

Situational Analysis for Accelerating Hypertension Control in the Western Pacific Region

Burden of hypertension in the Western Pacific Region

The prevalence of hypertension has increased in most countries in the Western Pacific Region over time. Based on data from the Global Health Observatory, the proportion of the population in the Region with hypertension increased from a quarter of adults (26%) in 2000 to almost a third of all adults (32%) in 2025, or approximately 436 million people. Based on current trends, the prevalence is expected to continue increasing – by 2030 the number of hypertensive individuals in the Region is estimated to grow to 460 million people (Table 1).

In some countries such as Indonesia, Papua New Guinea and Solomon Islands, the prevalence of hypertension is projected to grow faster than other countries between 2019 and 2030, whereas there are only a few countries where a decline or plateau is expected (Japan and New Zealand). Pacific island countries have the most consistently high prevalence of hypertension in the Region, with more than 40% of the adult population affected in most countries.

Table 1. Hypertension prevalence in adults aged 30–79 in the Western Pacific, by country/area, 2019, 2025 and 2030

Country	2019		2025*		2030*	
	Prevalence (%)	Population affected	Prevalence (%)	Population affected	Prevalence (%)	Population affected
Australia	33%	4 820 925	34%	5 315 321	35%	5 599 944
Brunei Darussalam	44%	99 789	48%	123 413	51%	142 101
Cambodia	23%	1 570 697	26%	2 026 435	28%	2 437 613
China	29%	256 643 552	29%	273 922 208	30%	279 793 248
Cook Islands	47%	4 486	49%	4 866	51%	5 068
Fiji	38%	153 228	41%	180 324	44%	203 044
French Polynesia	43%	64 698	47%	75 607	50%	85 333
Indonesia	39%	51 369 364	44%	63 721 976	48%	74 619 904
Japan	40%	33 090 156	41%	32 180 474	40%	30 330 798
Kiribati	41%	17 890	47%	23 721	51%	29 237
Lao People's Democratic Republic	26%	712 551	27%	890 193	28%	1 053 159
Malaysia	39%	6 068 033	39%	7 113 191	40%	7 935 571
Marshall Islands	30%	6 019	32%	6 981	33%	7 962
Micronesia (Federated States of)	32%	13 840	33%	16 730	34%	19 212
Mongolia	39%	577 607	39%	657 812	40%	714 401
Naoero	39%	1 619	42%	1824	45%	1 987
New Zealand	36%	968 630	35%	1 024 253	35%	1 041 952
Niue	41%	340	44%	383	47%	424

Country	2019		2025*		2030*	
	Prevalence (%)	Population affected	Prevalence (%)	Population affected	Prevalence (%)	Population affected
Palau	46%	4 888	49%	5 406	50%	5 649
Papua New Guinea	25%	809 978	29%	1 092 412	32%	1 378 130
Philippines	32%	14 460 467	33%	17 357 074	34%	19 898 436
Republic of Korea	31%	10 412 751	33%	11 465 649	34%	12 285 257
Samoa	38%	27 085	41%	32 764	44%	37 718
Singapore	35%	1 344 007	36%	1 533 736	37%	1 636 818
Solomon Islands	27%	58 448	31%	79 560	34%	101 672
Tonga	43%	16 678	48%	20 173	52%	23 669
Tuvalu	50%	2 300	54%	2 679	56%	3 005
Vanuatu	36%	37 512	39%	48 351	41%	58 474
Viet Nam	29%	14 322 180	31%	17 471 964	34%	19 989 696

* 2025 and 2030 data are WHO projections assuming continuation of current trends.

Source: [WHO NCD Data Profile](#).

Disparity between countries through the treatment cascade

The hypertension treatment cascade tracks the population through three sequential stages: diagnosis of hypertension; initiation and continuation of treatment of hypertension; and achieving control of hypertension. Loss of individuals with hypertension at each stage of the cascade points to specific health system gaps in screening coverage, linkage to care, treatment access or clinical management.

