

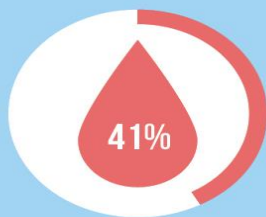
A HIGHER PERCENTAGE OF PAKISTANIS REPORTING HYPERTENSIVE AND DIABETIC PATIENTS IN THE HOUSEHOLD IN RECENT YEARS

As Gallup Pakistan celebrates its 44th Anniversary, we plan to **disseminate** our 44 years' experience of public opinion on lifestyles, healthcare and diseases to all the stakeholders working for a **Healthy Pakistan**. This press release provides a glimpse into the **second chapter** of Gallup Pakistan's larger health research report on "**Healthcare, Lifestyles and Diseases in Pakistan**." Gallup Pakistan plans to release individual chapters given each chapter covers an extensive range of topics with data spanning 40 years.

To view the **Second Chapter on "Health and Disease,"** [CLICK HERE](#)

TOP FINDINGS:

A HIGHER PERCENTAGE OF PAKISTANIS REPORTING HYPERTENSIVE AND DIABETIC PATIENTS IN THE HOUSEHOLD IN RECENT YEARS



41% Pakistanis reported that they knew their blood pressure is high because of a headache

In 2022, 43% Pakistanis reported having a hypertensive patient in the household, up from 27% in 2000



32% Pakistanis reported having a diabetic patient in the household in 2022, up from 12% in 2000

95% reported checking their blood sugar levels at home via glucometers



INTRODUCTION

Hypertension and diabetes, are among other prevalent noncommunicable diseases, which pose significant health implications on a developing country with a growing population and urbanization. Individuals living with either or both of these health conditions typically require long-term medications, regular check-ups and lifestyle changes to manage their health effectively. Beyond individual health, these conditions can potentially strain an already fragmented and overstretched healthcare system in Pakistan.

BLOOD PRESSURE PERCEPTIONS

About two third **(69%)** Pakistanis say that they have had a chance of getting their blood pressure checked (*Figure 1.1*). **(63%)** think that their blood pressure usually remains in normal limits, **(22%)** believe they have low blood pressure (BP) and **(11%)** say that they usually have high BP (*Figure 1.3*).

The symptoms which alarm a person about his/her low BP are dizziness **(57%)**, weakness **(32%)** and **(6%)** say that they know they have low BP because the doctor told them so (*Figure 1.5*).

