

Japan

Hypertension profile

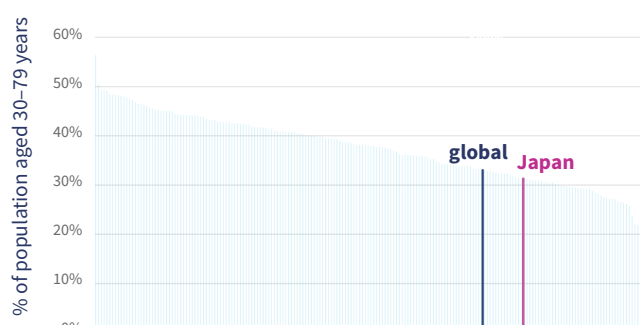
Total population (2019): 125 800 000

Total deaths (2019): 1 352 000

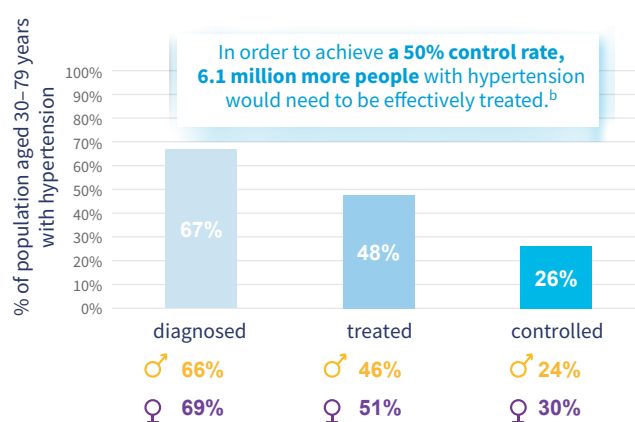
Age-standardized prevalence of hypertension among adults aged 30–79 years (2019)^a

♀ 31% ♂ 40% ♀ 23%

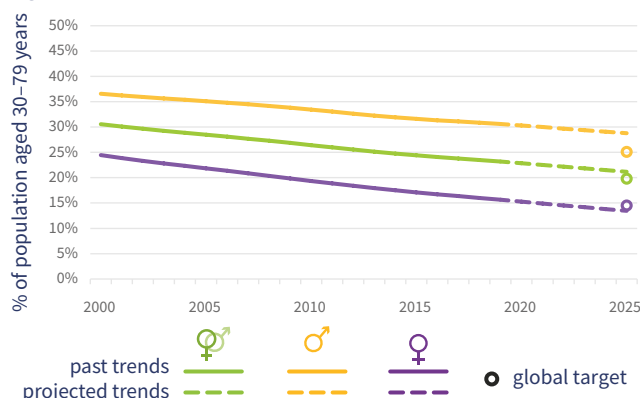
Prevalence of hypertension – global comparison (both sexes)^a



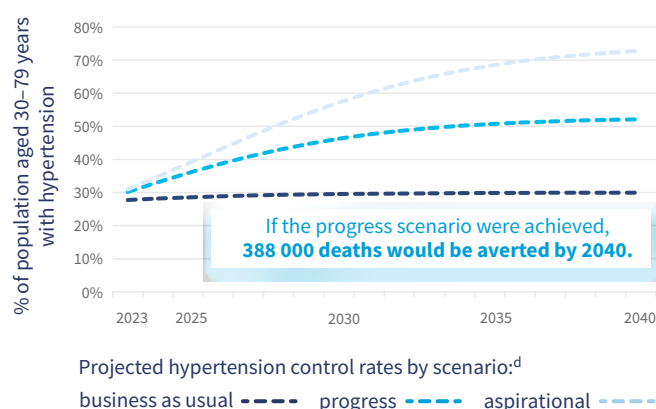
Of the **33.1 million** adults aged 30–79 years with hypertension:



Trends in uncontrolled hypertension in adults aged 30–79 years^c



Hypertension control rate scenarios



Mortality

	both sexes	males	females	year
Probability of premature mortality from NCDs (%)	8	11	6	2019
Cardiovascular disease deaths	364 000	165 000	199 000	2019
Cardiovascular disease deaths attributable to high systolic blood pressure (%)	45	48	42	2019

Risk factors^e

	both sexes	males	females	year
Mean population salt intake, adults aged 25+ years (g/day)	10	11	9	2019
Current tobacco use, adults aged 15+ years (%) ^f	21	31	10	2019
Obesity, adults aged 18+ years (%)	4	5	4	2016
Total alcohol per capita consumption, adults aged 15+ years (litres)	7	11	3	2019
Physical inactivity, adults aged 18+ years (%)	35	34	37	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
- no data

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. f. Data refer to tobacco smoking only, in the absence of sufficient data on all tobacco use.

See Explanatory notes for description of indicators