

# Saudi Arabia

## Hypertension profile

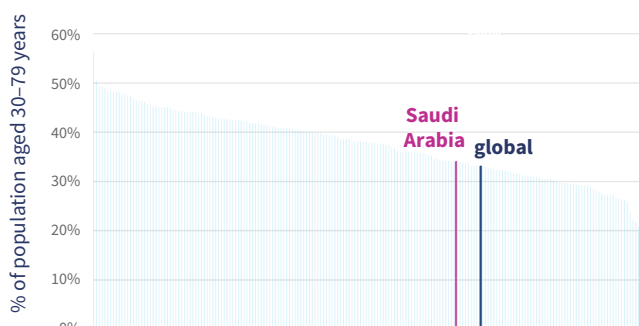
Total population (2019): 35 827 000

Total deaths (2019): 143 000

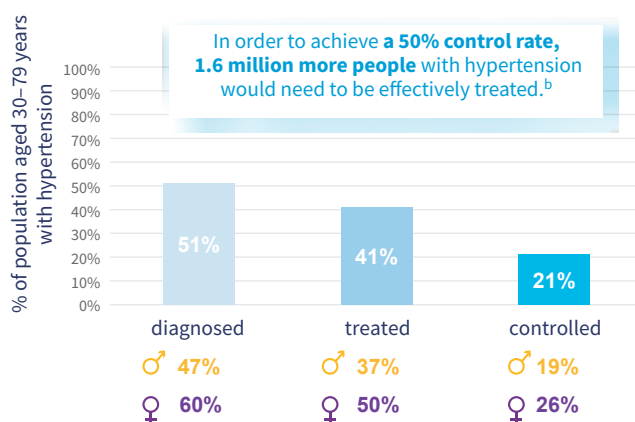
Age-standardized prevalence of hypertension among adults aged 30–79 years (2019)<sup>a</sup>

♀ 34% ♂ 36% ♀ 30%

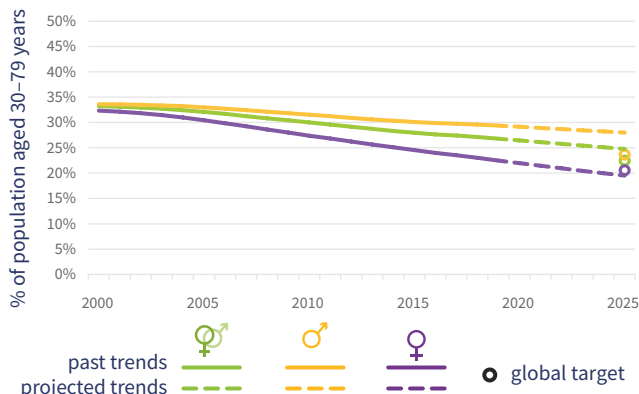
### Prevalence of hypertension – global comparison (both sexes)<sup>a</sup>



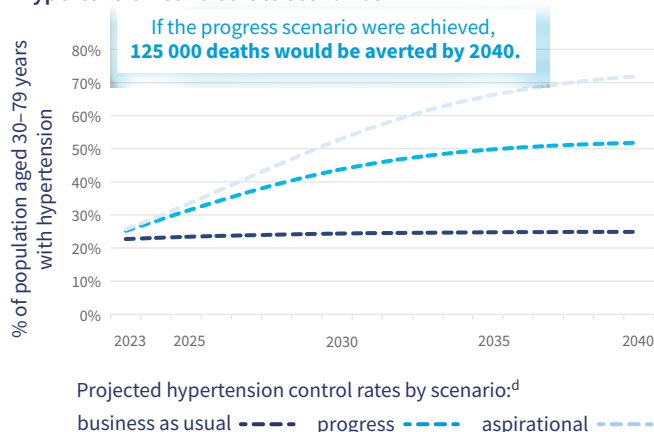
Of the 5.1 million adults aged 30–79 years with hypertension:



### 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 (%)	21	22	18	2019
Cardiovascular disease deaths	60 300	38 200	22 100	2019
Cardiovascular disease deaths attributable to high systolic blood pressure (%)	54	57	49	2019

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

	both sexes	males	females	year
Mean population salt intake, adults aged 25+ years (g/day)	7	7	5	2019
Current tobacco use, adults aged 15+ years (%)	14	26	2	2019
Obesity, adults aged 18+ years (%)	35	31	42	2016
Total alcohol per capita consumption, adults aged 15+ years (litres)	0	0	0	2019
Physical inactivity, adults aged 18+ years (%)	53	45	65	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  $\geq$ 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