conducted recent, national survey measuring raised blood pressure/hypertension

✓

Conducted recent, national survey on salt/sodium intake

✓

Functioning system for generating reliable cause-specific mortality data on a routine basis

✗

Treatment

Guidelines for management of hypertension

✓

Footnotes: a. SBP \geq 140 mmHg or DBP \geq 90 mmHg or taking medication for hypertension. b. Control rate: adults aged 30–79 years receiving treatment, with blood pressure SBP $<$ 140 mmHg and DBP $<$ 90 mmHg. c. SBP \geq 140 mmHg or DBP \geq 90 mmHg. d. Progress and aspirational scenarios reflect a theoretical scaling up of treatment and control. e. Age-standardized estimates are presented for all indicators except salt intake.