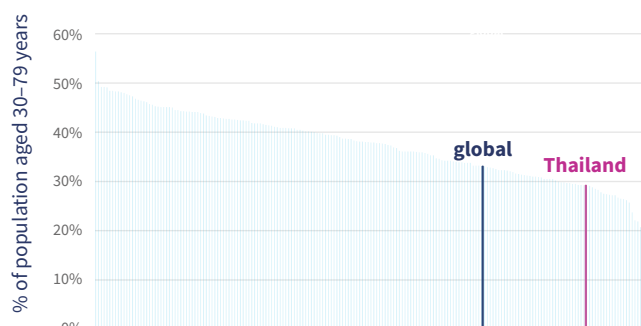# Thailand

Hypertension profile

Total population (2019): 71 308 000

Total deaths (2019): 497 000
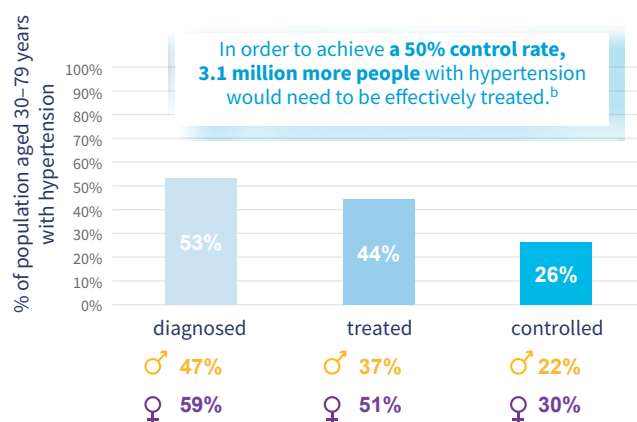
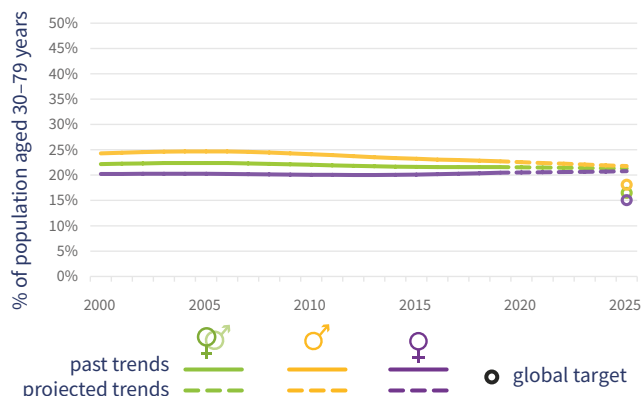Age-standardized prevalence of hypertension among adults aged 30–79 years (2019)[a] ⚥ **29%** ♂ **29%** ♀ **29%**

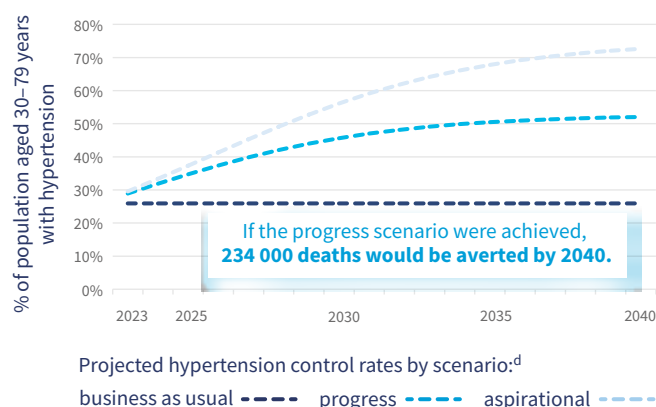## Prevalence of hypertension – global comparison (both sexes)[a]

Of the **13.5 million** adults aged 30–79 years with hypertension:

In order to achieve **a 50% control rate, 3.1 million more people** with hypertension would need to be effectively treated.[b]

	diagnosed	treated	controlled
	53%	44%	26%
♂	47%	37%	22%
♀	59%	51%	30%

Trends in uncontrolled hypertension in adults aged 30–79 years[c]

past trends ⚥ ♂ ♀
projected trends   ⭘ global target

Hypertension control rate scenarios

If the progress scenario were achieved, **234 000 deaths would be averted by 2040.**

Projected hypertension control rates by scenario:[d]
business as usual ▪▪▪   progress ▬ ▬ ▬   aspirational ▬ ▬ ▬

Mortality

	both sexes	males	females	year
Probability of premature mortality from NCDs (%)	14	17	11	2019
Cardiovascular disease deaths	115 000	59 800	55 000	2019
Cardiovascular disease deaths attributable to high systolic blood pressure (%)	44	46	42	2019

Risk factors[e]

	both sexes	males	females	year
Mean population salt intake, adults aged 25+ years (g/day)	11	11	10	2019
Current tobacco use, adults aged 15+ years (%)	23	42	3	2019
Obesity, adults aged 18+ years (%)	10	7	13	2016
Total alcohol per capita consumption, adults aged 15+ years (litres)	8	13	3	2019
Physical inactivity, adults aged 18+ years (%)	25	22	27	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