Based on projected data for 2025 in the Western Pacific Region, of people with hypertension, 56% are diagnosed, 42% receive treatment and 20% have controlled hypertension. These data highlight that there are a significant number of hypertensives who are not diagnosed and therefore do not receive treatment and have not controlled their hypertension.

This pattern is reflected in most countries and areas in the Region, with significant decreases occurring from the diagnosis to treatment to control stages (Table 2). In 2025, the Republic of Korea was the only country in the Region where more than 80% of hypertensives were diagnosed and 50% of them had controlled hypertension.

Table 2. Hypertension diagnosis and treatment cascade of adults aged 30–79 in the Western Pacific, by country/area, 2025*

Country	Hypertension diagnosis coverage		Hypertension treatment coverage		Hypertension effective treatment coverage (controlled hypertension)	
	Proportion	Population affected	Proportion	Population affected	Proportion	Population affected
Australia	63%	3 342 804	52%	2 767 370	28%	1 510 330
Brunei Darussalam	69%	85 048	60%	73 758	33%	40 927
Cambodia	52%	1 054 296	38%	765 221	24%	489 390
China	58%	157 571 312	44%	120 435 112	19%	51 857 212
Cook Islands	63%	3 089	48%	2358	20%	969

Country	Hypertension diagnosis coverage		Hypertension treatment coverage		Hypertension effective treatment coverage (controlled hypertension)	
	Proportion	Population affected	Proportion	Population affected	Proportion	Population affected
Fiji	56%	101 271	36%	65 021	14%	24 826
French Polynesia	48%	35 966	34%	25 592	14%	10 856
Indonesia	38%	24 179 406	21%	13 543 707	5%	3 260 817
Japan	77%	24 627 974	60%	19 215 608	37%	11 799 552
Kiribati	35%	8 211	15%	3470	6%	1 525
Lao People's Democratic Republic	47%	416 095	33%	296 576	16%	144 203
Malaysia	52%	3 697 253	45%	3 179 223	22%	1 549 299
Marshall Islands	47%	3 315	30%	2112	15%	1 064
Micronesia (Federated States of)	54%	9 000	29%	4 926	16%	2 605
Mongolia	72%	471 045	55%	364 815	29%	191 072
Naoero	55%	1 008	29%	520	16%	293
New Zealand	69%	707 768	57%	579 074	32%	331 865
Niue	59%	225	46%	176	21%	81
Palau	60%	3 260	42%	2 276	17%	946
Papua New Guinea	34%	374 752	19%	210 237	12%	127 679
Philippines	55%	9 501 940	37%	6 489 133	19%	3 379 965
Republic of Korea	82%	9 374 769	82%	9 371 372	62%	7 164 495
Samoa	38%	12 363	22%	7 288	11%	3 699
Singapore	74%	1 127 421	69%	1 051 528	44%	676 591
Solomon Islands	37%	29 227	15%	11 826	8%	6 186
Tonga	40%	8 117	28%	5 629	11%	2 163
Tuvalu	35%	940	21%	555	6%	172
Vanuatu	31%	15 090	14%	6 695	6%	2 891
Viet Nam	52%	9 089 918	33%	5 778 199	16%	2 763 663

* 2025 data are WHO projections assuming continuation of current trends.

Source: [WHO NCD Data Profile](#).

Gaps between projected treatment cascade and targets in 2030

Basing projections on the total number of people with hypertension in 2019, the 80-80-80 targets proposed by WHO in the Western Pacific aim to achieve an additional 100 million people with controlled hypertension in the Region by 2030.

By 2030, the target is that 80% of those with hypertension are diagnosed, 80% of those diagnosed are treated (that is, 64% of all individuals with hypertension) and 80% of those treated have controlled hypertension (about 51% of all individuals with hypertension).

