

Lithuania

Hypertension profile

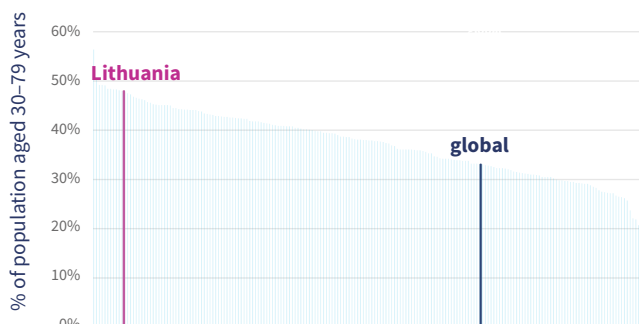
Total population (2019): 2 849 000

Total deaths (2019): 42 000

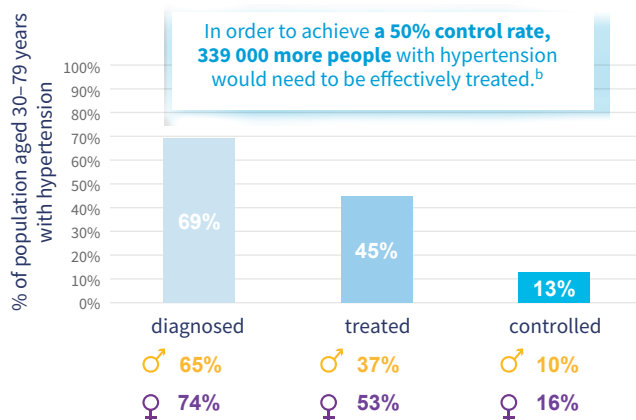
Age-standardized prevalence of hypertension among adults aged 30–79 years (2019)^a

♀ 48% ♂ 54% ♀ 42%

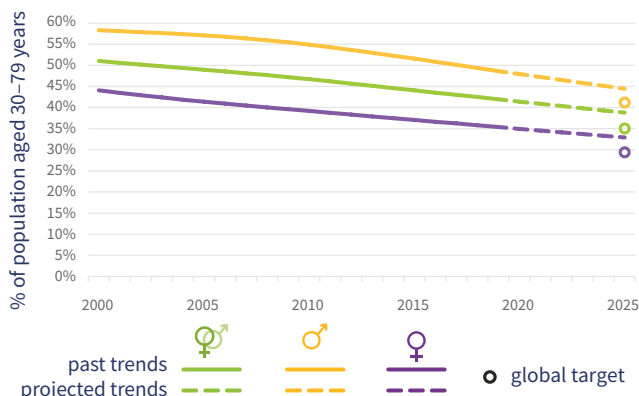
Prevalence of hypertension – global comparison (both sexes)^a



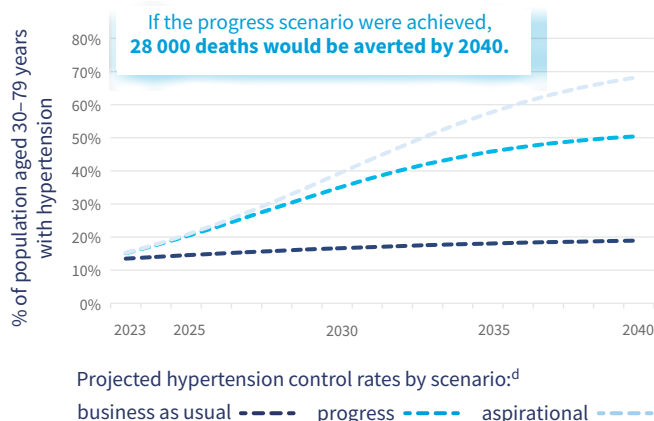
Of the 940 000 adults aged 30–79 years with hypertension:



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 (%)	19	28	12	2019
Cardiovascular disease deaths	24 000	9400	14 500	2019
Cardiovascular disease deaths attributable to high systolic blood pressure (%)	58	60	56	2019

Risk factors^e

	both sexes	males	females	year
Mean population salt intake, adults aged 25+ years (g/day)	7	8	7	2019
Current tobacco use, adults aged 15+ years (%)	32	43	22	2019
Obesity, adults aged 18+ years (%)	26	24	28	2016
Total alcohol per capita consumption, adults aged 15+ years (litres)	12	19	5	2019
Physical inactivity, adults aged 18+ years (%)	27	23	29	2016

National response

Targets

National target for blood pressure	✗	Treatment	Guidelines for management of hypertension	✓
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	✓

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