HYPERTENSION

INTRODUCTION

Hypertension is defined as blood pressure above 140/90 and is considered severe if the pressure is above 180/120. High blood pressure often has no symptoms. Over time, if untreated, it can cause various health issues, such as heart disease and stroke. High blood pressure has become very common in adults these days.

Causes & Symptoms of Hypertension: As we age, our vascular system changes. Arteries get stiffer, so blood pressure goes up. This is true even for people who have heart-healthy habits. The most common causes of hypertension include smoking, obesity or being overweight, diabetes, and a sedentary lifestyle. If your blood pressure is high, certain symptoms to look out for are severe

Blood Pressure Category	Systolic Blood Pressure		Diastolic Blood Pressure
Normal	<120 mmHg	and	<80 mmHg
Elevated	120-129 mmHg	and	<80 mmHg
Hypertension			
Stage 1	130-139 mmHg	or	80-89 mmHg
Stage 2	≥140 mmHg	or	≥90 mmHg

headaches, nosebleeds, fatigue or confusion, vision problems, chest pain, difficulty in breathing, etc.

The 2019-20 National Family Health Survey (NFHS-5) dataset, provides information on the population, health, and nutrition of each district of Telangana. Based on which the graphs below are plotted and conclusions are drawn.
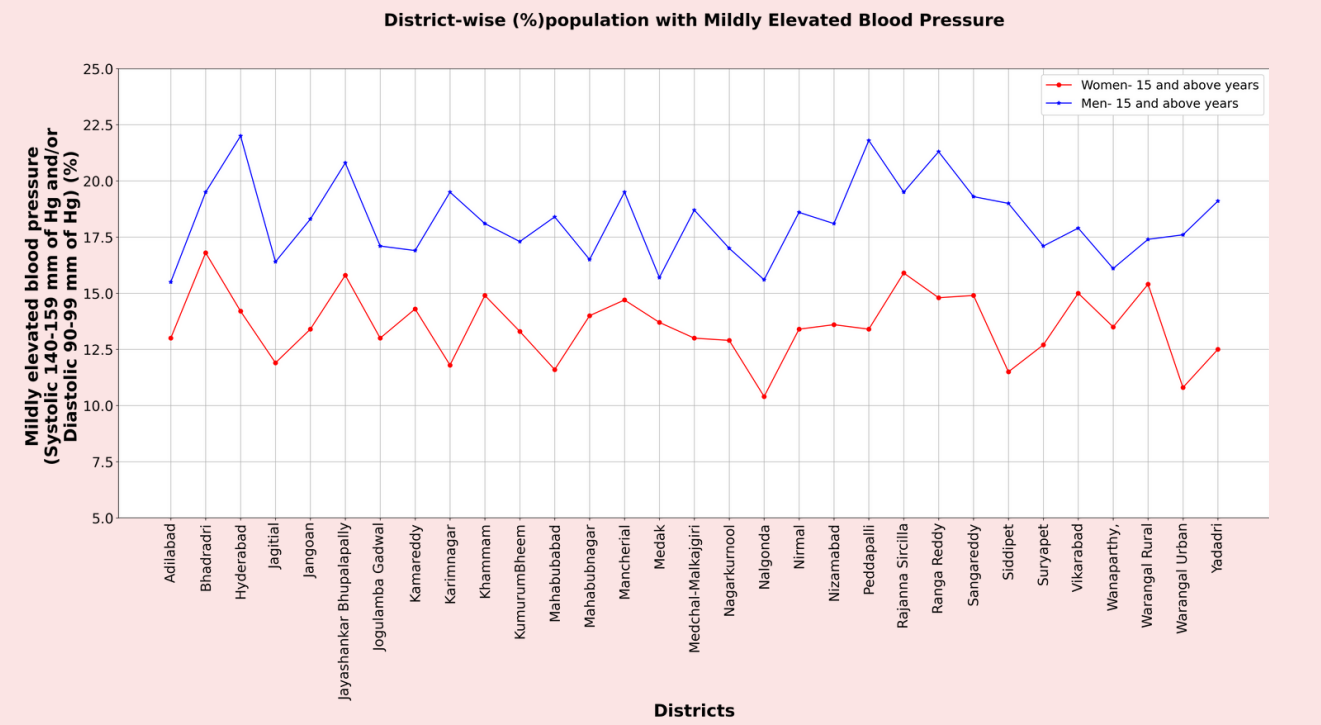
FINDINGS