Tables 3–5 present the data for each stage of the hypertension treatment cascade with 2019 data as the baseline, the projected figure in 2030 if current trends continue and what the target figure for each country is for that stage. The tables show that most countries and areas in the Western Pacific Region are not on track to reach the 80-80-80 target by 2030 if current trends continue and efforts are not accelerated. The gap is largest for effective treatment coverage because of the cumulative effect of the shortfalls at the diagnosis and treatment stages.

Three countries – Brunei Darussalam, the Republic of Korea and Singapore – are projected to surpass or come close to the target by 2030 based on current trends. These countries offer useful examples within the Region of what stronger progress through the cascade can look like and may be worth closer examination to understand which policies or health system features have contributed to their progress.

Table 3. Hypertension diagnosis coverage among adults aged 30–79 in the Western Pacific Region, by country/area, 2019, 2030

Country	2019 baseline		2030 projected*		2030 80-80-80 target**	
	Proportion of hypertensives diagnosed	Population affected	Proportion of hypertensives diagnosed	Population affected	Proportion of hypertensives diagnosed	Population affected
Australia	62%	2 999 366	63%	3 539 077	69%	3 856 740
Brunei Darussalam	64%	63 795	73%	103 721	56%	79 831
Cambodia	49%	768 192	55%	1 337 261	52%	1 256 558
China	53%	135 347 760	61%	171 909 536	73%	205 314 842
Cook Islands	59%	2 663	66%	3 370	71%	3 589
Fiji	53%	81 051	59%	119 714	60%	122 582
French Polynesia	43%	27 922	51%	43 359	61%	51 758
Indonesia	35%	17 985 024	40%	29 923 332	55%	41 095 491
Japan	72%	23 913 324	80%	24 193 050	87%	26 472 125
Kiribati	33%	5 838	36%	10 536	49%	14 312
Lao People's Democratic Republic	44%	311 704	50%	522 083	54%	570 041
Malaysia	48%	2 924 193	55%	4 373 297	61%	4 854 426
Marshall Islands	45%	2 715	49%	3 875	60%	4 815
Micronesia (Federated States of)	50%	6 937	57%	10 899	58%	11 072
Mongolia	68%	391 465	75%	536 339	65%	462 085
Naoero	52%	836	58%	1 159	65%	1 295
New Zealand	67%	644 675	71%	737 936	74%	774 904
Niue	56%	189	61%	259	64%	272
Palau	55%	2 700	64%	3 632	69%	3 911
Papua New Guinea	31%	251 769	37%	510 524	47%	647 982
Philippines	51%	7 400 733	57%	11 437 774	58%	11 568 374
Republic of Korea	75%	7 779 871	88%	10 752 818	68%	8 330 201
Samoa	35%	9 409	40%	15 126	57%	21 668

Country	2019 baseline		2030 projected*		2030 80-80-80 target**	
	Proportion of hypertensives diagnosed	Population affected	Proportion of hypertensives diagnosed	Population affected	Proportion of hypertensives diagnosed	Population affected
Singapore	67%	906 583	78%	1 280 403	66%	1 075 206
Solomon Islands	33%	19 363	40%	40 370	46%	46 758
Tonga	37%	6 121	43%	10 103	56%	13 342
Tuvalu	33%	760	37%	1 106	61%	1 840
Vanuatu	28%	10 530	34%	19 902	51%	30 009
Viet Nam	46%	6 599 252	57%	11 428 546	57%	11 457 744

* 2030 data are WHO projections assuming continuation of current trends.

** The 80-80-80 targets are based on the total number of people with hypertension in 2019. By 2030, the target is that 80% of those with hypertension are diagnosed.

Source: [WHO NCD Data Profile](#).

