

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

**LOK SABHA
UNSTARRED QUESTION NO. 3464
TO BE ANSWERED ON 13TH MARCH 2026**

HYPERTENSION AMONG CHILDREN

3464. SHRI K C VENUGOPAL:

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

- (a) whether the Government has taken note of the rising prevalence of hypertension among children and adolescents, particularly in urban areas, if so, the details thereof;
- (b) whether routine blood pressure screening is being integrated into existing child health and nutrition programmes such as Integrated Child Development Services (ICDS), POSHAN Abhiyaan and school-based initiatives, if so, the details thereof;
- (c) the steps being taken to address lifestyle-related risk factors among children, including unhealthy diets, physical inactivity and excessive screen time; and
- (d) whether guidelines/training are being provided to Anganwadi Workers (AWWs) and frontline staff for early identification and referral of children with elevated blood pressure, if so, the details thereof?

ANSWER

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

(a) & (b) Under Rashtriya Bal Swasthya Karyakram (RBSK) of the National Health Mission (NHM), Mobile Health Teams (MHT) conduct health screening of children from birth to 18 years for the four D's: Defects at birth, Diseases, Deficiencies, and Development delays at Anganwadi and Schools. This basic health screening of children is conducted using a structured format, which includes measuring height, weight (BMI), and blood pressure for early identification and referral to public health facilities for management and follow-up across both urban and rural areas in the country.

(c) Government of India implements the Rashtriya Kishor Swasthya Karyakram (RKSK) under which Adolescent Friendly Health Centres (AFHCs) are established across the country, wherein the adolescents are provided with counselling services on major adolescent health issues including the importance of taking balanced and nutritious diet, role of physical activity in keeping the healthy body and reducing screen time. Health and Wellness Ambassadors (HWAs) of the School Health and Wellness Programme (SHWP) conduct

regular sessions on 11 themes including nutrition, health and sanitation, growing up healthy, and promotion of healthy lifestyle. The awareness is done through dissemination of Information, Education, and Communication (IEC) material including audiovisual in the schools and community by the States/UTs.

(d) The frontline staff in NHM, like Mobile Health Teams (MHTs) under RBSK, are regularly trained using RBSK Job aids and Resource Manual for early identification and referral of the children identified with Hypertension.