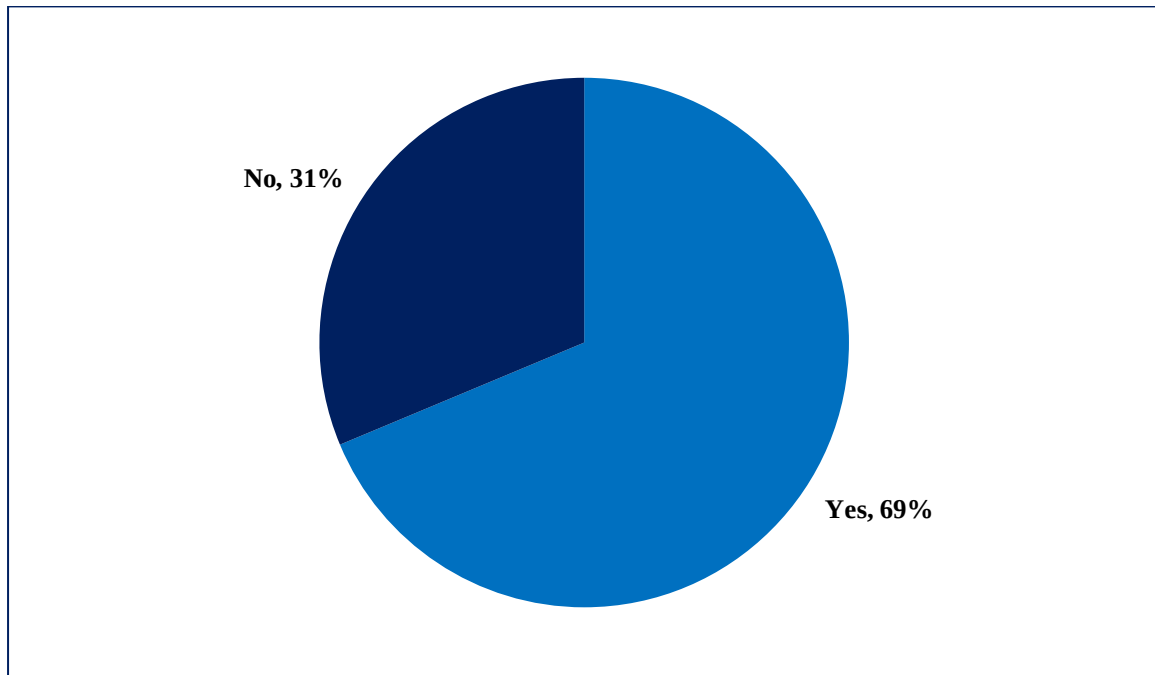
The people who usually have high BP say that they know of their high BP because of a headache **(41%)** (*Figure 1.7*). **(35%)** lose their temper and get angry on petty things whenever they have high BP, **(15%)** feel hot and **(9%)** know of the high BP because they have been told by the doctor (*Figure 1.7*). The remedy for high BP used by most **(28%)** people is taking some medicine (*Figure 1.9*). **(27%)** take dietary measures, **(26%)** decrease or halt salt intake, **(8%)** rest for a while and **(5%)** go for a walk when they have high BP (*Figure 1.9*).

According to a survey in 2000, **(27%)** of the households reported having at least one person suffering from hypertension (*Trend Data 1.12*). Out of them, **(79%)** households had one such person and **(21%)** households had two hypertensives in the family. In 2022, **(43%)** respondents claimed to have a hypertensive patient in the household (*Figure 1.11*).

It is important to note that these are only people's own perceptions and not the clinical assessment for hypertension. However, this does point out the marked increase in self-reported prevalence of the disease over time.

With a rise in the reported percentages of hypertensive patients in the households, it's inevitable that not only individuals are at risk but the social and economic burden can deepen Pakistan's healthcare challenges and it's absolutely vital that preventive strategies are strongly adopted at the individual, community and institutional levels.

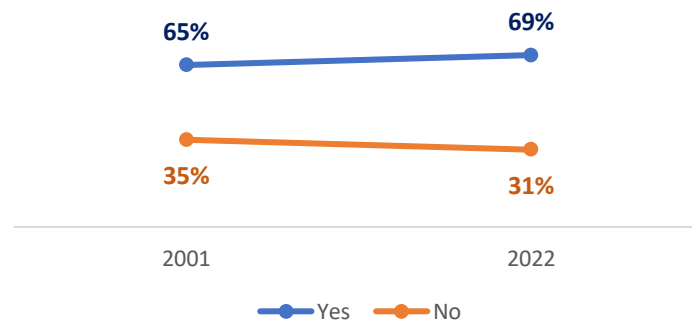
1.1. Question: Have you ever had a chance of getting your blood pressure checked?