Table 4. Hypertension treatment coverage among adults aged 30–79 in the Western Pacific Region, by country/area, 2019, 2030

Country	2019 baseline		2030 projected*		2030 80-80-80 target**	
	Proportion of hypertensives diagnosed	Population affected	Proportion of hypertensives diagnosed	Population affected	Proportion of hypertensives diagnosed	Population affected
Australia	52%	2 485 397	52%	2 923 066	55%	3 085 392
Brunei Darussalam	54%	54 237	64%	90 888	45%	63 865
Cambodia	35%	549 648	40%	980 669	41%	1 005 246
China	40%	103 612 792	47%	131 206 200	59%	164 251 873
Cook Islands	45%	2 024	51%	2 560	57%	2 871
Fiji	34%	51 941	38%	76 501	48%	98 066
French Polynesia	31%	19 881	36%	30 822	49%	41 407
Indonesia	18%	9 382 671	24%	17 676 174	44%	32 876 393
Japan	56%	18 599 128	62%	18 872 310	70%	21 177 700
Kiribati	14%	2 549	15%	4 356	39%	11 449
Lao People's Democratic Republic	31%	218 450	36%	375 204	43%	456 032
Malaysia	42%	2 523 028	47%	3 757 168	49%	3 883 541
Marshall Islands	30%	1 795	30%	2 376	48%	3 852
Micronesia (Federated States of)	27%	3 806	31%	5 918	46%	8 857
Mongolia	52%	299 613	59%	422 023	52%	369 668
Naoero	27%	434	30%	593	52%	1 036
New Zealand	54%	523 950	58%	603 985	59%	619 923
Niue	44%	149	47%	201	51%	217
Palau	38%	1 839	46%	2 583	55%	3 129
Papua New Guinea	18%	143 964	20%	282 476	38%	518 386
Philippines	34%	4 961 451	40%	7 919 065	47%	9 254 699

Country	2019 baseline		2030 projected*		2030 80-80-80 target**	
	Proportion of hypertensives diagnosed	Population affected	Proportion of hypertensives diagnosed	Population affected	Proportion of hypertensives diagnosed	Population affected
Republic of Korea	75%	7 777 514	88%	10 749 656	54%	6 664 161
Samoa	20%	5 485	23%	8 858	46%	17 334
Singapore	62%	837 248	73%	1 197 663	53%	860 165
Solomon Islands	13%	7 888	16%	16 236	37%	37 407
Tonga	26%	4335	29%	6 878	45%	10 674
Tuvalu	20%	456	21%	641	49%	1 472
Vanuatu	12%	4 639	15%	8 864	41%	24 007
Viet Nam	29%	4 103 003	37%	7 434 246	46%	9 166 195

* 2030 data are WHO projections assuming continuation of current trends

** The 80-80-80 targets are based on the total number of people with hypertension in 2019. By 2030, the target is that 80% of those diagnosed are treated (64% of all with hypertension in 2019).

Source: [WHO NCD Data Profile](#).

Table 5. Hypertension effective treatment coverage among adults aged 30–79 in the Western Pacific Region, by country/area, 2019, 2030

Country	2019 baseline		2030 projected*		2030 80-80-80 target**	
	Proportion of hypertensives diagnosed	Population affected	Proportion of hypertensives diagnosed	Population affected	Proportion of hypertensives diagnosed	Population affected
Australia	28%	1 340 343	29%	1 607 228	44%	2 468 314
Brunei Darussalam	29%	28 665	37%	52 707	36%	51 092
Cambodia	21%	330 214	27%	648 695	33%	804 197
China	16%	41 305 920	21%	59 564 724	47%	131 401 499
Cook Islands	18%	800	22%	1 092	45%	2 297
Fiji	12%	18 975	15%	30 659	39%	78 453
French Polynesia	12%	7 987	16%	13 633	39%	33 125
Indonesia	4%	2 265 315	6%	4 266 052	35%	26 301 114
Japan	32%	10 490 674	40%	12 233 982	56%	16 942 160
Kiribati	6%	1 134	7%	1 926	31%	9 160
Lao People's Democratic Republic	14%	98 404	18%	191 454	35%	364 826
Malaysia	19%	1 133 273	24%	1 941 506	39%	3 106 833
Marshall Islands	14%	872	16%	1 239	39%	3 082
Micronesia (Federated States of)	14%	1 910	17%	3 265	37%	7 086
Mongolia	25%	144 735	33%	232 814	41%	295 735
Naoero	14%	231	18%	350	42%	829
New Zealand	30%	291 575	34%	354 167	48%	495 939
Niue	19%	65	22%	95	41%	174