Fig. An average of 13.55% of women and 18.25% of men are facing mildly elevated blood pressure with Bhadradri being the highest for women and Hyderabad for men.
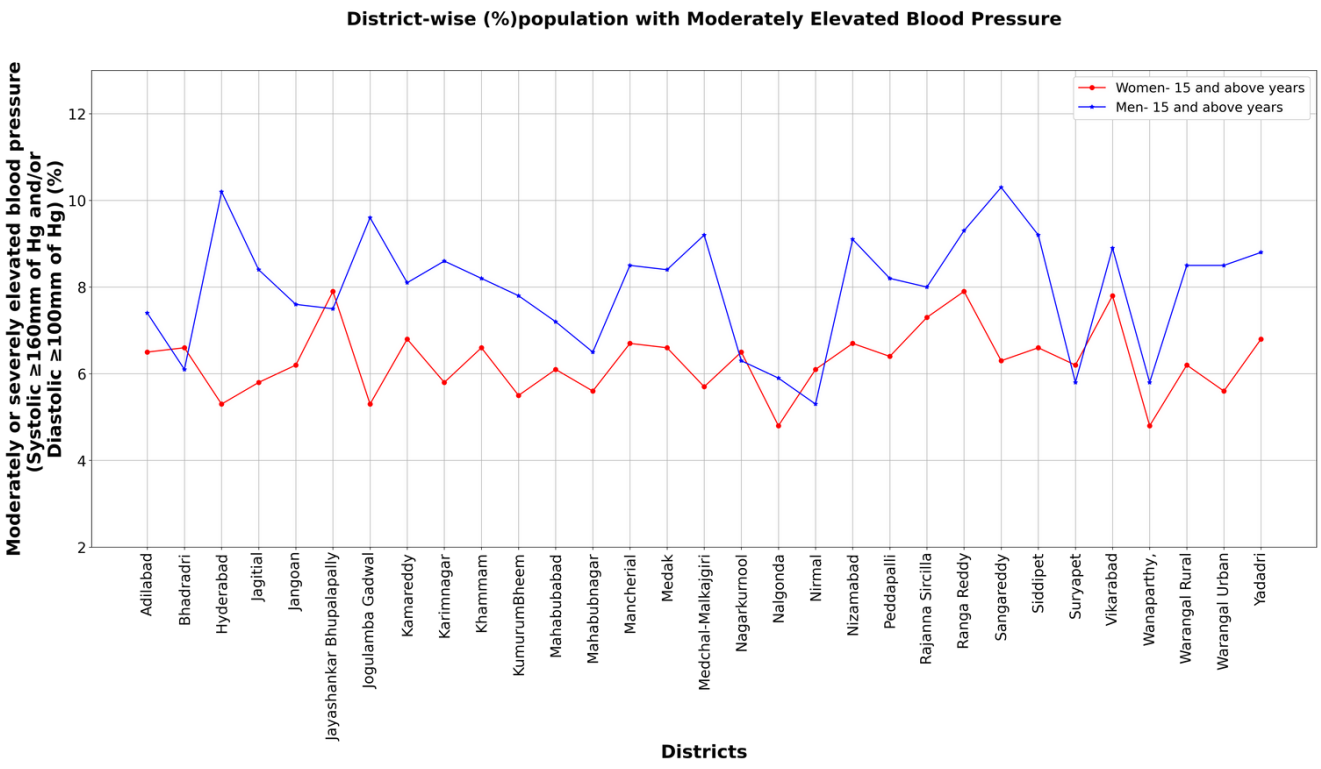

