

**GOVERNMENT OF INDIA  
MINISTRY OF HEALTH AND FAMILY WELFARE  
DEPARTMENT OF HEALTH AND FAMILY WELFARE**

**LOK SABHA  
UNSTARRED QUESTION NO. 675  
TO BE ANSWERED ON 20<sup>th</sup> JULY, 2018**

**HIGH BLOOD PRESSURE**

**675. DR. K. GOPAL:**

Will the Minister of **HEALTH AND FAMILY WELFARE** be pleased to state:

- (a) whether it is a fact that one in every eight people in the country have high blood pressure, if so, the details thereof;
- (b) whether it is also true that the results were drawn after screening about 22.5 million adults across 100 districts in 2017, if so, the details thereof;
- (c) whether people with hypertension are not aware of the condition which brings the risk of associated long term health complications such as heart disease; and
- (d) if so, the steps taken by the Government in this regard?

**ANSWER  
THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND  
FAMILY WELFARE  
(SMT. ANUPRIYA PATEL)**

(a) to (c): As per the National Family Health Survey (NFHS); 2015-16, 11% of women (1 in 10) and 15% of men (1 in 7) of age 15-49 are hypertensive. The survey has also found that about 60.4% of persons under screened have ever had their blood pressure measured.

NFHS;2015-16 was conducted in India from 20th January, 2015 to 4th December, 2016 and information was gathered from 601,509 households, 699,686 women and 103,525 men.

(d): Government of India is implementing a National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS) under National health Mission(NHM) for interventions up to District level. NPCDCS has focus on awareness generation for behavior and life-style changes, screening and early diagnosis of persons with high level of risk factors and their referral to higher facilities for appropriate management of non-communicable diseases(NCDs) including hypertension. Till June, 2018; 525 District NCD Clinics, 2564 Community Health Centres NCD Clinics and 167 Cardiac Care Units have been set up under the programme.

For early diagnosis, Population-based initiative for prevention, control, screening and management of common Non-Communicable Diseases (NCDs) such as Diabetes, Hypertension and common Cancer viz. Oral, Breast and Cervical Cancer has been initiated in more than 150 districts by utilizing the services of the frontline health workers under existing primary healthcare system. This will generate awareness at ground level about risk factors and early detection for Hypertension.

Further, in collaboration with the Ministry of AYUSH, an initiative to use the knowledge available in AYUSH system of medicines for prevention and control of Non-communicable Diseases is being implemented in 6 districts on pilot basis. Yoga is a part as adjuvant therapy.