

## ICMR expands India Hypertension Control Initiative

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### ICMR's program will now cover 100 districts across India



Indian Council of Medical Research (ICMR), in collaboration with World Health Organization and Ministry of Health and Family Welfare, has announced nationwide expansion of their program India Hypertension Control Initiative (IHCI).

Launched in November 2017 IHCI has enrolled more than three lakh patients with high blood pressure in the government health facilities in 25 selected districts of the country in the states of Punjab, Madhya Pradesh, Kerala, Telangana, and Maharashtra.

Now IHCI will expand to 100 districts across India covering all the states. The project will accelerate the implementation of quality hypertension treatment for over 15 crore population over the next four years and prevent deaths from heart attack, stroke and kidney failure.

IHCI complements the National Programme for Prevention and Control of Diabetes, Cardiovascular Disease and Stroke (NPCDCS) of Ministry of Health and Family Welfare, Government of India. IHCI will continue to accelerate the achievement of targets of Government of India by ensuring a continuum of care and give a boost to the ongoing "Ayushman Bharat" program.

Launching the expansion of IHCI, Dr. Balram Bhargava, Secretary, Department of Health Research and Director General ICMR said, "The Government of India has adopted a national action plan for the prevention and control of non-communicable diseases and has set a target for a 25% reduction in high blood pressure by 2025. With approximately 20 crore adult patients with hypertension in India, more support from all quarters will be needed to help the Government achieve this target. IHCI is a model initiative towards that. Prevention and treatment of hypertension is far safer for patients than expensive interventions like bypass surgery and dialysis."

“Everyone above the age of 30 years should get BP measured once a year and adopt a healthy lifestyle very early in life” Dr. Bhargava added.