Fig. As seen from the graph, 6.3% of women and 8% of men are noted to suffer from moderately elevated blood pressure. The prevalence of hypertension in Hyderabad and Sangareddy districts is higher amongst men.
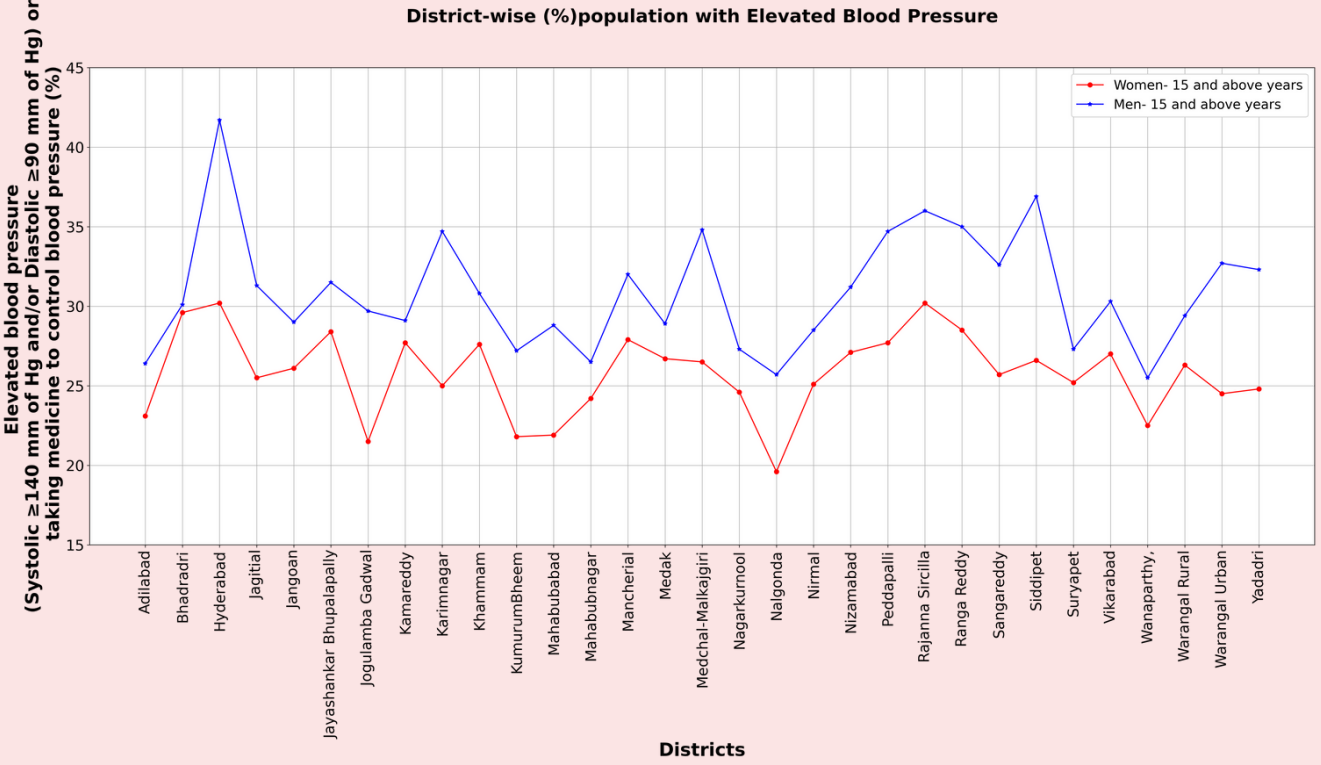

