Every other elderly in urban India has hypertension: Health ministry report

NEXT NEWS >

The prevalance was higher in women than men among senior citizens

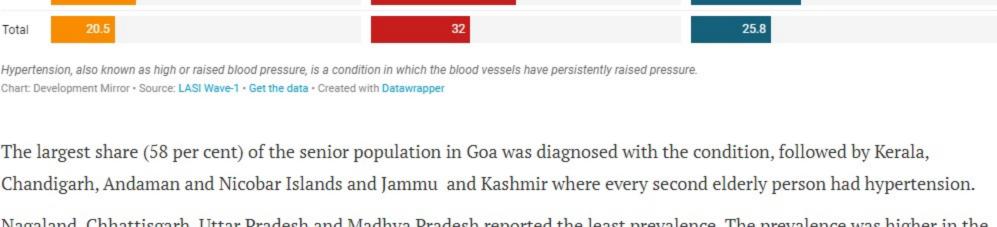
By Nand Lal Mishra, Gursimran Singh Rana, Adarsh Published: Wednesday 13 January 2021



(UT) of India, except Sikkim.

Around 26 per cent of Indians above the age of 45 years reported to have been diagnosed with hypertension. The prevalence was higher (32 per cent) in senior citizens (aged 60 years and above) than those in the age group 45 to 59 years (21 per cent). The prevalance was higher in women (36 per cent) than men (27 per cent) among the senior citizens. The disease was also

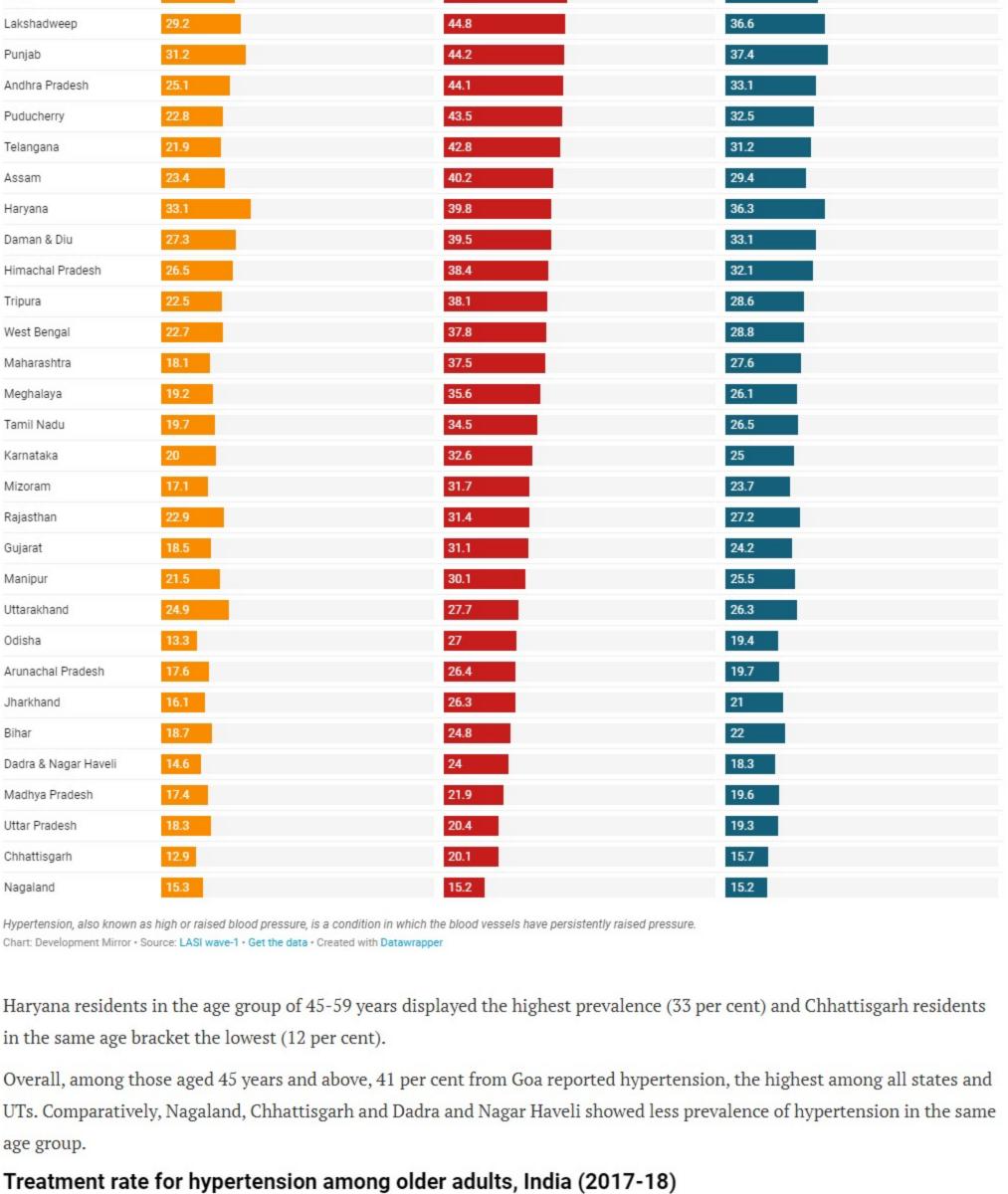
27.4 22.9 Male



per cent of those in the poorest quintile, the survey found.

