

NATIONAL NCD MONITORING SURVEY (NNMS)

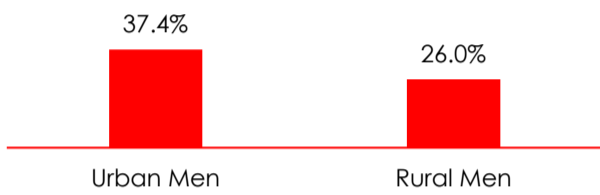
WORLD HYPERTENSION DAY

Theme: Measure Your Blood Pressure Accurately, Control It, Live Longer

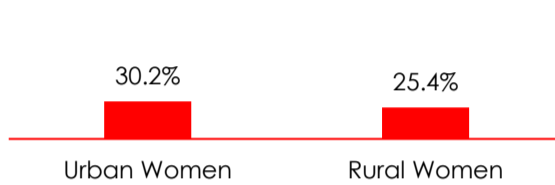
National Noncommunicable disease Monitoring Survey (NNMS) was conducted during 2017–18 by ICMR-NCDIR. Survey covered a national sample of 12,000 households to provide data on key risk factors for NCDs (behavioural and metabolic risk factors) among males and females aged 15-17- and 18-69-years residing in urban and rural areas. The survey also generated information on health seeking behaviours, management indicators and national health system response to tackle NCDs in the country.

Key findings - Adults (18-69 years)

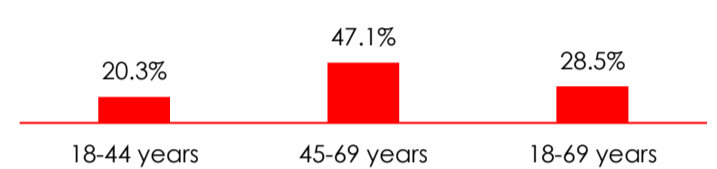
Prevalence of hypertension¹ in men by area of residence (%)



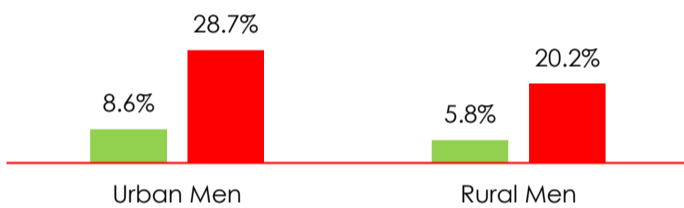
Prevalence of hypertension¹ in women by area of residence (%)



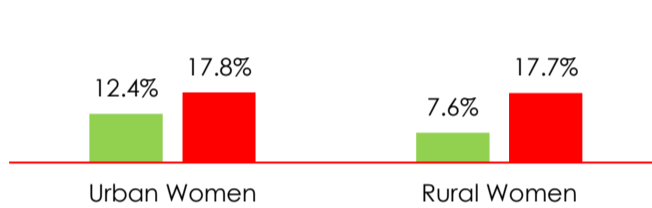
Prevalence of hypertension¹ by age groups (%)



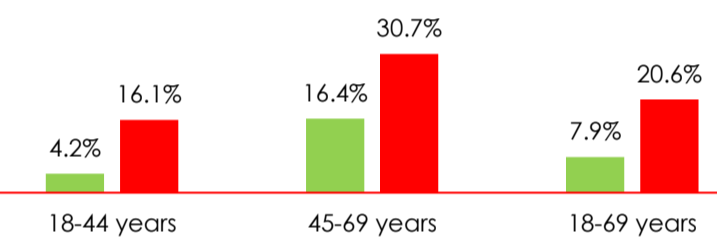
Prevalence of previously² and newly³ diagnosed hypertension among men by area of residence (%)



Prevalence of previously² and newly³ diagnosed hypertension in women by area of residence (%)



Prevalence of previously² and newly³ diagnosed hypertension by age groups (%)