Fig. A large proportion of the people in Telangana (28.33%) are undergoing hypertension and considering medicine to control their high blood pressure.
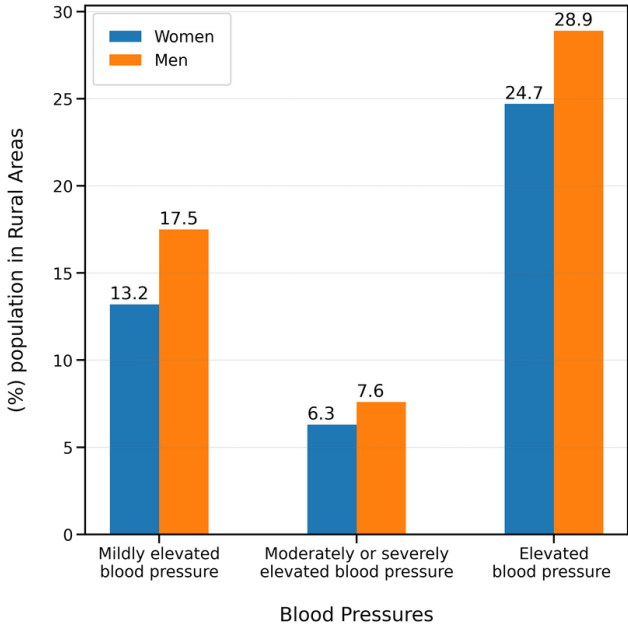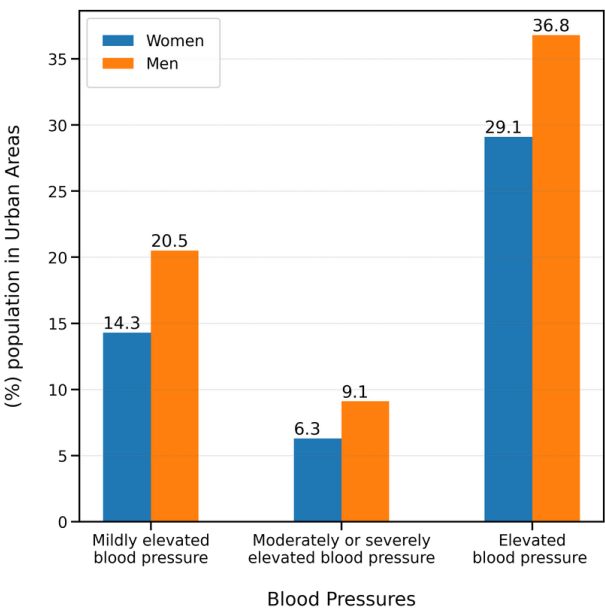
Fig. In the above two graphs, the difference in blood pressure between men and women is proportional in urban and rural areas. On a whole, urban areas have recorded a slightly higher % of the population suffering from hypertension.

CONCLUSIONS

In India, almost 30% of adults have hypertension, and an alarmingly high number are unaware of their condition. Hypertension or high blood pressure is a serious medical condition that is responsible for at least 10.4 million deaths and 218 million disability-adjusted life years (DALY) globally.

