

Hypertension Treatment Coverage and Prevalence of Non-Raised Hypertension

Based on World Health Survey 2019 data

<https://www.moh.gov.sa/en/Ministry/Statistics/Population-Health-Indicators/Documents/World-Health-Survey-Saudi-Arabia.pdf>

Introduction:

In many nations, expanding universal health coverage (UHC) is the main focus of health policy in relation to the Sustainable Development Goals (SDG) [1]. Reducing early mortality from non-communicable diseases (NCDs) by one-third by 2030 is a major objective, mostly for prevention and treatment [2].

Hypertension is the most widespread chronic public health problem globally, including Saudi Arabia. World Health Organization estimate Hypertension Age-standardized prevalence of hypertension among adults aged 30–79 years (2019) by 34% [3], while the last population survey KSAWHS find that the Age standardised prevalence of raised blood pressure among persons 18+ years by 24.5 [4]

The previous WHO estimate of Age standardized Hypertension treatment coverage in 2019 was 41.2% while the crude estimate was 35.4% [5]

Methodology:

This report relies on the UN methodology presented as SDG indicator metadata for Target 3.8: Achieve universal health coverage, including financial risk protection, access to quality essential health-care services and access to safe, effective, quality and affordable essential medicines and vaccines for all.

Aim:

This report represents the last hypertension treatment coverage, calculated from the KSAWHS 2019

The indicator disaggregated by

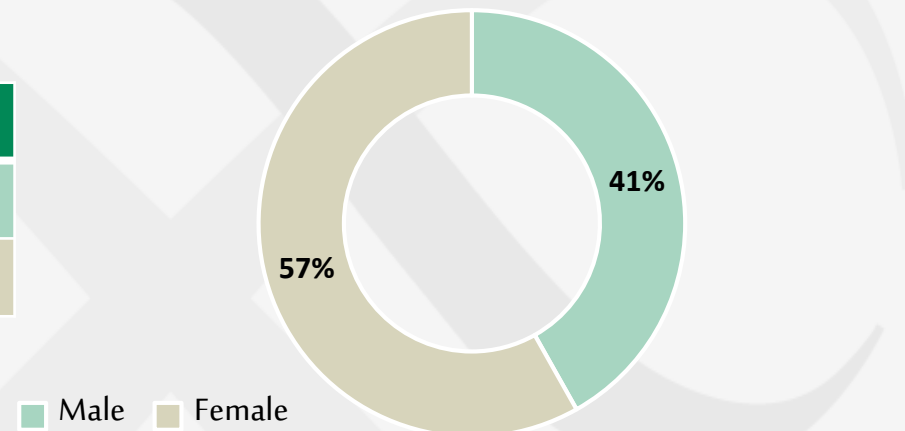
Gender - Age category - Governorate areas - Wealth category

UHC tracer indicator

Tracer area	Prevention of cardiovascular disease	
Indicator definition	Prevalence of treatment (taking medicine) for hypertension among adults aged 30-79 years with hypertension -Crude	
Numerator	Number of adults aged 30-79 years who took medication for hypertension	522
Denominator	Number of adults aged 30-79 years with hypertension (defined as having systolic blood pressure ≥ 140 mmHg, diastolic blood pressure ≥ 90 mmHg, or taking medication for hypertension)	867 + 229 = 1096
Indicator Calculation		522/1096= 47.6% \approx48

