

**GOVERNMENT OF INDIA
HEALTH AND FAMILY WELFARE
LOK SABHA**

UNSTARRED QUESTION NO:797
ANSWERED ON:01.03.2013
HEART AND HYPERTENSION PATIENTS
Ahmed Shri Sultan

Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:

- (a) whether the number of patients suffering from hypertension and heart diseases are increasing at alarming rate in the country;
- (b) if so, the details thereof and the reasons therefor;
- (c) whether the Government has conducted/proposed any survey to know the number of heart/hypertension patients in the country;
- (d) if so, the details and the outcome thereof, State/UT-wise; and
- (e) the action taken/proposed by the Government to check prevalence of hypertension and heart diseases and make people aware about these diseases in the country?

Answer

THE MINISTER OF HEALTH AND FAMILY WELFARE (SHRI GHULAM NABI AZAD)

(a) & (b) : According to the Report of National Commission on Macroeconomics and Health, there were 380 lakh cases of Cardio Vascular Diseases (CVD) in the year 2005 and these are estimated to rise to 641 lakh cases in the year 2015.

The exact reasons for high prevalence of Non-Communicable Diseases (NCDs) including hypertension and heart diseases are not clear. However, urbanisation and longevity has been associated with increase in NCDs. Unhealthy lifestyle is major reason for increase in NCDs including hypertension and heart diseases. The four major risk factors which are directly or indirectly associated with the causation of hypertension and heart diseases are as follows:-

- (i) Tobacco use (smoking & chewing)
- (ii) Alcohol use
- (iii) Physical inactivity
- (iv) Unhealthy diet.

(c) & (d): The Indian Council of Medical Research was supported by World Health Organisation (WHO) to undertake a study on assessment of Burden of Non-Communicable diseases using secondary data in 2003-04. The study utilized the existing prevalence / incidence estimates and employed the Global Disease Burden methodology to arrive at disease burden indices of major non-communicable disease including ischemic heart disease and risk factors i.e. tobacco use and hypertension. According to this study, there were 22.4 million cases of IHD. The population attributable risk associated with hypertension for IHD was 16%.

Under National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS) started in 2010 in 100 Districts of 21 States, approximately 1.57 crore persons have been screened as on 20th February, 2013, out of which 10.40 lakh (6.65%) population are found suspected for Hypertension.

(e) : Under NPCDCS the focus is on awareness generation for behaviour and life-style changes, early diagnosis of persons with high levels of risk factors and their referral to higher facilities for appropriate management. It has also been envisaged to build capacity at various levels of health care system for prevention, diagnosis and treatment of NCDs.

Under the programme every District is supported with Rs.50,000/- per month for essential drugs for Diabetes, Cardiovascular Diseases and Stroke. This is an addition to drugs which may be made available through other Central and State programmes / schemes.

Awareness generation activities undertaken by the State Governments have also been supplemented by the Ministry. In addition, Information, Education and Communication (IEC) activities through Prasar Bharati under the `Swasth Bharat Programme` are also being carried out for various non-communicable diseases.