

### 4.4.2 RAISED BLOOD PRESSURE

Respondents aged 30-69 years were asked if they ever had their blood pressure measured by a doctor or other health worker and for those measured if they had been diagnosed with raised blood pressure.

#### KEY FINDINGS

**29.2%** were **aware** of their raised blood pressure status and **16.0%** were currently **on treatment** (last 2 weeks) and **12.3%** had their blood pressure in **control** (<140/90mm of Hg).

#### Practices on measurement of blood pressure

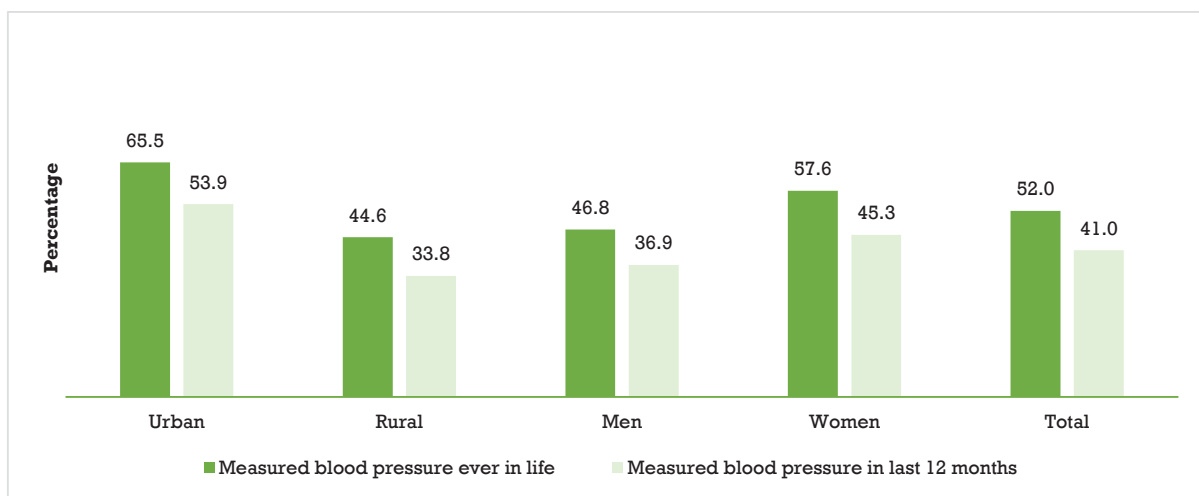


Figure 4.4.2.1 Practices reported for blood pressure measurement by area of residence and gender (Percentage)

It was observed that, half of the adults never got their blood pressure measured in their life. While, a proportion of 41.0% had it measured during the last 12 months, urban (53.9%) and women (45.3%) (Figure 4.4.2.1). 61.3% of older adults aged between of 50-69 years had their blood pressure measured ever in life and 51.3% in the last 12 months. (Annexure table 4.4.2.1a and b)

#### Awareness, treatment and control of raised blood pressure

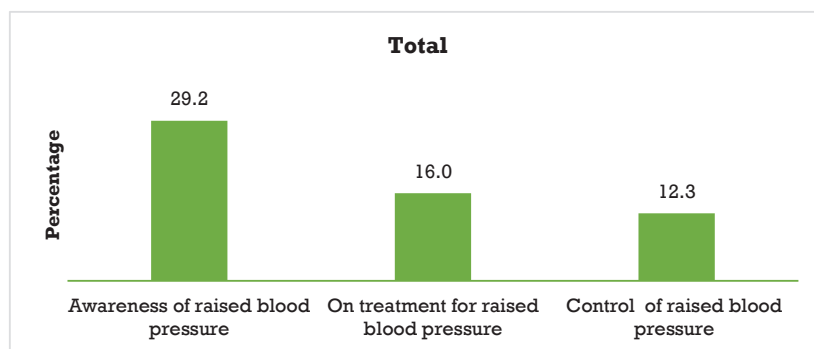


Figure 4.4.2.2a. Awareness, treatment and control of blood pressure among those with raised blood pressure (Percentage)

Among those with raised blood pressure, 29.2% reported being aware of their status (31.2% urban and 27.8% rural; 24.2% men and 34.9% women) and 16.0% were currently on treatment (last 2 weeks), 19.0% from urban areas and 20.6% were women. 11.1% were currently on treatment (last 2 weeks), 19.0% from urban areas and 13.2% were women.