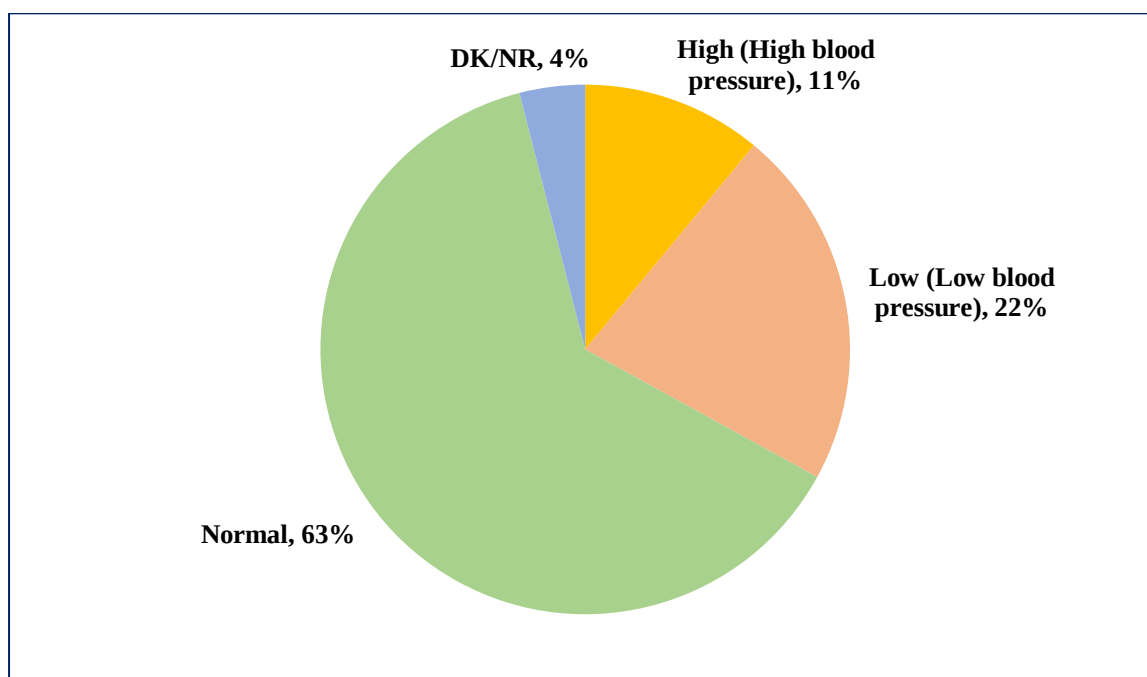
Source: Gallup Pakistan Survey, 2022

1.2. Trend Data

	2001	2022
Yes	65%	69%
No	35%	31%



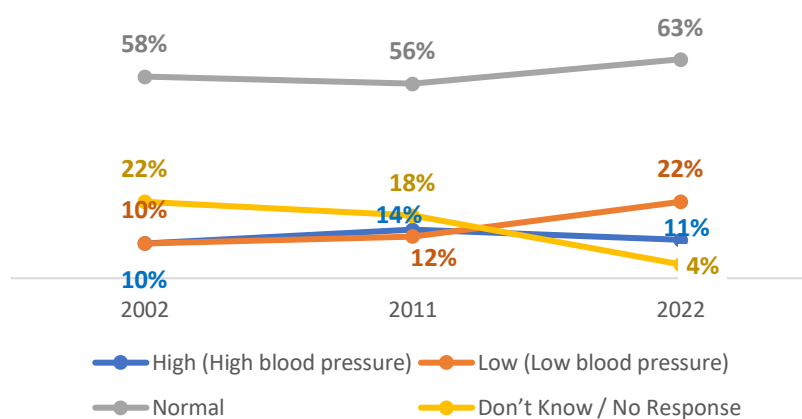
1.3. Question: In your view, is your BP usually low, high or within normal limits?