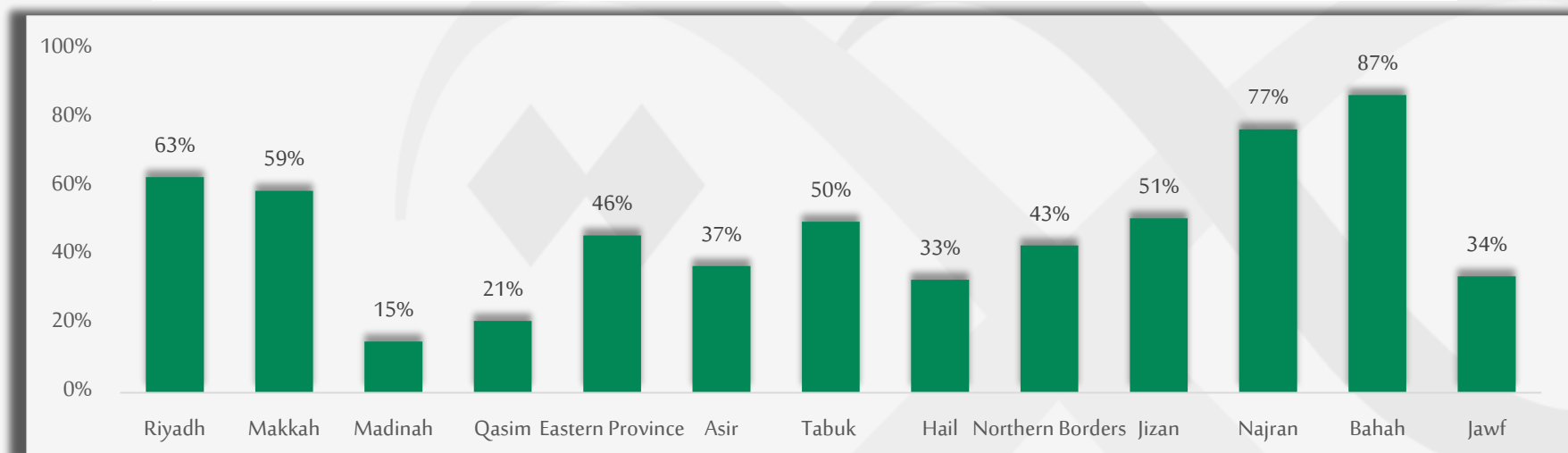
Prevalence of treatment (taking medicine) for hypertension among adults aged 30-79 years with hypertension by Sex:

Sex	Num	Den	%
Male	260	635	41%
Female	262	461	57%



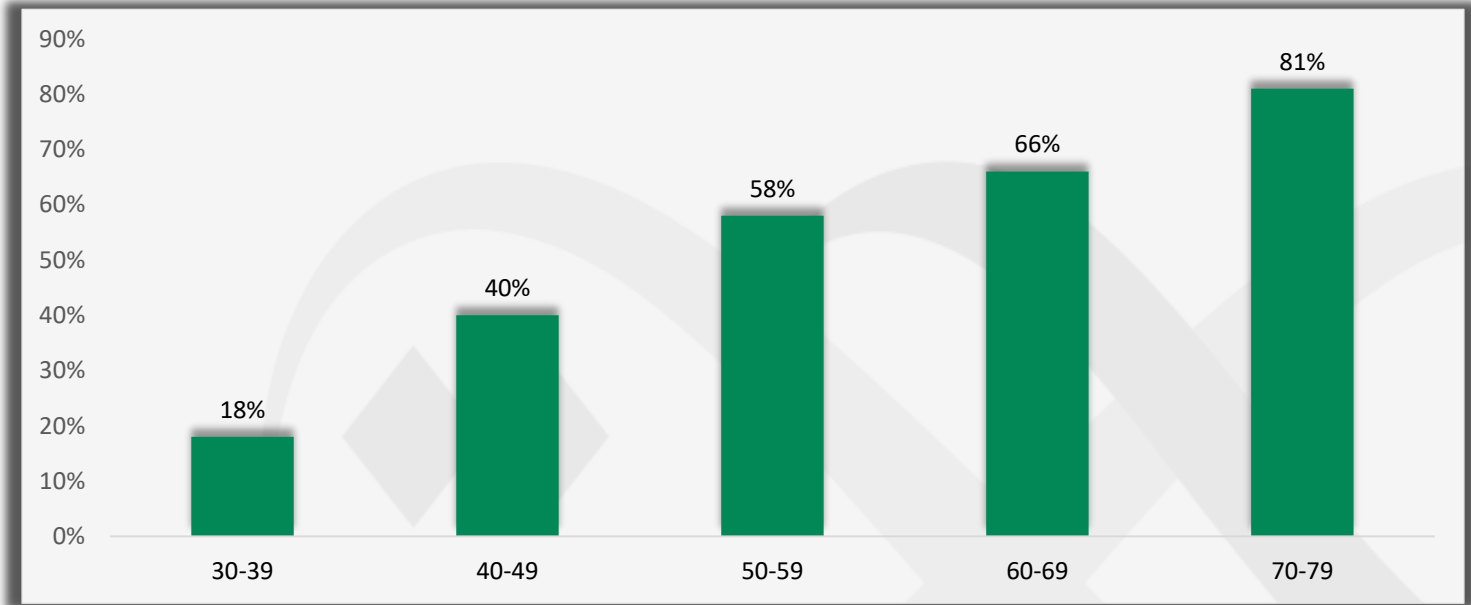
Prevalence of treatment (taking medicine) for hypertension among adults aged 30-79 years with hypertension by Governorate areas:

