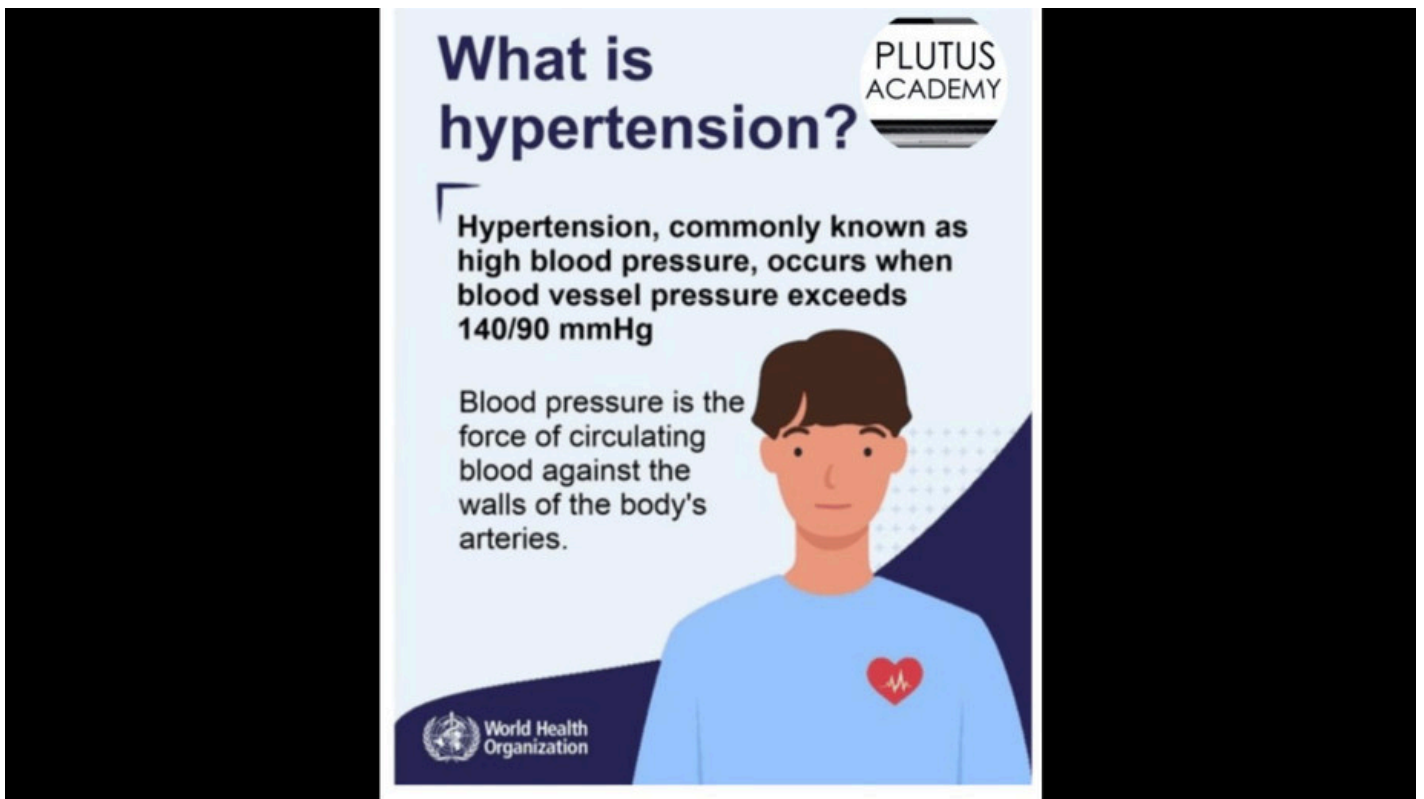




# WHO Released a Global Report on Hypertension



Our "Daily Current Affairs" feature spotlights the WHO's freshly released "Global Report on Hypertension." Authored by Rishabh, this article delves into the overarching impact of hypertension on a global scale, with a specific emphasis on its effects in India. The article has been meticulously reviewed by our experienced teacher, Kapil Kushwaha. If you wish to peruse the full article, please click the link "[WHO Releases Global Report on Hypertension.](#)"

The hypertension study by World Health Organization (WHO), explores the global effects of high blood pressure. There are several important discoveries and revelations in this research, "Unmasking the Silent Killer: A Global Assessment of Hypertension," including:

## How to Spot Hypertension

Measurements of the blood pressure higher than 140/90 mmHg are considered to be high blood pressure, also referred to as hypertension. Hypertension that persists can harm a person's health even if it is prevalent. Achieving success in competitive exams like SSC, Bank, and CUET requires staying updated with daily current affairs. Plutus Academy offers a specialized section for [current affairs](#) on its website.

## Global Impact

Hypertension has now surpassed other key risks like smoking and excessive blood sugar levels to take the scary position of being the leading cause of fatalities worldwide. According to the report, over 75% of those affected by bp live in LMICs (Low- and Middle-Income Countries), and the figure rose between 1990 and 2019. Excessive systolic blood pressure, or hypertension, has been established as the main global risk factor for untimely death.

## **Indian Perspective**

It is estimated that 188.3 million Indians between the ages of 30 and 79 have hypertension. To obtain a 50% control rate, an additional 67 million Indians need to get appropriate medical treatment. Hypertension affects 33% of the population, which is a little more than the global average. Even though 37% of individuals have received a medical evaluation, only 30% of those individuals are undergoing therapy. The National Health Mission's India Hypertension Reduction Program has done outstanding work to deliver primary medical treatment.

## **The hidden danger**

Hypertension has the scary nickname "Covert Menace" because of its reputation for acting discreetly. One in three people regularly develop high blood pressure levels despite exhibiting any apparent signs. Unexpectedly, more than half of those who suffer from elevated blood pressure are uninformed of their illness.

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## **Influence globally:**

Youths with hypertension, affecting 30% of them, are at higher risk for coronary artery disease, stroke, and sudden death. Cardiovascular disease is slightly more common in men than in women (34% vs. 32%).

## **Hypertension treatment:**

Only 54% of adults aged 30-79 sought medical attention when identified as having elevated blood pressure, and only 42% of those people are still receiving it. Tragically, just 21% of persons are able to lower their blood pressure levels successfully. There are substantial differences in treatment security, with the Region of the American continent seeing an average of 60% and the Territory of Africa experiencing an aggregate of 27%.

**Global objectives and preventative measures:**

The report supports the WHO HEARTS Package, which includes encouraging the use of drug-specific treatments, guaranteeing long-term access to medications, promoting collaborative approaches to medication, creating patient-friendly healthcare systems, and establishing a solid foundation to manage cardiovascular disease data. As comprehensive responses to this significant international health concern, the extension of comprehensive hypertension initiatives to encompass all communities and enhancing medical facilities are also urged.