

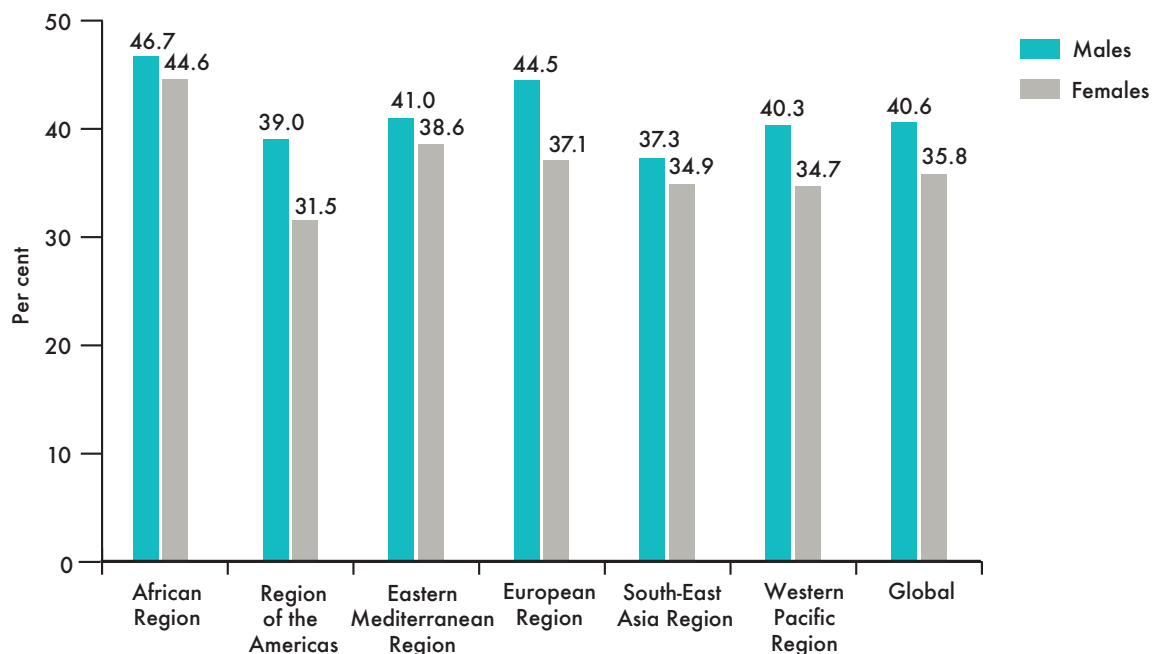
HIGH BLOOD PRESSURE Global and Regional Overview

GLOBAL BURDEN

- High blood pressure is one of the most important causes of premature death worldwide killing nearly 9.4 million people every year globally, and the problem is growing.
- Over 1 billion people are living with high blood pressure. In 2008, globally, the overall prevalence of high blood pressure (including those on medication for high blood pressure) in adults aged 25 and above was around 40%.
- Among all WHO regions, the prevalence of raised blood pressure was highest in the African Region (46%) and lowest in the Region of the Americas (35%). In the South-East Asia Region, 36% of adults have hypertension.

- In all WHO regions, males had a slightly higher prevalence of raised blood pressure than females, but this difference was only statistically significant in the Region of the Americas and the European Region.
- The prevalence of raised blood pressure in low, lower-middle and upper-middle income countries is higher (40%) than in high-income countries (35%).
- In high-income countries, strong public health policies, multisectoral preventive action and widely available diagnosis and treatment have led to a reduction in the prevalence of high blood pressure. In contrast, in many developing countries the disease burden caused by raised blood pressure has increased over the past decade.

Age-standardized prevalence of raised blood pressure in adults aged 25+ years by WHO Region, 2008



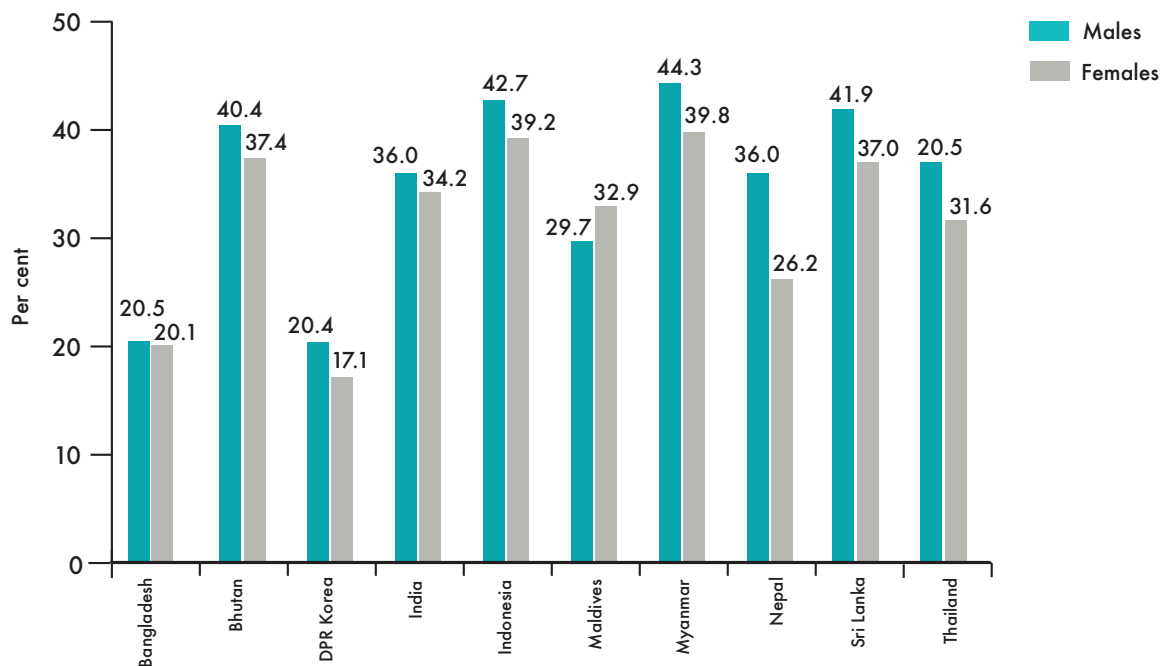
Source: Global status report on noncommunicable diseases, 2010. Geneva, World Health Organization 2011.

BURDEN IN THE SOUTH-EAST ASIA REGION

- High blood pressure is the leading risk factor for death claiming 1.5 million lives each year in the Region.
- One in three adults in the Region has high blood pressure.
- Males have a slightly higher prevalence of high blood pressure than females in almost all countries of the Region.
- In the 10 countries from which data were available, the prevalence of high blood pressure ranged from 19% in Democratic People's Republic of Korea to 42% in Myanmar.

- Prevalence of hypertension is increasing in many countries in the Region. In India, raised blood pressure increased from 5% in the 1960s to nearly 12% in 1990s, to more than 30% in 2008. In Indonesia, the percentage of adult population with raised blood pressure increased from 8% in 1995 to 32% in 2008. In Myanmar, the Ministry of Health reported an increase in high blood pressure prevalence, from 18% to 31% in males, and from 16% to 29% in females during 2004–2009.
- Ageing population, rapid urbanization and transition from agrarian life to a wage-earning, modern city life are reported as major contributors to increased blood pressure in urban areas.

Age-standardized prevalence of raised blood pressure in adults aged 25+ years, South-East Asia Region, 2008



Source: WHO. *Noncommunicable diseases in the South-East Asia Region: Situation and response 2011*. New Delhi, World Health Organization 2011.