Country	2019 baseline		2030 projected*		2030 80-80-80 target**	
	Proportion of hypertensives diagnosed	Population affected	Proportion of hypertensives diagnosed	Population affected	Proportion of hypertensives diagnosed	Population affected
Palau	15%	713	20%	1 132	44%	2 503
Papua New Guinea	10%	80 309	13%	180 850	30%	414 709
Philippines	17%	2 391 746	22%	4 357 271	37%	7 403 759
Republic of Korea	55%	5 771 682	68%	8 380 456	43%	5 331 329
Samoa	10%	2 722	12%	4 644	37%	13 867
Singapore	39%	521 256	48%	792 454	42%	688 132
Solomon Islands	6%	3 713	9%	9 156	29%	29 925
Tonga	9%	1 561	12%	2 774	36%	8 539
Tuvalu	6%	138	7%	205	39%	1 178
Vanuatu	5%	1 804	7%	4 087	33%	19 206
Viet Nam	12%	1 766 956	19%	3 802 768	37%	7 332 956

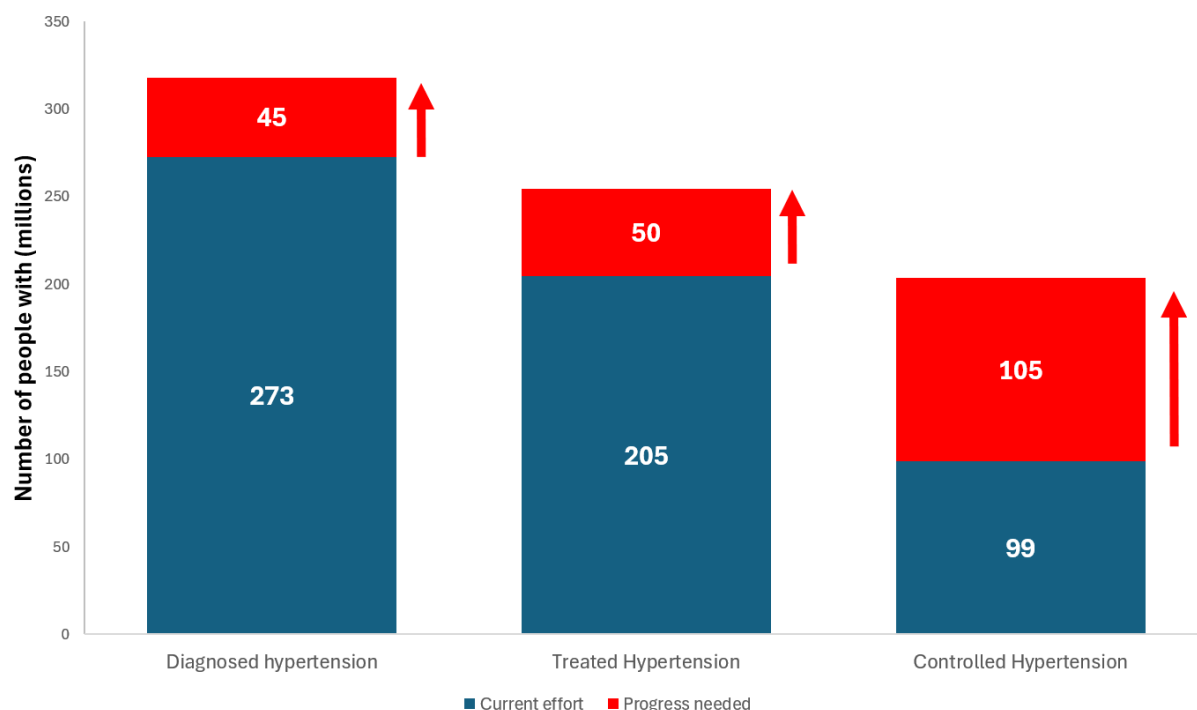
* 2030 data are WHO projections assuming continuation of current trends.

