

Epidemiology of Hypertension in India

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Abstract

Hypertension is one of the modifiable major risk factors contributing to premature mortality from cardiovascular and cerebro-vascular diseases. Over the years it has emerged as an important public health problem in India. Studies carried out globally have established the risk factors of hypertension. These risk factors operate in different combinations in different parts of the world. Review of literature suggests that predictive risk factors for hypertension in Indian population are age (>50 years), male gender, socioeconomic group, anthropometric parameters like body weight especially truncal obesity, increased insulin levels, metabolic syndrome, and lifestyle conditions such as alcohol consumption. The high risk strategy of early detection and treatment does not appear to be a practical strategy; however, clinic visits can be utilized for detection and treatment. As the prevalence of risk factors are on the rise in India, focus on population strategies to keep the distribution of risk factors at lower level in the entire population is the most appropriate preventive strategy at this stage.

Key words: Epidemiology, hypertension, risk factors, prevention, India