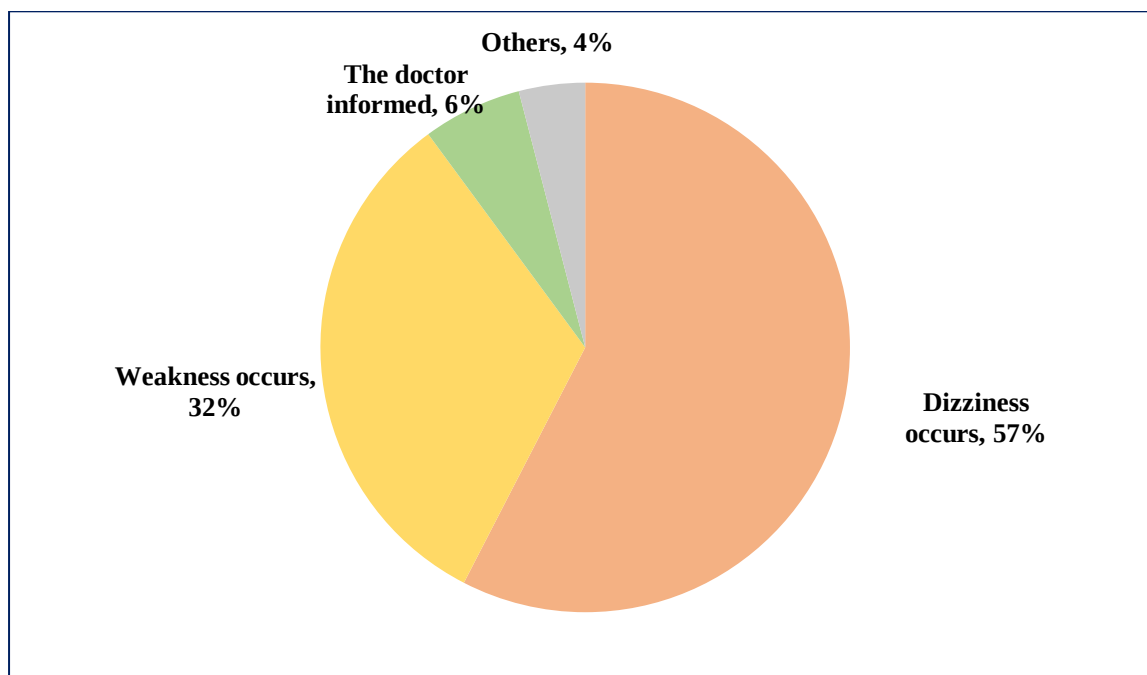
Source: Gallup Pakistan Survey, 2022

1.4. Trend Data

	2002	2011	2022
High (High blood pressure)	10%	14%	11%
Low (Low blood pressure)	10%	12%	22%
Normal	58%	56%	63%
Don't Know / No Response	22%	18%	4%



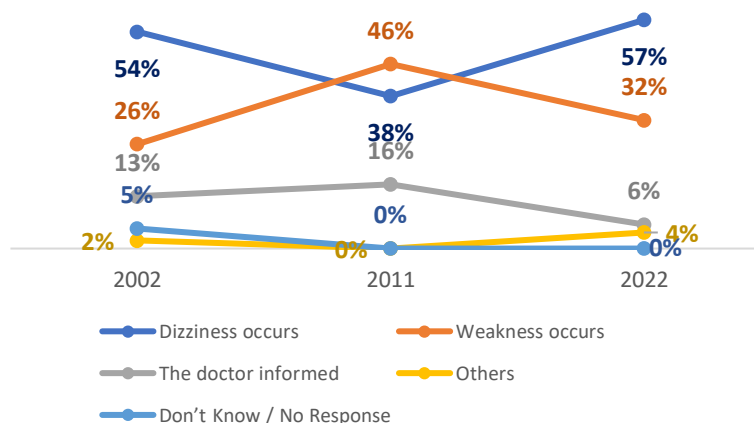
1.5. Question: If you think that you usually have low BP, then how do you know that it is low?