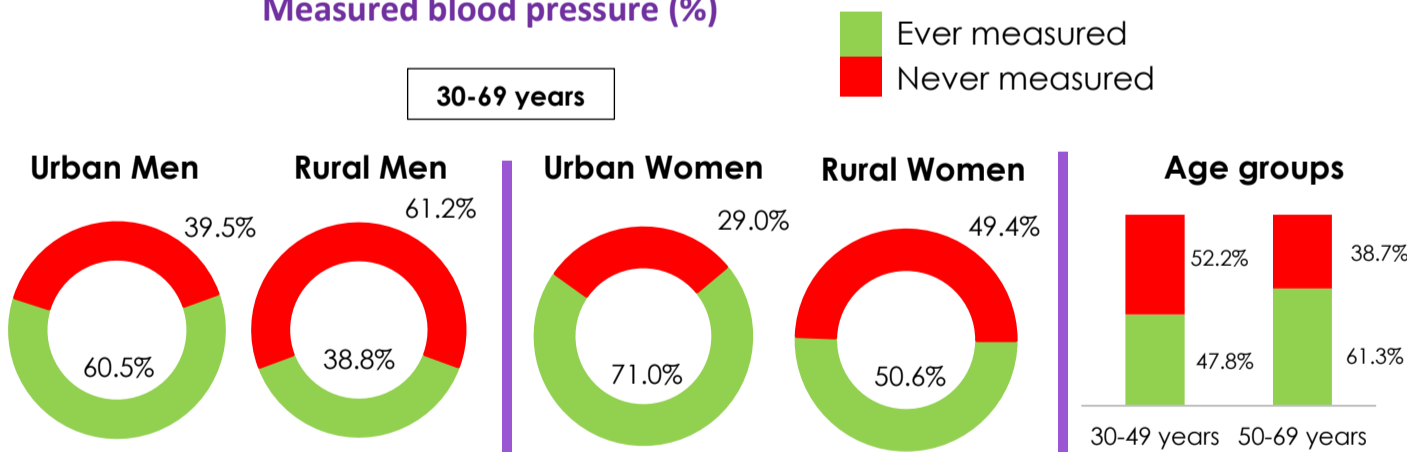


■ Previously-diagnosed²
■ Newly-diagnosed³

1. Prevalence of Hypertension: Adults with Systolic Blood Pressure ≥ 140 mmHg and Diastolic Blood Pressure ≥ 90 mmHg including those on medication.
 2. Previously-diagnosed hypertension: Adults who self-reported being previously diagnosed with hypertension by a doctor or health professional.
 3. Newly-diagnosed hypertension: Adults with Systolic Blood Pressure ≥ 140 mmHg and Diastolic Blood Pressure ≥ 90 mmHg detected for the first time during the survey.

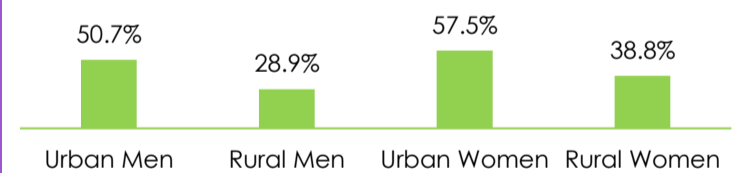
Key findings - Adults (30-69 years)

Measured blood pressure (%)

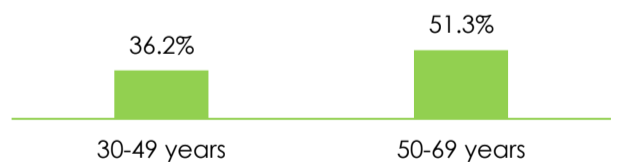


Measured blood pressure in last 12 months (%)

By gender and area of residence (%)

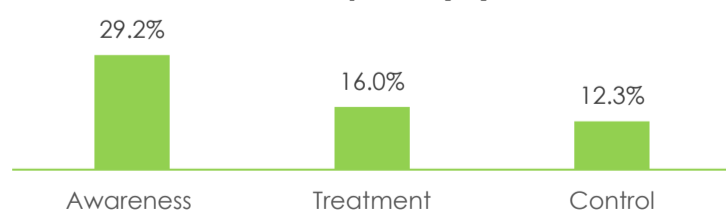


By age groups (%)



Awareness,⁴ treatment⁵ and control⁶ of raised blood pressure among those with hypertension (%)

30-69 years (%)



4. Awareness: Self-reported being previously diagnosed with hypertension by a doctor or health professional.
 5. Treatment: Being on prescribed anti-hypertensives in last 2 weeks prior to survey.
 6. Control: Blood pressure level – Systolic Blood Pressure < 140 mmHg and Diastolic Blood Pressure < 90 mmHg

Key implications to achieve global and national target: 25% reduction in raised blood pressure by 2025

- Regular check on blood pressure helps in early detection, timely management of hypertension and prevents risk of stroke, heart and kidney diseases.
- Adherence to prescribed treatment helps keep blood pressure under control.
- Adopting healthy lifestyle decreases risk of developing hypertension.

