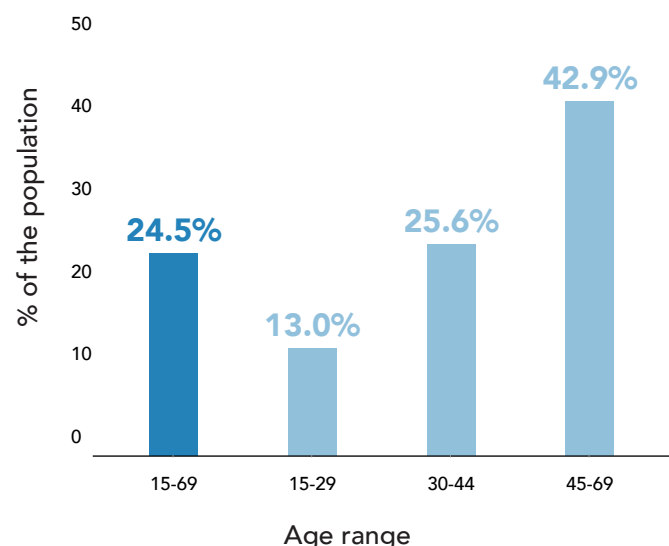


Nepal Hypertension Fact Sheet

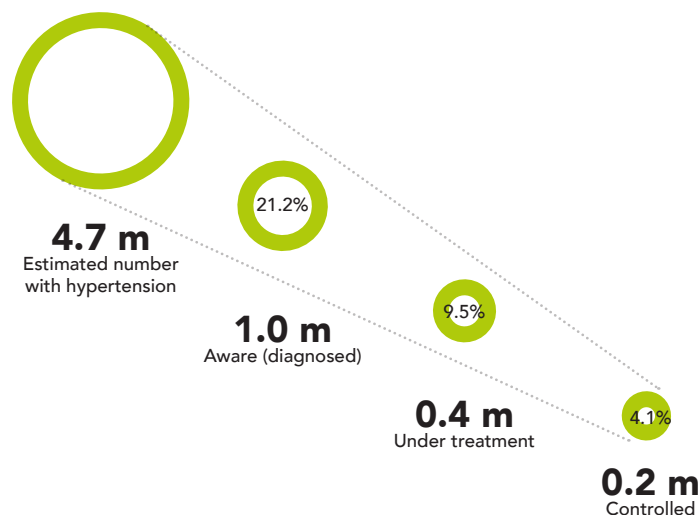
BURDEN OF HYPERTENSION (2019)^{1,2}

2019 TOTAL POPULATION: 28 608 715

24.5% **(4.7 million)** of the adult population have hypertension



Of the **4.7 m** people with hypertension → **4.5 m** do not have it under control



NATIONAL SYSTEMS RESPONSE (2019)³

Availability of a policy to reduce population salt/sodium consumption



Number of essential hypertension-related medicines* reported as "generally available"



Blood pressure measurement reported as "generally available" in primary health care facilities of the public sector



NATIONAL TARGETS⁴



RAISED BLOOD PRESSURE

25% relative reduction in prevalence of raised blood pressure by 2025



SALT CONSUMPTION

30% relative reduction in mean population intake of salt/sodium by 2025

WHO RECOMMENDATIONS FOR HYPERTENSION PREVENTION AND CONTROL

- Address population prevalence of hypertension through reducing modifiable risk factors such as unhealthy diets (excessive salt consumption, high in saturated fat and trans fats, low intake of fruits and vegetables), physical inactivity, consumption of tobacco and alcohol, and being overweight or obese. WHO MPOWER, ACTIVE, SHAKE, REPLACE and HEARTS technical packages** can help in this.
- Address hypertension control (WHO HEARTS technical package):
 - Improve and expand identification and treatment (using evidence based protocols) of people with hypertension
 - Treatment intensification for patients whose blood pressure isn't controlled and ensuring access to medicines
 - Track blood pressure control rates in clinical settings and measure population prevalence.

