

# Estonia

## Hypertension profile

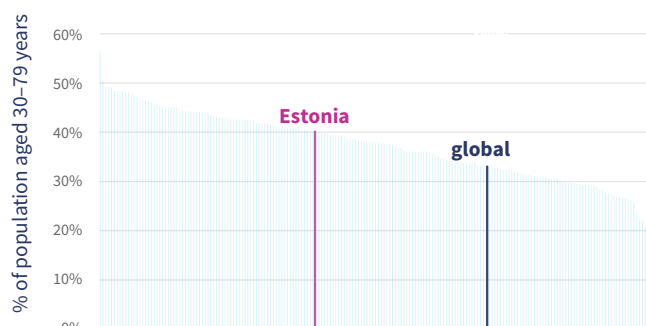
Total population (2019): 1 327 000

Total deaths (2019): 15 200

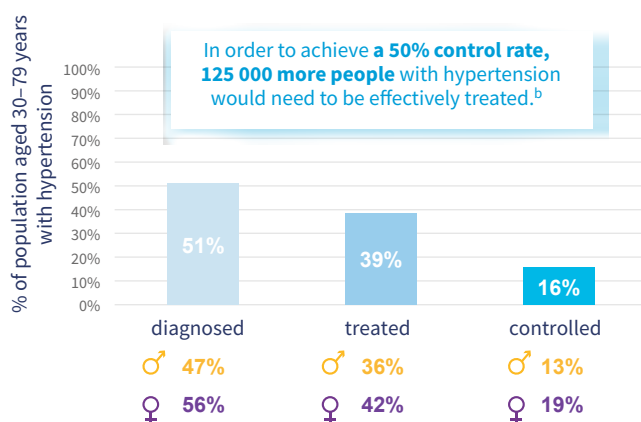
Age-standardized prevalence of hypertension among adults aged 30–79 years (2019)<sup>a</sup>

♀ 40% ♂ 46% ♀ 34%

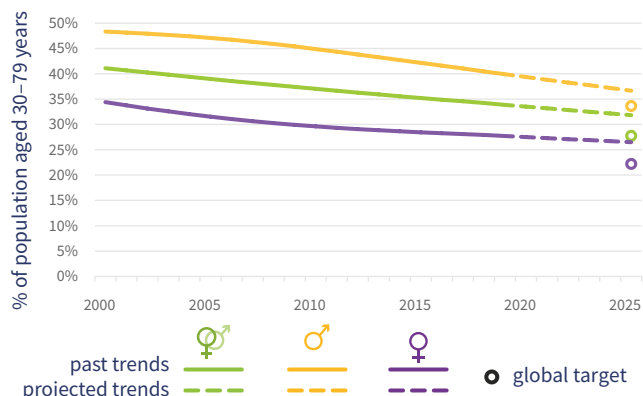
### Prevalence of hypertension – global comparison (both sexes)<sup>a</sup>



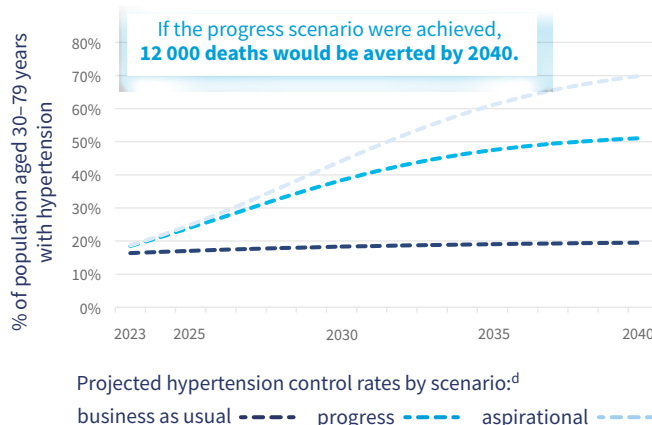
Of the 368 000 adults aged 30–79 years with hypertension:



### Trends in uncontrolled hypertension in adults aged 30–79 years<sup>c</sup>



### Hypertension control rate scenarios



## Mortality

	both sexes	males	females	year
Probability of premature mortality from NCDs (%)	15	22	9	2019
Cardiovascular disease deaths	7700	3000	4700	2019
Cardiovascular disease deaths attributable to high systolic blood pressure (%)	63	63	63	2019

## Risk factors<sup>e</sup>

	both sexes	males	females	year
Mean population salt intake, adults aged 25+ years (g/day)	6	7	5	2019
Current tobacco use, adults aged 15+ years (%)	31	37	24	2019
Obesity, adults aged 18+ years (%)	21	20	22	2016
Total alcohol per capita consumption, adults aged 15+ years (litres)	11	18	5	2019
Physical inactivity, adults aged 18+ years (%)	32	29	35	2016

## National response

### Targets

- National target for blood pressure
- National target for salt consumption

### Surveillance

- Conducted recent, national survey measuring raised blood pressure/hypertension
- Conducted recent, national survey on salt/sodium intake
- Functioning system for generating reliable cause-specific mortality data on a routine basis

### Treatment

- Guidelines for management of hypertension

Footnotes: a. SBP ≥140 mmHg or DBP ≥90 mmHg or taking medication for hypertension. b. Control rate: adults aged 30–79 years receiving treatment, with blood pressure SBP <140 mmHg and DBP <90 mmHg. c. SBP ≥140 mmHg or DBP ≥90 mmHg. d. Progress and aspirational scenarios reflect a theoretical scaling up of treatment and control. e. Age-standardized estimates are presented for all indicators except salt intake.

See Explanatory notes for description of indicators