



Alarming Rise of Hypertension in Uttar Pradesh

Why in News?

Recent data from the [National Family Health Survey \(NFHS\)-6](#) reveals a worrying trend in **Uttar Pradesh**, where **one in every four individuals** is at risk of [hypertension](#).

- This health condition, often referred to as the ["silent killer,"](#) poses a significant threat due to its potential to cause severe complications such as **strokes** and [heart attacks](#).

Key Points

- The [All India Institute of Medical Sciences \(AIIMS\)](#) has observed that among patients seeking treatment, approximately **25%** are at risk of **hypertension**.
- Alarming, many of these individuals are unaware of their condition, increasing their vulnerability to severe health complications such as **brain strokes** and **heart attacks**.
- In response, AIIMS has initiated **comprehensive data collection** on patients and their caregivers to facilitate early detection and management of hypertension.
- The distinction between general [blood pressure](#) fluctuations and hypertension.
 - While a **normal blood pressure** reading for young adults is typically around **120/80 mm Hg**, readings of **140/90 mm Hg or higher** are indicative of hypertension.
- Regular monitoring is crucial, as even slight increases can lead to significant health issues.
- To combat this growing health concern, AIIMS is collaborating with the [Indian Council of Medical Research \(ICMR\)](#) and the [World Health Organisation \(WHO\)](#).
- This partnership aims to gather comprehensive data on patients and their families, focusing on the prevalence of blood pressure issues, hypertension, and [diabetes](#).
 - The goal is to identify patterns and risk factors, enabling targeted interventions to prevent and manage hypertension effectively.
- The **NFHS report** serves as a critical reminder of the escalating risk of hypertension in Uttar Pradesh.
 - It underscores the necessity for increased awareness, regular health screenings, and prompt medical attention to mitigate the adverse effects associated with this condition.

Hypertension

- **About:**
 - **Hypertension (high blood pressure)** is when the pressure in your **blood vessels** is too high (**140/90 mmHg or higher**). It is common but can be serious if not treated.
 - Blood pressure is written as two numbers:
 - The **first (systolic) number** represents the pressure in blood vessels when the heart contracts or beats.
 - The **second (diastolic) number** represents the pressure in the vessels when the heart rests between beats.
 - **World Hypertension Day** is celebrated on 17th **May every year** to promote awareness about hypertension and encourage people to prevent and control this silent killer.
- **India's Hypertension Burden**
 - India alone has an estimated **188.3 million adults aged 30-79 years** grappling with hypertension.

- The prevalence of **high blood pressure** in India is slightly lower than the **global average of 31%**.
- To reach a **50%** control rate, India needs to ensure that an additional **67 million people** with hypertension receive effective treatment.
 - If the progress scenario were achieved, **4.6 million deaths** due to high blood pressure would be averted by **2040**.

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