

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

The prevalence was higher in women than men among senior citizens

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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 (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 prevalence was higher in women (36 per cent) than men (27 per cent) among the senior citizens. The disease was also 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
Male	18.1	27.4	22.9
Female	21.9	36.2	27.8
Rural	17	25.9	21.2
Urban	27.4	46.9	35.6
Total	20.5	32	25.8

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, Chandigarh, Andaman and Nicobar Islands and Jammu and Kashmir where every second elderly person had hypertension.

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

## Self-reported prevalence (%) of diagnosed hypertension among older adults by age-groups and states, 2017-18

	45-59	60 & above	45 & above
Goa	26.3	58.1	40.8
Kerala	26.1	53.2	40.1
Chandigarh	31.7	50.1	39
Andaman & Nicobar Islands	31.3	49	38.5
Jammu & Kashmir	30.9	47.8	39.2
Delhi	27	45.3	33.9
Lakshadweep	29.2	44.8	36.6
Punjab	31.2	44.2	37.4
Andhra Pradesh	25.1	44.1	33.1
Puducherry	22.8	43.5	32.5
Telangana	21.9	42.8	31.2
Assam	23.4	40.2	29.4
Haryana	33.1	39.8	36.3
Daman & Diu	27.3	39.5	33.1
Himachal Pradesh	26.5	38.4	32.1
Tripura	22.5	38.1	28.6
West Bengal	22.7	37.8	28.8
Maharashtra	18.1	37.5	27.6
Meghalaya	19.2	35.6	26.1
Tamil Nadu	19.7	34.5	26.5
Karnataka	20	32.6	25
Mizoram	17.1	31.7	23.7
Rajasthan	22.9	31.4	27.2
Gujarat	18.5	31.1	24.2
Manipur	21.5	30.1	25.5
Uttarakhand	24.9	27.7	26.3
Odisha	13.3	27	19.4
Arunachal Pradesh	17.6	26.4	19.7
Jharkhand	16.1	26.3	21
Bihar	18.7	24.8	22
Dadra & Nagar Haveli	14.6	24	18.3
Madhya Pradesh	17.4	21.9	19.6
Uttar Pradesh	18.3	20.4	19.3
Chhattisgarh	12.9	20.1	15.7
Nagaland	15.3	15.2	15.2

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Haryana residents in the age group of 45-59 years displayed the highest prevalence (33 per cent) and Chhattisgarh residents in the same age bracket the lowest (12 per cent).

Overall, among those aged 45 years and above, 41 per cent from Goa reported hypertension, the highest among all states and UTs. Comparatively, Nagaland, Chhattisgarh and Dadra and Nagar Haveli showed less prevalence of hypertension in the same age group.

## Treatment rate for hypertension among older adults, India (2017-18)

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

	Age: 45-59	Age: 60 & above	Age: 45 & above
Male	64.8	75.8	71.6
Female	64.1	78.4	71.8
Rural	56.5	70.7	64.7
Urban	74.1	86.7	81.1
Total	64.3	77.4	71.7

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## How many are recieving treatment?

Over 80 per cent of the older adult population (aged 45 years and above) with hypertension in most south Indian and west Indian states received treatment, the report said.

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, and Kerala.

The converse was true in Arunachal Pradesh.

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 witnessed among those with 10 or more years of schooling than those with no schooling and those in the richer wealth quintile than in the poorest.

## Treatment rate for hypertension among older adults by age-groups and states, 2017-18

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

	45-59	60 & above	45 & above
Goa	91.9	97.3	95.4
Andhra Pradesh	83.1	92	88.1
Puducherry	82.2	91.6	88.1
Kerala	70.4	91	84.5
Maharashtra	76.8	89.9	85.5
Telangana	85.7	88.8	87.6
Karnataka	83.5	88.2	86
Daman & Diu	68.4	87.1	79
Jammu & Kashmir	82.5	86.5	84.9
Chandigarh	72.4	86.3	79.5
Andaman & Nicobar Islands	70	83.5	77
Meghalaya	71.4	82	77.5
West Bengal	68.7	80.7	75.1
Lakshadweep	73.7	80.3	77.5
Tamil Nadu	70.7	80	76.3
Delhi	50.6	79.8	65.4
Punjab	70.8	77.5	74.5
Gujarat	52.5	76.5	66.4
Chhattisgarh	61.3	75.9	68.4
Tripura	60.8	75.5	68.5
Manipur	54.2	75.1	65.8
Assam	52.5	74.2	63.2
Odisha	57.8	72.5	66.8
Madhya Pradesh	53.7	72	63.5
Dadra & Nagar Haveli	69.6	70.5	70.1
Jharkhand	55.6	68.9	63.6
Himachal Pradesh	56.4	67.4	62.7
Rajasthan	50.5	65.2	59
Uttar Pradesh	49.1	62.6	56.1
Nagaland	55.5	60.9	58.2
Uttarakhand	54.5	60.2	57.5
Haryana	47.6	59.6	53.9
Mizoram	39.7	54.4	48.5
Bihar	38.1	54.3	47.9
Arunachal Pradesh	30.9	27.9	29.9

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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.

According to MoFHW statistics, hypertension accounts for 11 per cent of all deaths and 5 per cent of disability-adjusted life years (DALY) in India.

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

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