Region	Num	Den	%
1	106	169	63%
2	92	157	59%
3	16	108	15%
4	19	92	21%
5	64	138	46%
6	39	105	37%
7	15	30	50%
8	14	42	33%
9	20	46	43%
10	18	35	51%
11	30	39	77%
12	71	82	87%
13	18	53	34%
Total	522	1096	48%



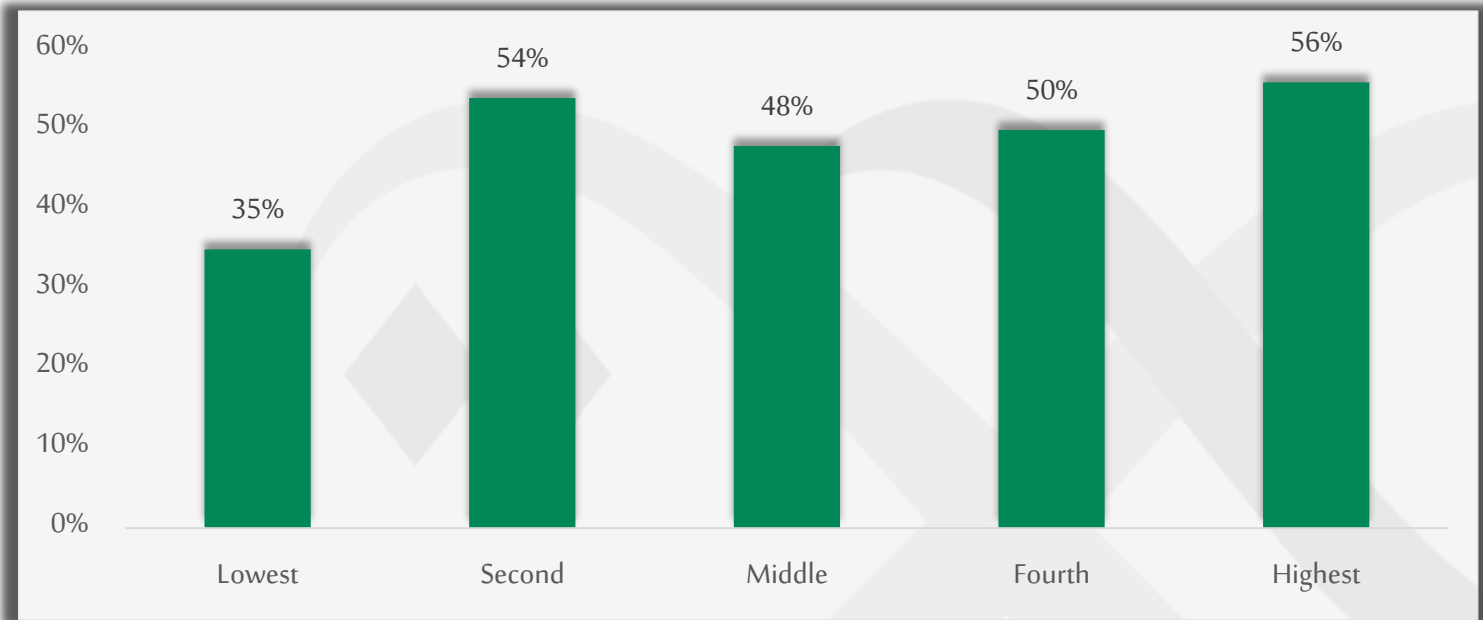
Prevalence of treatment (taking medicine) for hypertension among adults aged 30-79 years with hypertension by Age category:

Age group	Num	Den	%
30-39	48	263	18%
40-49	106	267	40%
50-59	152	261	58%
60-69	133	203	66%
70-79	83	102	81%
Total	522	1096	48%



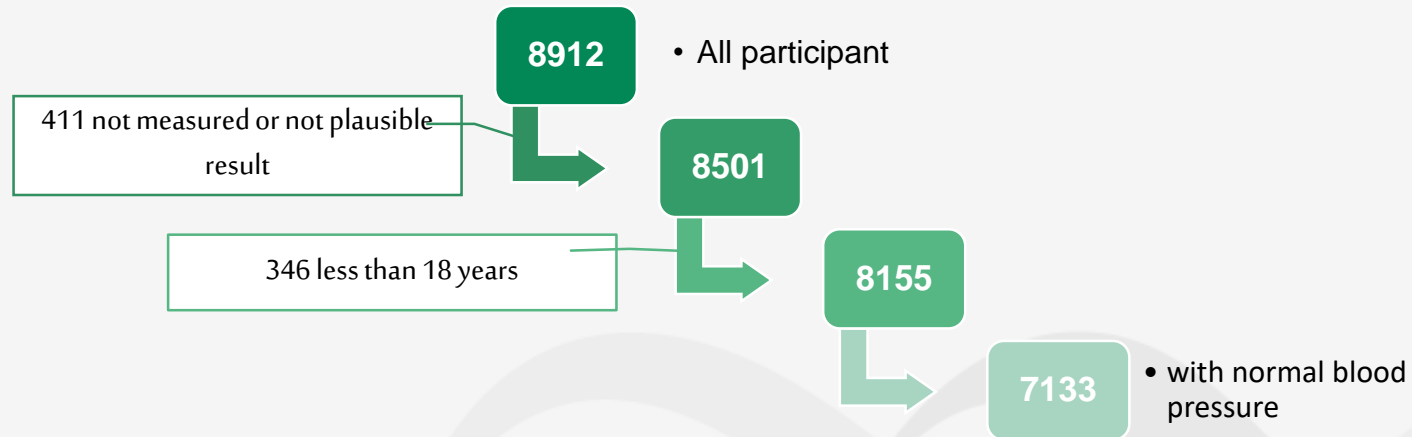
Prevalence of treatment (taking medicine) for hypertension among adults aged 30-79 years with hypertension by Wealth category

Wealth	Num	Den	%
Lowest	97	277	35%
Second	102	189	54%
Middle	87	181	48%
Fourth	113	228	50%
Highest	123	221	56%
Total	522	1096	48%



Prevalence of Non-Raised Hypertension

Definition: Prevalence of non-raised blood pressure (defined as having systolic blood pressure <140 mmHg, diastolic blood pressure <90 mmHg among 18 years and older.



Prevalence of non-raise hypertension $\frac{7133}{8155} * 100 = 87.467 \approx 87\%$

Prevalence of Non-Raise Hypertension

Gender	With no HTN	Total Number	Percent
Male	3751	4358	86%
Female	3382	3797	89%
Total	7133	8155	87%

Age (Years)	Non HTN	Total number	%
18-27	1877	1990	94.3
28-37	2894	3121	92.7
38-47	1362	1540	88.4
48-57	608	824	73.8
58-67	247	410	60.2
68-77	106	186	57.0
78-87	34	71	47.9
88-97	5	12	41.7
98-107	0	1	0.0
Total	7133	8155	87.5

References

- [1] W. H. Organization, Tracking universal health coverage: 2017 global monitoring report, 2017.
- [2] U. Nations, "Transforming our world: the 2030 Agenda for Sustainable Development," 2015. [Online]. Available: <https://sdgs.un.org/2030agenda>.
- [3] W. H. Organization, "Saudi Arabia , Hypertension profile 2019," 2023.
- [4] S. A. Ministry of Health, "KSA world health survey," Ministry of Health, 2019.
- [5] W. H. Organization, "Global Health Observatory," WHO, 2019. [Online]. Available: [https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-treatment-\(taking-medicine\)-for-hypertension-among-adults-aged-30-79-with-hypertension](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-treatment-(taking-medicine)-for-hypertension-among-adults-aged-30-79-with-hypertension).