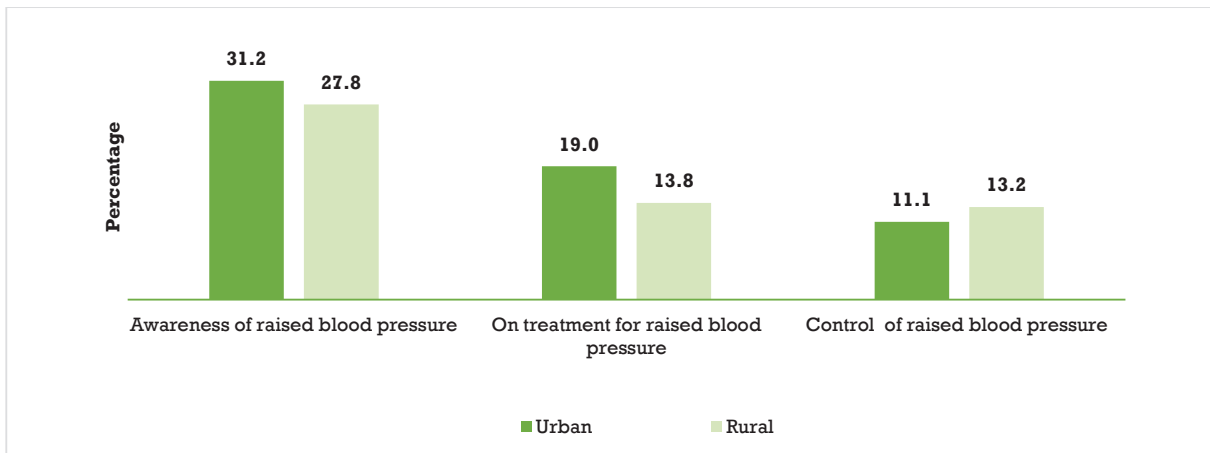


Figure 4.4.2.2b. Awareness, treatment and control of blood pressure among those with raised blood pressure by area of residence (Percentage)

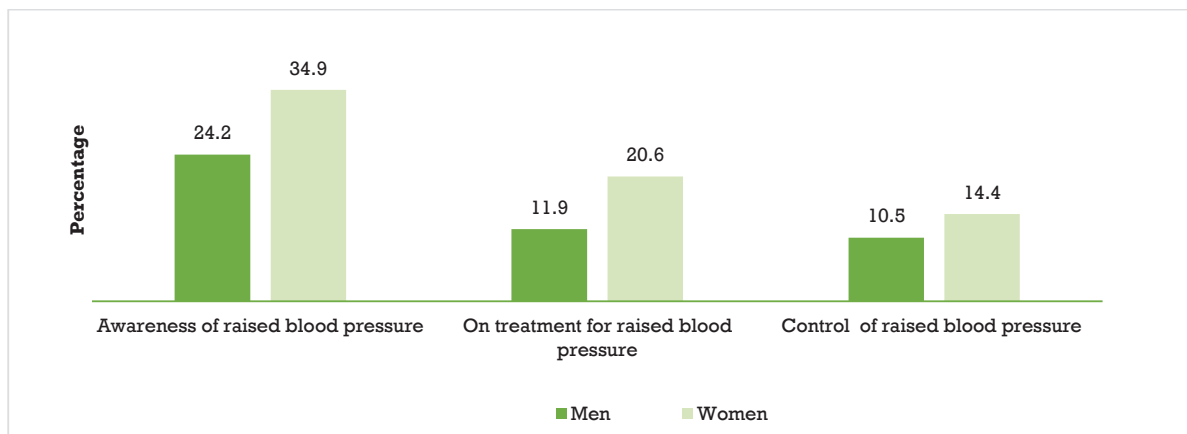


Figure 4.4.2.2c. Awareness, treatment and control of blood pressure among those with raised blood pressure by gender (Percentage)

Among those with history of raised blood pressure, 12.3% had their blood pressure level under control (SBP <140mmHg and DBP <90mmHg), with low controls observed in urban areas (11.1%) than rural areas (13.2%) and similar observations were found among men (7.5% urban men and 12.7% rural men) (Figure 4.4.2.2a - c). The proportions (awareness, on treatment and control) were higher among adults aged 50-69 years. (Annexure table 4.4.2.2b)

### Consultation and source of medication for raised blood pressure

**Table 4.4.2.1 Source of current consultation and treatment among those with known raised blood pressure by area of residence and gender (Percentage)**

30 - 69 years	Urban			Rural			Total		
	Men	Women	Combined	Men	Women	Combined	Men	Women	Combined
Currently consulting allopathic practitioner in public sector	17.1	22.3	20.1	10.5	23.2	17.5	13.3	22.8	18.6
Currently on treatment with public sector as source of medicines in last 2 weeks	5.6	16.4	11.7	9.6	10.2	9.9	7.9	13.0	10.7
Currently on treatment with chemist/private/NGO dispensary as source of medicines in last 2 weeks	49.4	48.3	48.8	37.0	42.6	40.1	42.3	45.2	43.9
Currently consulting AYUSH <sup>1</sup> practitioner in public sector	16.1	19.2	17.8	14.7	17.9	16.5	15.3	18.4	17.1
Currently on medication from AYUSH practitioners	10.1	16.4	13.7	9.0	7.7	8.3	9.5	11.5	10.6

<sup>1</sup>The systems of medicine under AYUSH in the survey includes, Ayurveda; Unani; Siddha and Homeopathy

Among those with a history of raised blood pressure, 18.6% and 17.1% consulted allopathic practitioner in public sector and AYUSH practitioner, respectively. Additionally, only 10.7% reported public sector as source of obtaining medicines for raised blood pressure. (*Table 4.4.2.1*)