



HyperTensia 2025



Incidence & Prevalence of Hypertension in India and Hypertension in young

Hypertension is a growing public health concern in India, with its incidence and prevalence rising due to urbanization, lifestyle changes, and increased life expectancy.

Prevalence

According to the National Family Health Survey (NFHS-5, 2019-21), 24% of men and 21% of women aged 15 and above in India have hypertension.

The Indian Council of Medical Research (ICMR) study (2021) found that around 30% of adults in India have high blood pressure.

The prevalence increases significantly with age—over 50% of individuals aged 60 and above are hypertensive.

Urban vs. Rural Trends

Urban areas: 30-35% prevalence, due to sedentary lifestyles, high salt intake, obesity, and stress.

Rural areas: 25-27% prevalence, but rising due to changing diets and lower physical activity.

Age & Gender Distribution

More common in men than in women, but post-menopausal women have a higher risk.

Young adults (20-40 years) show an increasing trend of early-onset hypertension due to poor lifestyle habits.

Regional Variation

Highest prevalence in South Indian states like Kerala and Tamil Nadu (~35%).

Northern and northeastern states also report higher rates compared to central India.

Hypertension Awareness & Control

Only 50% of hypertensive individuals are aware of their condition.

Among those diagnosed, only 25-30% have their blood pressure under control.

Poor adherence to medication and lack of regular screening contribute to low control rates.



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Young Hypertension in India: Rising Concern

Hypertension is increasingly affecting young adults in India, with a significant rise in cases among those aged 20-40 years. This trend is alarming as hypertension at a young age increases the long-term risk of heart disease, stroke, and kidney failure.

Prevalence of Young Hypertension in India

According to the Indian Council of Medical Research (ICMR) study (2021), around 10-15% of individuals aged 18-30 years have high blood pressure.

30% of urban young adults (20-40 years) have elevated blood pressure.

The National Family Health Survey (NFHS-5, 2019-21) found that around 12% of men and 7% of women aged 15-24 already show hypertension symptoms.

Uncontrolled hypertension is often detected late, leading to complications in the 40s or 50s.

Causes of Hypertension in Young Adults

1. Lifestyle Factors:

High salt and processed food consumption.

Sedentary lifestyle and lack of physical activity.

Obesity and overweight, leading to metabolic issues.

Alcohol, smoking, and substance abuse, increasing cardiovascular risk.

2. Psychosocial Stress:

High work pressure, long hours, and corporate stress.

Anxiety and mental health issues, affecting blood pressure regulation.

Lack of sleep (insomnia, shift work, screen exposure) linked to hypertension.

3. Digital and Screen Exposure:

Excessive screen time, especially late at night, affecting sleep cycles.

Increased use of social media leading to stress and poor mental health.



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4. Genetic and Medical Factors:

Family history of hypertension increases risk.

Early onset metabolic syndrome (diabetes, obesity, cholesterol issues).

Polycystic Ovary Syndrome (PCOS) in women, linked to high blood pressure.

Challenges in Diagnosis and Management

Low awareness: Many young individuals do not get routine check-ups.

Asymptomatic nature: High BP in youth is often detected during routine health checks or after complications arise.

Poor medication adherence: Many avoid treatment due to fear of lifelong dependence.

Prevention & Management Strategies

- ✓ Regular BP screening: Annual check-ups after 20 years of age.
- ✓ Healthy diet: Low salt, high potassium, and a balanced diet rich in vegetables, fruits, and whole grains.
- ✓ Exercise: At least 150 minutes of moderate activity per week (walking, gym, yoga).
- ✓ Stress management: Meditation, yoga, and proper work-life balance.
- ✓ Avoid alcohol & smoking: Reduces cardiovascular risk.
- ✓ Proper sleep: 7-8 hours of quality sleep to regulate blood pressure.