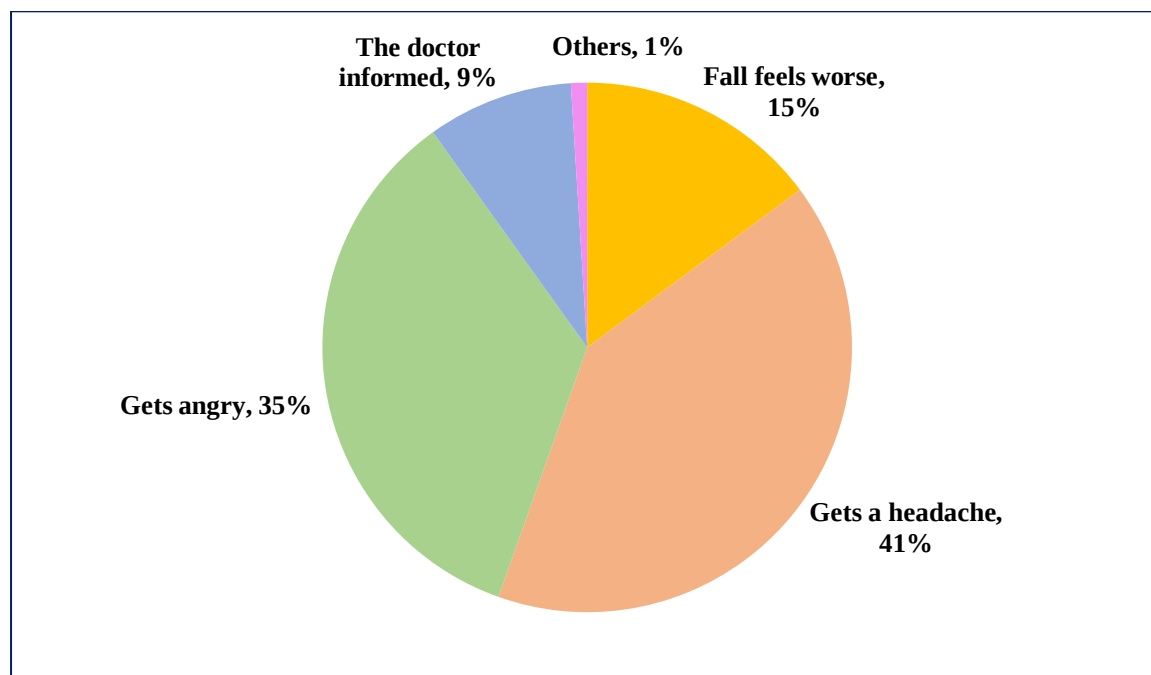
Source: Gallup Pakistan Survey, 2022

1.6. Trend Data

	2002	2011	2022
Dizziness occurs	54%	38%	57%
Weakness occurs	26%	46%	32%
The doctor informed	13%	16%	6%
Others	2%	0%	4%
Don't Know / No Response	5%	0%	0%



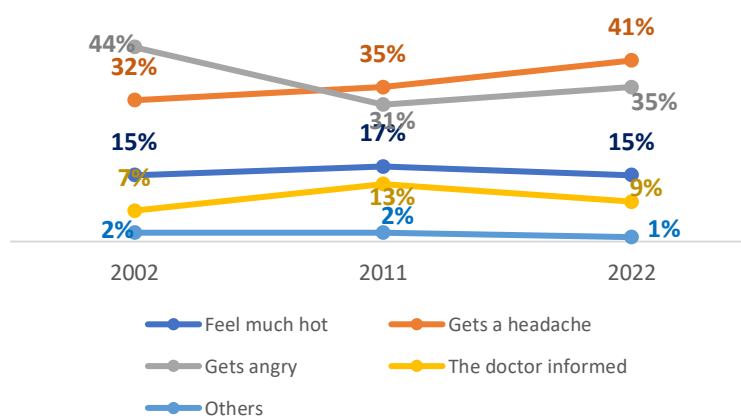
1.7. Question: How do you know that your BP is high?



