

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

**RAJYA SABHA
UNSTARRED QUESTION NO. 286
TO BE ANSWERED ON 4TH FEBRUARY, 2025**

HYPERTENSION CASES AMONG YOUTHS

286 DR. ASHOK KUMAR MITTAL:

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

- (a) the details of the cases registered of hypertension among youths, particularly in urban and rural areas since 2019, age group-wise;
- (b) the details of the initiatives undertaken by Government to train healthcare providers to identify and manage hypertension in younger age groups;
- (c) the details of the programs conducted to educate youths on adopting healthy lifestyles, including diet and exercise to prevent hypertension; and
- (d) whether research initiatives have been undertaken by Government to study the causes and patterns of hypertension among youths in the country, if so, the details thereof?

ANSWER

**THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND FAMILY WELFARE
(SHRI PRATAPRAO JADHAV)**

(a) to (d): The Department of Health & Family Welfare, Government of India, provides technical and financial support to the States/UTs under the National Programme for Prevention and Control of Non-Communicable Diseases (NP-NCD) as part of National Health Mission (NHM), based on the proposals received from the States and Union Territories and subject to the resource envelope.

Under NP-NCD, a population-based initiative for prevention, control and screening for common NCDs i.e. diabetes, hypertension and common cancers has been rolled out in the country as a part of Comprehensive Primary Health Care. Under the initiative, persons more than 30 years of age are targeted for their screening. As per NCD portal, as on 21st January 2025, the achievements with respect to Hypertension are provided below:

Screened	33,16,10,613
Diagnosed	4,31,35,518
Under Treatment	3,73,65,505

Prevention, control & screening services are provided through trained frontline workers [Accredited Social Health Activist (ASHA) & Auxiliary Nurse and Midwife (ANM)], and the referral support and

continuity of care is ensured through Community Health Centres, District Hospitals and other tertiary care institutions. Training Modules on screening, management and awareness generation for NCDs have been developed for training of various categories of health staff viz. Nurses, ANMs, ASHAs and Medical Officers.

Preventive aspect of Hypertension is strengthened under Comprehensive Primary Health Care through AyushmanArogyaMandirs, by promotion of wellness activities and targeted communication at the community level. Public awareness creation through print, electronic and social media about promotion of healthy lifestyle including observation of World Hypertension Day. Healthy eating is also promoted by various means including through FSSAI. The 'Eat Right India' movement, project 'safe and nutritious food' and 'Aaj se thodakum' awareness activities are also initiated. The Fit India movement, launched in August 2019, by the Ministry of Youth Affairs and Sports on the occasion of National Sports Day, aims to make fitness an integral part of the daily life of every Indian citizen.

The National Non-communicable Disease Monitoring Survey (NNMS) 2017-18, conducted by the Ministry of Health & Family Welfare in collaboration with ICMR-NCDIR, studied the prevalence of risk factors for NCDs, including hypertension, among adults aged 18-69 years. The survey assessed key determinants such as tobacco use, alcohol consumption, dietary habits, physical activity, and biometric measurements, providing comprehensive insights into the risk factors associated with hypertension. According to the survey, approx. 26.1% of adults were either overweight, 41.3% of the population reported insufficient physical activity, while tobacco use, and alcohol use was prevalent among 32.8% and 15.9% of people respectively. The details of the survey is available at <https://www.ncdirindia.org/nnms/resources/NNMS%202017-18%20-%20Report.pdf>
