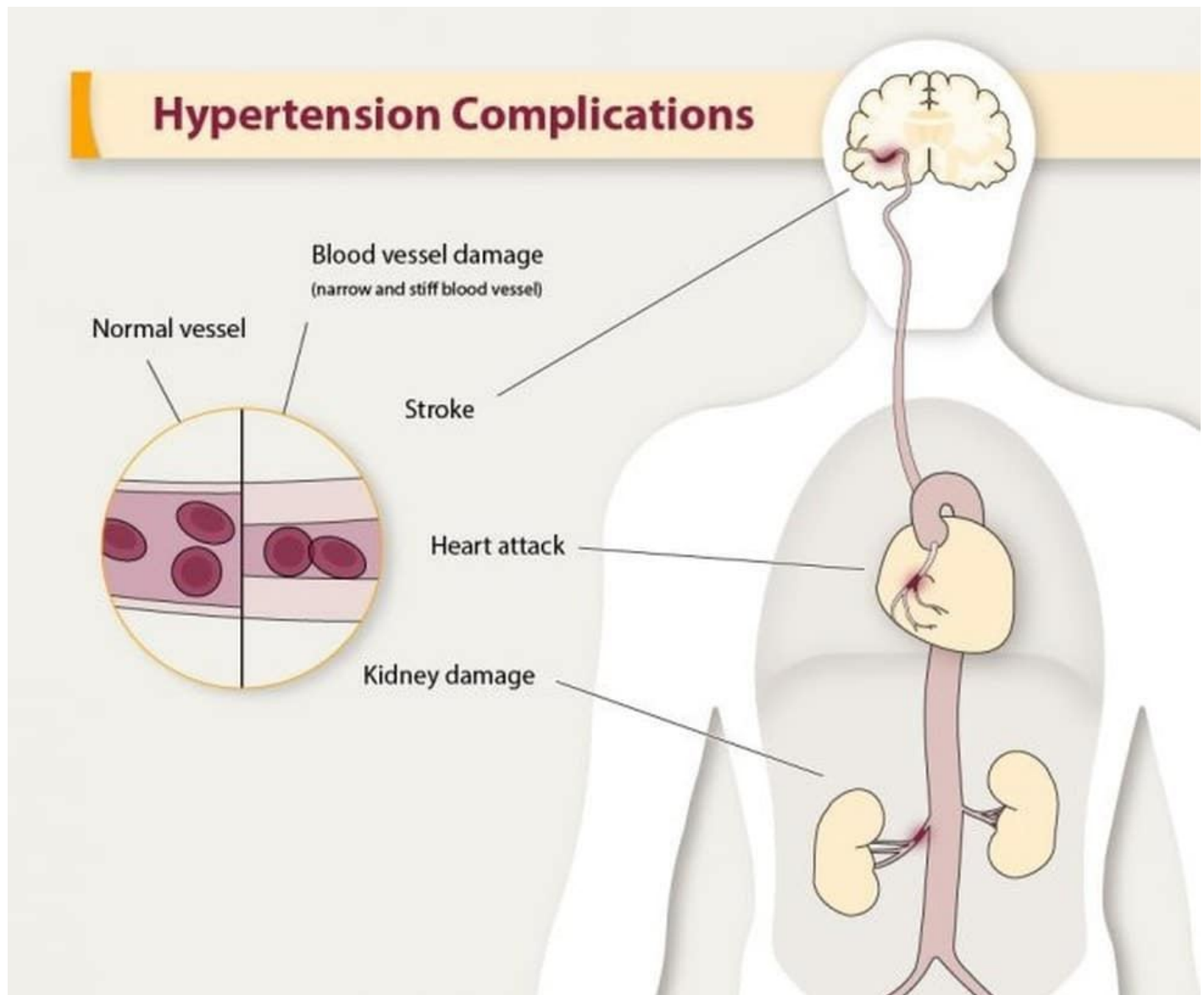


Hypertension

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About Hypertension:

- The study reinforces uncontrolled BP as a significant contributor to mortality.
- It follows the Centre's 2019-20 National Family Health Survey (NFHS-5) that reported a hypertension prevalence of 24% in men and 21% in women, an increase from 19% and 17% over the 2015-16 survey.
- **Patients with readings of systolic <140 mmHg and diastolic <90 mmHg are defined as those with hypertension under control.**
- **Hypertension control rate is defined as the proportion of patients with BP under control (systolic <140 mmHg and diastolic <90 mmHg).**

- The Lancet Regional Health-Southeast Asia study is based on a diversified analysis of studies of BP control rates between 2001 and 2022 in India.
- Despite government efforts, awareness and better access to healthcare facilities, the number of patients able to control hypertension has only grown from **6% to 23% in the past 21 years.**
- The Lancet researchers included 51 studies involving 3.4 lakh patients.
- Of these, 21 studies (41%) reported poorer BP control rates among males than females, and six (12%) poorer rates among rural patients.
- The combined control rate in India in 2001-20 was 18%, with significant increase over the years, reaching 23% in 2016-20.
- The study indicated significantly better control rates in the south and west, and considerably poorer rates among males.

Source : Times of India

Source: <https://vajiramandravi.com/current-affairs/hypertension/>

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