45-59 60 & above 45 & above 40.8 58.1 Goa

47.8 39.2 Jammu & Kashmir



Hypertension, also known as high or raised blood pressure, is a condition in which the blood vessels have persistently raised pressure. Chart: Development Mirror • Source: LASI Wave-1 • Get the data • Created with Datawrapper

64.8

64.1

64.3

56.5

Indian states received treatment, the report said.

Treatment rate refers to older adults who are currently taking any medication/treatment for the diagnosed condition/problem.

Age: 60 & above

Age: 45 & above

45 & above

79.5

77

77.5

75.1

77.5

76.3

65.4

66.4

63.2

66.8

63.5

63.6

62.7

59

56.1

58.2

29.9

71.6

71.8

71.7

81.1

64.7

75.8

86.7

70.7

quintile than in the poorest.

45-59

The converse was true in Arunachal Pradesh.

91.9 97.3 95.4 Goa 83.1 92 88.1 Andhra Pradesh 91.6 88.1 Puducherry

60 & above

Over 80 per cent of the older adult population (aged 45 years and above) with hypertension in most south Indian and west

The treatment rate was lower in Mizoram and Bihar where around 50 per cent received treatment. The situation in Arunachal

Pradesh was critical where only one-fourth of the older population diagnosed with hypertension was receiving treatment.

The report found that 77 per cent senior citizens and 64 per cent of those in the age group 45-59 years availed treatment for

hypertension. More than 90 per cent of the elderly were being treated for hypertension in Goa, Andhra Pradesh, Puducherry,

The rate didn't vary by sex of the older adults but location, education and income did play a role, the study noted. More senior

citizens in urban areas were receiving treatment for hypertension than their rural counterparts. The same trend was

Treatment rate refers to older adults who are currently taking any medication/treatment for the diagnosed condition/problem.

91 84.5 Kerala Maharashtra 76.8 Telangana 88.2 Karnataka

87.1

86.5

86.3

83.5

82

80.7

80.3

80

79.8

77.5

76.5

72.5

68.9

67.4

65.2

62.6

60.9

27.9

75.9 68.4 75.5 68.5 Tripura Manipur 75.1 65.8

60.2 57.5 Uttarakhand 59.6 53.9 Haryana 54.4 Mizoram 54.3 47.9 Bihar 38.1

years (DALY) in India. It has also emerged as a major contributor for fatality from the novel coronavirus disease (COVID-19).

communicable diseases like hypertension, heart diseases, lung diseases and cancer. Also, the World Health Organisation (WHO) aims to reduce the prevalence of hypertension globally by 25 per cent by 2025. However, studies have shown that in countries like India, it seems highly unlikely.

According to MoHFW statistics, hypertension accounts for 11 per cent of all deaths and 5 per cent of disability-adjusted life

स्वास्थ्य से जुड़ी सभी खबरें हिंदी में पढें।

One in every three senior citizens have been diagnosed with hypertension, according to a report released by the Union

Ministry of Family and Health Welfare (MoFHW) on January 6. The report said, nearly half of the elderly living in India's urban areas was suffering from hypertension between April 2017 and December 2018 — the duration of the survey. The first Longitudinal Ageing Study in India, which repored these findings, encapsulated data from more than 42,000 households, covering over 72,000 older adults across all states and union territories more prevalent among those living in urban areas (47 per cent) than those in rural areas (26 per cent). Self-reported prevalence (%) of diagnosed hypertension among older adults, India (2017-18) Age: 45-59 Age: 60 & above Age: 45 & above 36.2 27.8 Female 25.9 21.2 Rural 46.9 35.6 Urban Total Hypertension, also known as high or raised blood pressure, is a condition in which the blood vessels have persistently raised pressure. Chart: Development Mirror • Source: LASI Wave-1 • Get the data • Created with Datawrapper The largest share (58 per cent) of the senior population in Goa was diagnosed with the condition, followed by Kerala, Nagaland, Chhattisgarh, Uttar Pradesh and Madhya Pradesh reported the least prevalence. The prevalence was higher in the demographically advanced southern states. About 42 per cent of the elderly belonging to the richest wealth quintile were diagnosed with hypertension compared to 25 Self-reported prevalence (%) of diagnosed hypertension among older adults by age-groups and states, 2017-18 53.2 Kerala Chandigarh Andaman & Nicobar Islands 45.3 33.9 Delhi

Rural Urban Total

and Kerala.

Daman & Diu

Chandigarh

Meghalaya

Tamil Nadu

Jharkhand

Rajasthan

Nagaland

Uttar Pradesh

Himachal Pradesh

Delhi

Jammu & Kashmir

Andaman & Nicobar Islands

Male

Female

Age: 45-59

witnessed among those with 10 or more years of schooling than those with no schooling and those in the richer wealth Treatment rate for hypertension among older adults by age-groups and states, 2017-18

How many are recieving treatment?

68.7 West Bengal Lakshadweep

82.5

Punjab Gujarat 52.5 Chhattisgarh

Assam Odisha Madhya Pradesh Dadra & Nagar Haveli

55.6

56.4

Arunachal Pradesh 30.9

Chart: Development Mirror • Source: LASI wave-1 • Get the data • Created with Datawrapper Hypertension has long been recognised as one of the major factors causing cardiovascular diseases and premature deaths worldwide. Further, hypertension is one of the most common lifestyle diseases today and considered a silent killer.

One of the aims of United Nation's Sustainable Development Goals is to reduce by a third the premature mortality from non-