In Telangana, a whopping 17.12% of the population suffers from Hypertension. According to the dataset provided by the 2019-20 National Family Health Survey, the overall prevalence of hypertension among men and women is 19.04% and 15.20% respectively. Hyderabad recorded the highest population of men suffering from hypertension followed by Sangareddy and Peddapalli. On the other hand, Bhadradri recorded the highest population of women suffering from hypertension followed by Vikarabad and Warangal. On average, Nalgonda and Wanaparthy recorded the lowest population of both men and women suffering from hypertension .
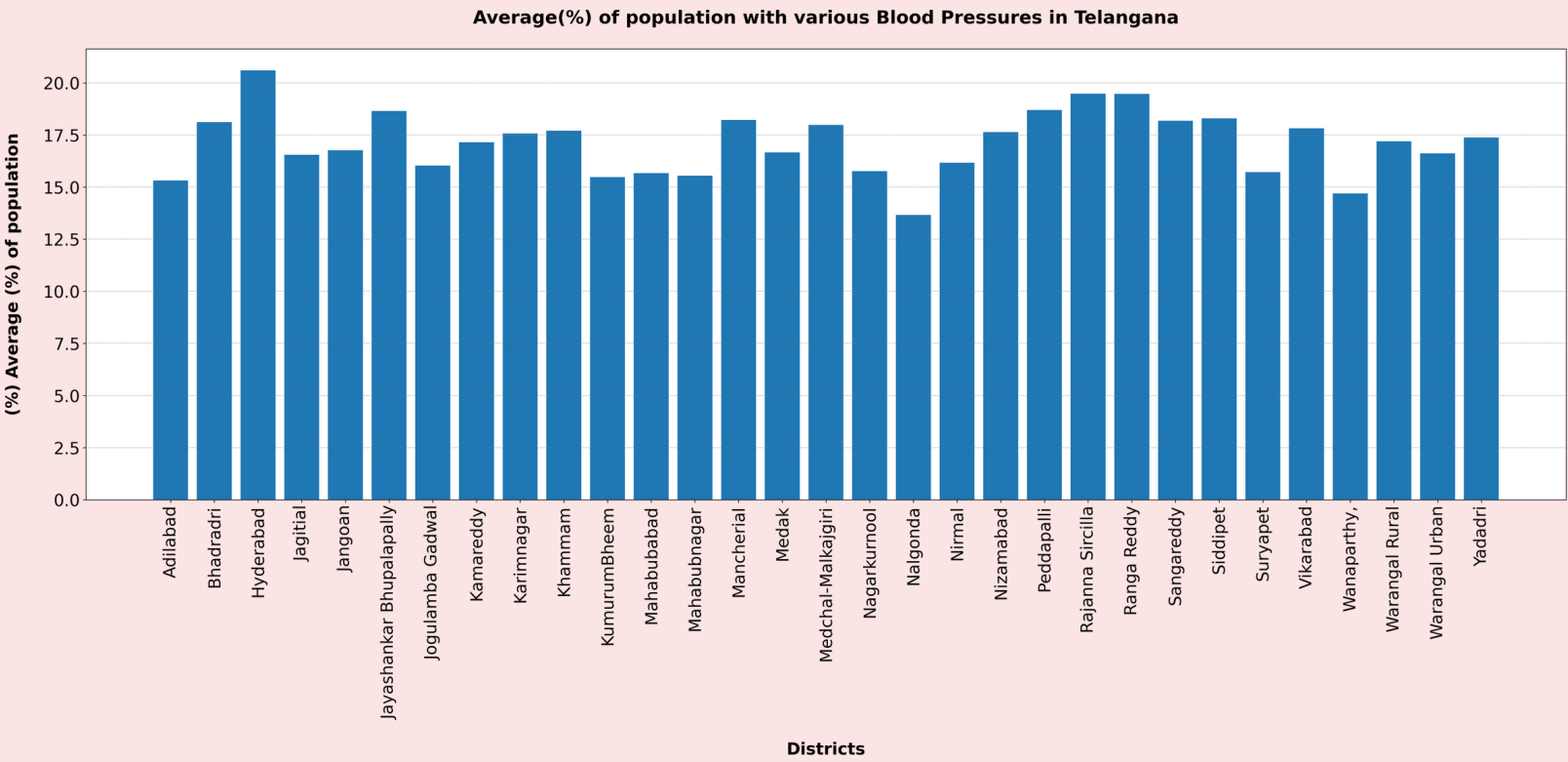
Fig. shows average percentage of population in Telangana with various blood pressures.

According to our statistics, men are found to be the highest percentage (19.04%) of the population suffering from hypertension in Telangana state. The reason for this might be, workload, unhealthy habits, sedentary lifestyle, social responsibilities, etc., The data collected tells us that women are also suffering from hypertension but their population is less compared to men. The possible causes of fewer women being prone to hypertension could be their bearing capacity, working percentage of women is less, low BMI, socializing customs are less compared to men.

SOLUTIONS

Eat a healthy diet of vegetables, fruits, wholegrains, beans, plant and animal-based proteins, nuts. Limit saturated fats, sugary foods, drinks, processed food, salty food, and refined carbohydrates.

Physical activity helps control blood pressure, weight, and stress levels.

If you're overweight, even a slight weight loss can reduce high blood pressure.

Every time you smoke, vape, or use tobacco, the nicotine can cause a temporary increase in blood pressure.

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