

Kuwait

Total population (2019): 4 441 000

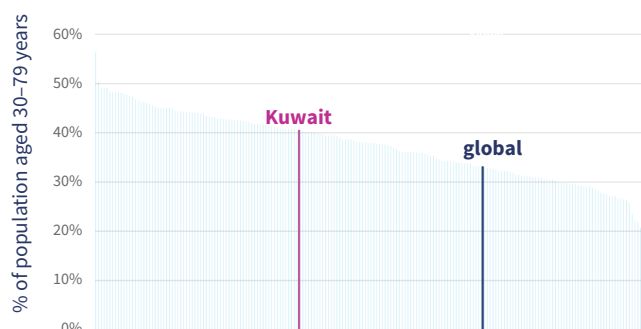
Hypertension profile

Total deaths (2019): 8240

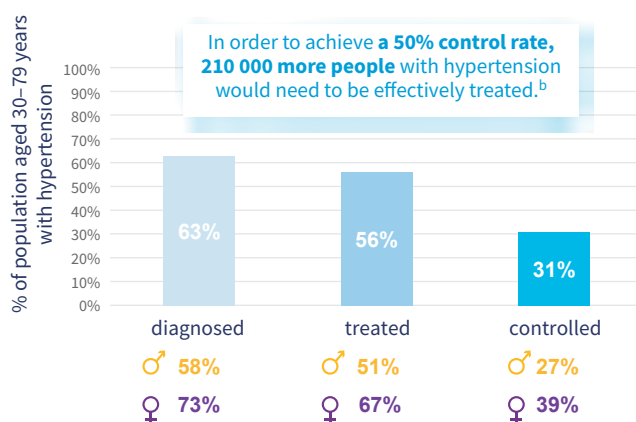
Age-standardized prevalence of hypertension among adults aged 30–79 years (2019)^a

♀ 41% ♂ 44% ♀ 35%

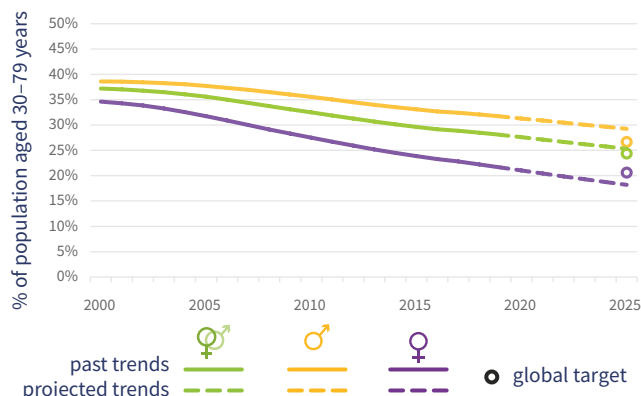
Prevalence of hypertension – global comparison (both sexes)^a



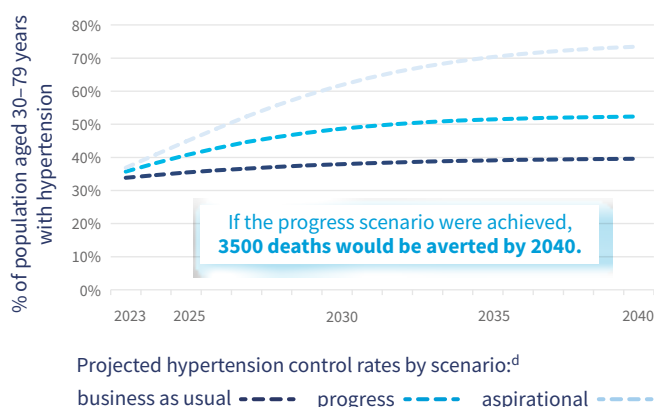
Of the 921 000 adults aged 30–79 years with hypertension:



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 (%)	12	14	8	2019
Cardiovascular disease deaths	3300	2900	460	2019
Cardiovascular disease deaths attributable to high systolic blood pressure (%)	57	55	60	2019

Risk factors^e

	both sexes	males	females	year
Mean population salt intake, adults aged 25+ years (g/day)	8	9	7	2019
Current tobacco use, adults aged 15+ years (%)	18	34	2	2019
Obesity, adults aged 18+ years (%)	38	33	46	2016
Total alcohol per capita consumption, adults aged 15+ years (litres)	0	0	0	2019
Physical inactivity, adults aged 18+ years (%)	67	61	75	2016

National response

Targets

National target for blood pressure ✓
 National target for salt consumption ✓

Treatment

Guidelines for management of hypertension ✓

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 ✓

Footnotes: a. SBP \geq 140 mmHg or DBP \geq 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 \geq 140 mmHg or DBP \geq 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