

Russian Federation

Hypertension profile

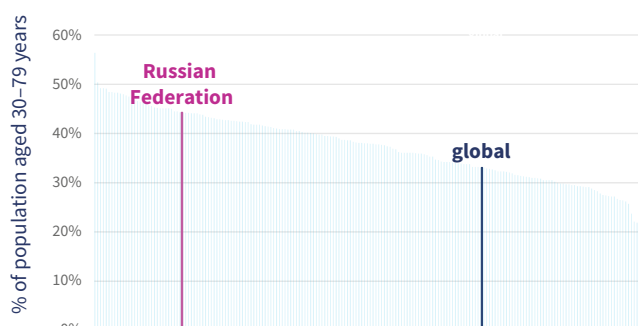
Total population (2019): 145 700 000

Total deaths (2019): 1 790 000

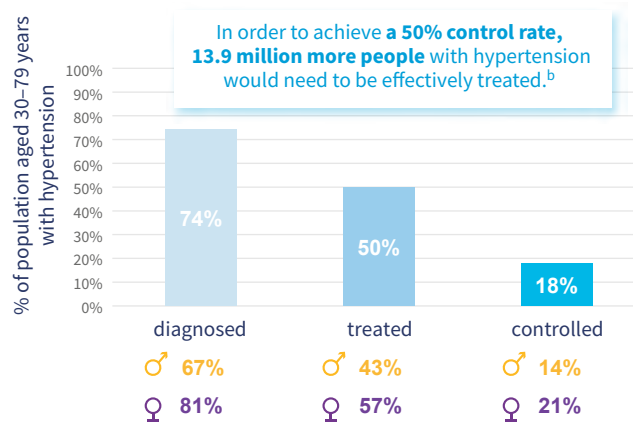
Age-standardized prevalence of hypertension among adults aged 30–79 years (2019)^a

♀ 44% ♂ 47% ♀ 41%

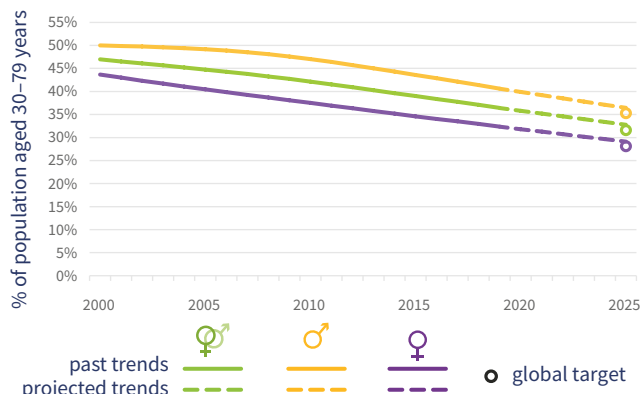
Prevalence of hypertension – global comparison (both sexes)^a



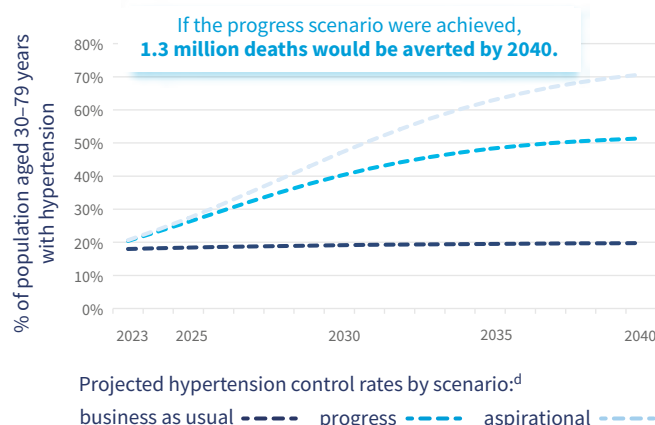
Of the **43.1 million** adults aged 30–79 years with hypertension:



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 (%)	24	35	15	2019
Cardiovascular disease deaths	1 004 000	436 000	568 000	2019
Cardiovascular disease deaths attributable to high systolic blood pressure (%)	55	55	55	2019

Risk factors^e

	both sexes	males	females	year
Mean population salt intake, adults aged 25+ years (g/day)	10	11	8	2019
Current tobacco use, adults aged 15+ years (%)	27	42	13	2019
Obesity, adults aged 18+ years (%)	23	18	27	2016
Total alcohol per capita consumption, adults aged 15+ years (litres)	10	18	4	2019
Physical inactivity, adults aged 18+ years (%)	17	17	18	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