Hypertension

For Prelims: Non-Communicable Diseases, IHCI, Hypertension.

For Mains: Health, Concerns related to High Blood Pressure.

Why in News?

According to a project called the India Hypertension Control Initiative (IHCI), **nearly 23% out of 2.1 million Indians** have uncontrolled blood pressure.

- Managing blood pressure for 2.5 crore individuals can prevent up to five lakh deaths due to cardiovascular disease in the next 10 years.

What is Hypertension?

- **About:**
  - Blood pressure is the **force exerted by circulating blood** against the walls of the body's arteries, the major blood vessels in the body.
    - Hypertension is **when blood pressure is too high.**
  - It is defined as **having systolic blood pressure level greater than or equal to 140 mmHg** or diastolic blood pressure level greater than or equal to 90 mmHg or/and taking anti-hypertensive medication to lower his/her blood pressure.
- **Prevalence:**
  - **Southern States have a higher prevalence** of hypertension than the national average.
    - **Kerala** (32.8% men and 30.9% women) has the **highest number followed by Telangana.**
  - 21.3% of women and 24% of men aged above 15 have hypertension in the country.
- **WHO Response:**
  - In 2021, the World Health Organization (WHO) released a new guideline on the pharmacological treatment of hypertension in adults.
    - The publication **provides evidence-based recommendations** for the initiation of treatment of hypertension, and recommended intervals for follow-up.

What is the IHCI?

- The programme was launched in **November 2017.**
- In the first year, **IHCI covered 26 districts** across five States — Punjab, Kerala, Madhya Pradesh, Telangana, and Maharashtra.
- By December 2020, IHCI was **expanded to 52 districts across ten States** — Andhra Pradesh, Chhattisgarh, Karnataka, Kerala, Madhya Pradesh, Maharashtra, Punjab, Tamil Nadu, Telangana and West Bengal.
- The Health Ministry, the Indian Council of Medical Research, State Governments, and WHO-India began a **five-year initiative** to monitor and treat hypertension.
- India has committed to a **"25 by 25" goal**.

- The goal **aims to reduce premature mortality** due to Non-Communicable Diseases (NCDs) by 25% by 2025.
- One of the nine voluntary targets includes reducing the prevalence of high blood pressure by 25% by 2025.

Source: TH

PDF Refernece URL: https://www.drishtiias.com/printpdf/hypertension-1