** The 2030 80-80-80 targets are based on the total number of people with hypertension in 2019. By 2030, the target is that 80% of those treated have controlled hypertension (about 51% of all with hypertension).

Source: [WHO NCD Data Profile](#).

To meet the 80-80-80 targets by 2030 in the Region, of those with hypertension, 45 million additional people need to be diagnosed, 50 million people need to be started on treatment and 105 million people need to achieve controlled hypertension (Fig. 1).

Fig. 1. Hypertension cascade – current effort vs progress needed to meet target, 2030 projected data



Source: WHO Global Health Observatory.

Country readiness for accelerating hypertension control

The 2023 NCD Country Capacity Survey indicates substantial engagement with hypertension as a policy priority across the Western Pacific Region: 61% of responding countries reported a national target for blood pressure control and 68% had conducted a recent national survey measuring blood pressure and hypertension (Table 6). Ten countries (Brunei Darussalam, Cambodia, Cook Islands, Japan, Kiribati, Malaysia, Mongolia, Palau, the Philippines and Viet Nam) reported both a national target and recent survey data.

Table 6. Raised blood pressure/hypertension indicators, by country, 2023

Country	Existence of a national target on blood pressure/hypertension	Has conducted a recent, national adult risk factor survey covering raised blood pressure/hypertension
Australia	No	Yes
Brunei Darussalam	Yes	Yes
Cambodia	Yes	Yes
China	No	Yes
Cook Islands	Yes	Yes
Fiji	Yes	No
Indonesia	No	Yes
Japan	Yes	Yes
Kiribati	Yes	Yes
Lao People's Democratic Republic	Yes	No
Malaysia	Yes	Yes
Marshall Islands	No	Yes
Micronesia (Federated States of)	Yes	No
Mongolia	Yes	Yes
Naoero	Yes	No
New Zealand	No	Yes
Niue	No	No
Palau	Yes	Yes
Papua New Guinea	Yes	No
Philippines	Yes	Yes
Republic of Korea	Don't know	Yes
Samoa	No	Yes
Singapore	No	Yes
Solomon Islands	Yes	No
Tonga	No	Yes
Tuvalu	No	No
Vanuatu	Yes	No
Viet Nam	Yes	Yes

Source: Assessing national capacity for the prevention and control of noncommunicable diseases: report on 2023 global survey.

Summary

Hypertension is one of the most significant and rapidly growing cardiovascular risk factors in the Western Pacific Region. The number of adults aged 30 years and older living with hypertension is projected to rise from 436 million in 2025 to 460 million by 2030, with many countries – particularly several Pacific island countries – facing very high prevalence. At the same time, the treatment cascade shows that too many people remain undiagnosed, untreated or without controlled blood pressure, with only one in five people with hypertension in the Region projected to have controlled hypertension in 2025. These gaps show that current progress and initiatives are insufficient to meet the 2030 80-80-80 targets.

Accelerating hypertension control will therefore require a deliberate and accelerated shift from incremental progress to coordinated, system-wide action. Countries can build on existing readiness to expand early detection, ensure sustained treatment, strengthen primary health-care delivery, improve access to affordable quality-assured medicines, and use routine data to drive continuous improvement.

Reaching the regional 80-80-80 targets would mean millions more people diagnosed, treated and controlled by 2030, and would substantially reduce avoidable cardiovascular disease, stroke, kidney disease and premature deaths across the Western Pacific Region.