Source: Gallup Pakistan Survey, 2022

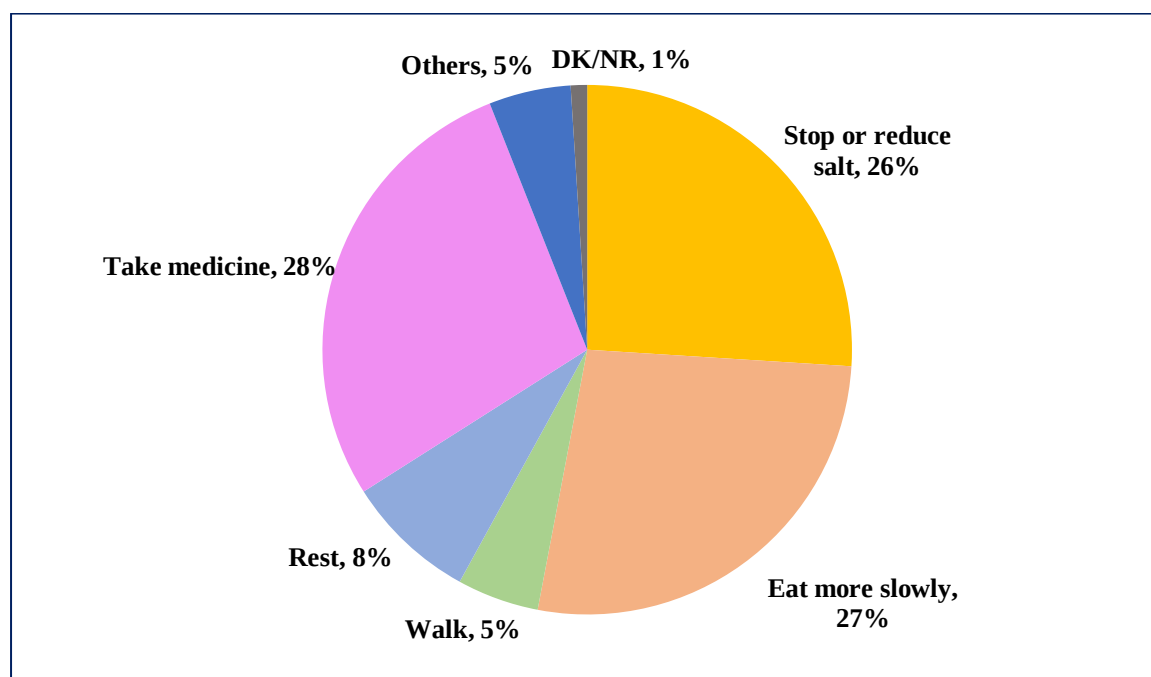
1.8. Trend Data

	2002	2011	2022
Feel much hot	15%	17%	15%
Gets a headache	32%	35%	41%
Gets angry	44%	31%	35%
The doctor informed	7%	13%	9%
Others	2%	2%	1%
Don't Know / No Response	-	2%	-



*Note: Data for No Response/Don't Know Excluded from Graphical Representation

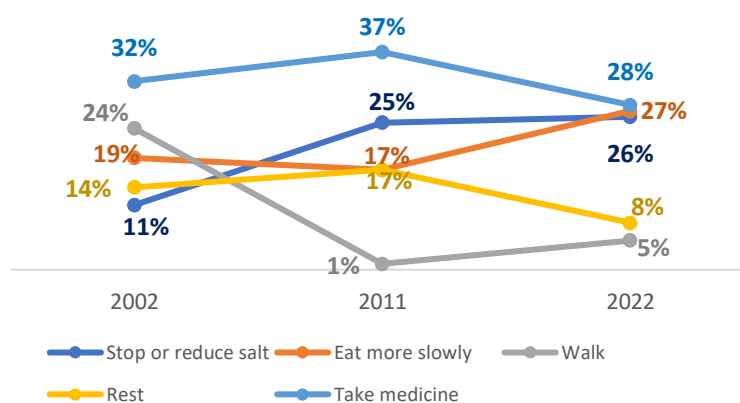
1.9. Question: What do you do when you have high BP?