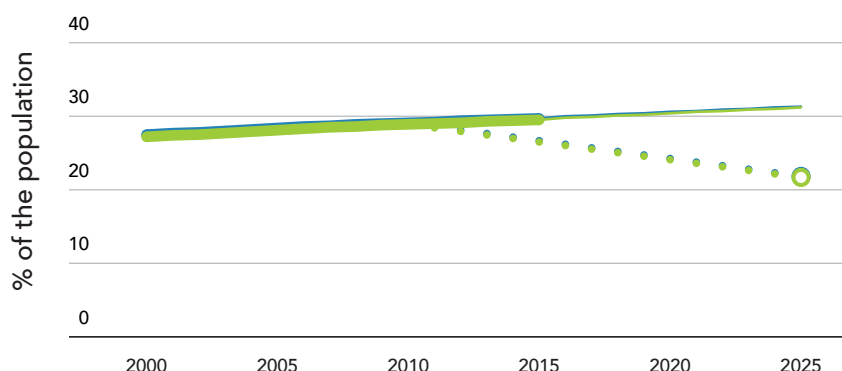
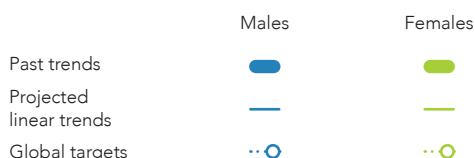
* Essential hypertension-related medicines are Thiazide Diuretics, ACE Inhibitors, Angiotensin II receptor blockers (ARBs), Calcium channel Blockers and Beta Blockers.

** Global Hearts Initiative Technical Packages https://www.who.int/cardiovascular_diseases/global-hearts/en/

Nepal Hypertension Fact Sheet

TRENDS IN UNCONTROLLED HYPERTENSION PREVALENCE IN ADULTS AGED 18+⁵

The prevalence of uncontrolled hypertension has **increased** over time.



HYPERTENSION CASCADE BY AGE AND SEX (2019)^{1,2}

	Males [N in 100 000 (%)]				Females [N in 100 000 (%)]			
	15-69	18-29	30-44	44-69	15-69	18-29	30-44	44-69
With hypertension	24.8 (29.8)	7.6 (18.5)	6 (31.6)	10.6 (46)	21.3 (19.7)	3.9 (8.2)	6.7 (20.5)	11 (39.8)
Aware (diagnosed)	4.6 (18.7)	0.6 (7.2)	1.1 (18.3)	2.8 (26.3)	5.2 (24.6)	0.4 (9.3)	1.6 (23.3)	3.4 (31.2)
Under treatment	2 (7.9)	0.1 (0.7)	0.3 (5)	1.5 (14.6)	2.5 (11.6)	0.1 (1.8)	0.5 (7)	2 (18.1)
Controlled	0.7 (2.9)	- (-)	0.2 (3.1)	0.5 (4.6)	1.2 (5.6)	0 (0.4)	0.3 (4)	0.9 (8.6)

Definitions*

Population with hypertension

People who:

- Have systolic blood pressure (SBP) of ≥ 140 mmHg (mean of 2nd and 3rd measurements), And/OR
- Have diastolic blood pressure (DBP) of ≥ 90 mmHg (mean of 2nd and 3rd measurements), And/OR
- Have been told by a doctor or other health worker that they have raised blood pressure or hypertension AND been treated for raised blood pressure with medication prescribed by a doctor or other health worker in the past two weeks.

Aware (diagnosed)

People who:

- Meet the definition of population with hypertension, AND
- Have been told by a doctor or other health worker that they have raised blood pressure or hypertension

Under treatment

People who:

- Meet the definition of population with hypertension, AND
- Have been told by a doctor or other health worker that they have raised blood pressure or hypertension AND been treated for raised blood pressure with medication prescribed by a doctor or other health worker in the past two weeks.

Controlled

People who:

- Have SBP of < 140 mmHg (mean of 2nd and 3rd measurements), AND
- Have DBP of < 90 mmHg (mean of 2nd and 3rd measurements), AND
- Have been told by a doctor or other health worker that they have raised blood pressure or hypertension AND been treated for raised blood pressure with medication prescribed by a doctor or other health worker in the past two weeks.

* Percentages for Aware (Diagnosed), Under Treatment and Controlled reflect the percentage of the population with hypertension in each of these categories.

Data sources:

1. Prevalence and hypertension cascade data are from the Nepal 2019 STEPwise approach to noncommunicable disease risk factor surveillance (STEPS) survey. <https://extranet.who.int/ncdsmicrodata/>
2. Population estimates are derived by applying percentages from STEPS to the UN estimates of the 2019 Nepal population 15-69 years (United Nations, Department of Economic and Social Affairs, Population Division (2019). World Population Prospects 2019, Online Edition. Rev. 1.).
3. National systems response data is from the 2019 National County Capacity Survey for NCDs.
4. National targets are from the Multisectoral Action Plan for the Prevention and Control of Non Communicable Diseases (2014-2020)
5. Trend data for hypertension are from the Global Health Observatory data repository comparable age-standardized estimates of raised blood pressure (SBP ≥ 140 OR DBP ≥ 90) [accessed February 2020]. <https://www.who.int/data/gho>

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