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### Assessment of Prevalence and Risk Factors of Hypertension In Indian Population - An Online Pilot Survey

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#### ABSTRACT

**Purpose-** Hypertension, which is characterized by high blood pressure against the arterial walls, is a major concern in India. Various major complications such as coronary artery disease, stroke, heart failure, vision loss, etc. are associated with hypertension. Thus, awareness is an important key to prevent risks and complications related to hypertension.


**Method-** An online pilot survey was floated to study the prevalence and awareness of hypertension among the Indian population.

**Result-** The current study found the prevalence of hypertension was higher in females as compared to males and more prevalent in the northern region of India. In addition to this, the occurrence of hypertension in different age groups, gender and the risk factors associated with it was calculated. It was found that a larger section of people had systolic 140mmHg or higher- Diastolic 90mmHg. Most of the people were suffering from primary hypertension and reported a sedentary lifestyle as the prime cause of it. Also, the stroke and stress were reported significantly by the people as complication and risk factors respectively.

**Conclusion-** The whole study depicted that most of the participants with hypertension or who have a hypertensive patient in their families were aware of the fundamentals of hypertension and the prevalence rate was found from the study related to different factors such as age and gender.

**KEYWORDS:**

Hypertension; Blood Pressure; Awareness; Prevalence

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