

Prevent Hypertension with Healthy Dietary Choices: IIHMR University

Jaipur, 17 May:—One of the most widely prevalent cardiovascular diseases, Hypertension has become the most common problem in almost every household.

Hypertension, also commonly known as “high blood pressure”, has become one of the most common lifestyle diseases. It is responsible for deadly cardiovascular diseases such as heart attack and stroke and a major contributing factor to the growing burden of Non-Communicable Diseases (NCDs) on India.

Hypertension has become a common disorder which is present in almost every household including Rajasthan. In a study conducted on ‘Hypertension Prevalence in Urban Population’, it was found that, 32.1% of the population in Jaipur more than 20 years of age was diagnosed with hypertension.

World Health Organisation (WHO) defines “high blood pressure” as a condition in which the blood vessels have persistently raised pressure. The higher the pressure, the harder the heart must pump the blood to lungs and the body. Smoking and chewing tobacco, could be one of the major contributing factors for hypertension.

Hypertension is no longer prevalent amongst the affluent classes only. Growing lifestyle and behavioural problems such as obesity, physical inactivity, consumption of junk food and alcohol consumption are among the leading causes of hypertension. This was stated by President, IIHMR University, Dr P.R. Sodani.

Hypertension and its complications can be prevented with healthy life choices. By simply adding servings of vegetable at lunch and dinner or snacking on fruit instead of salty junk food can help prevent hypertension. Switching to healthier dietary alternatives and drinking low-fat or skimmed dairy products can prevent hypertension. One can substitute high salt foods, saturated fat, sugary and aerated drinks and red meat with whole-grain foods, fish, poultry and nuts.