Source: Gallup Pakistan Survey, 2022

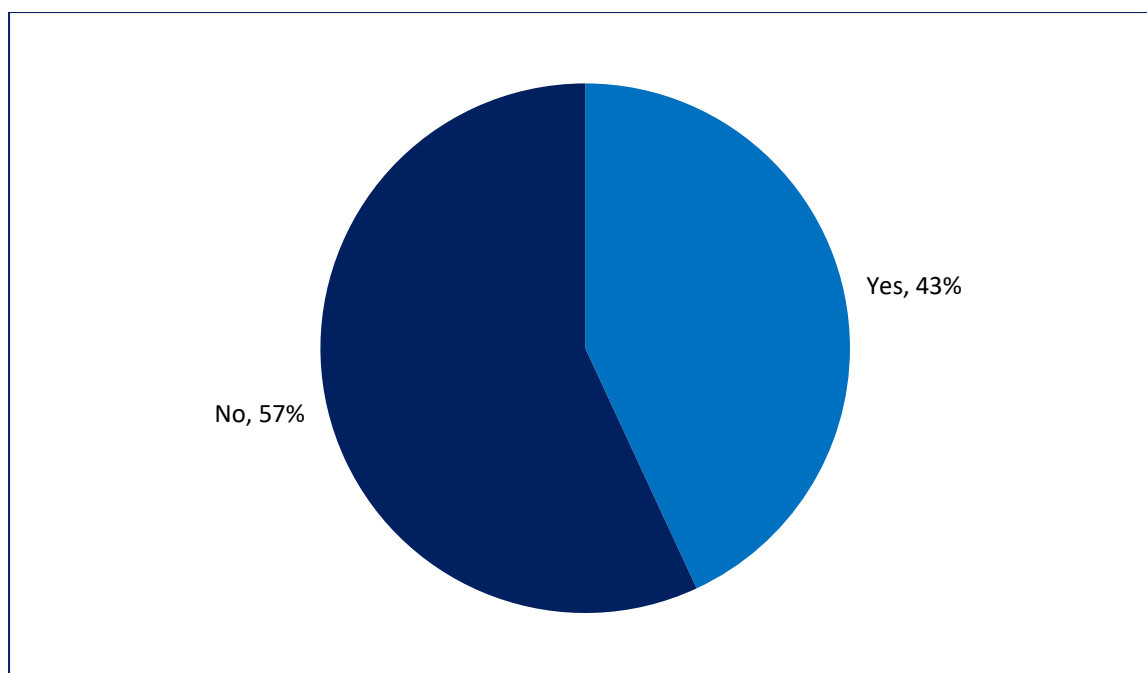
1.10. Trend Data

	2002	2011	2022
Stop or reduce salt	11%	25%	26%
Eat more slowly	19%	17%	27%
Walk	24%	1%	5%
Rest	14%	17%	8%
Take medicine	32%	37%	28%
Others	-	-	5%
Don't Know / No Response	-	3%	1%



*Note: Data for No Response/Don't Know and Others Excluded from Graphical Representation

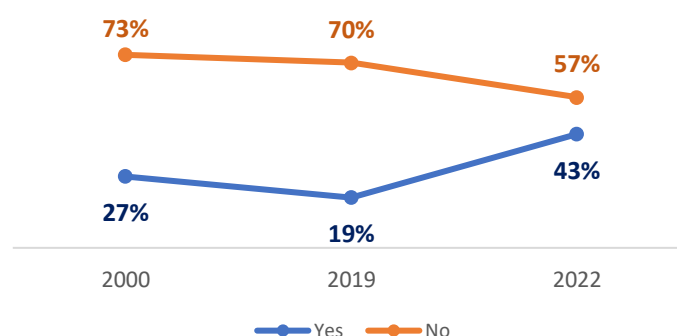
1.11. Question: Do you or any member of the household suffer from Hypertension (as diagnosed by a doctor)?*



Source: Gallup Pakistan Survey, 2022

1.12. Trend Data

	2000	2019	2022
Yes	27%	19%	43%
No	73%	70%	57%



*Please note that this is people's perception of Hypertension and not a clinical assessment.

*Note: Data for No Response/Don't Know Excluded

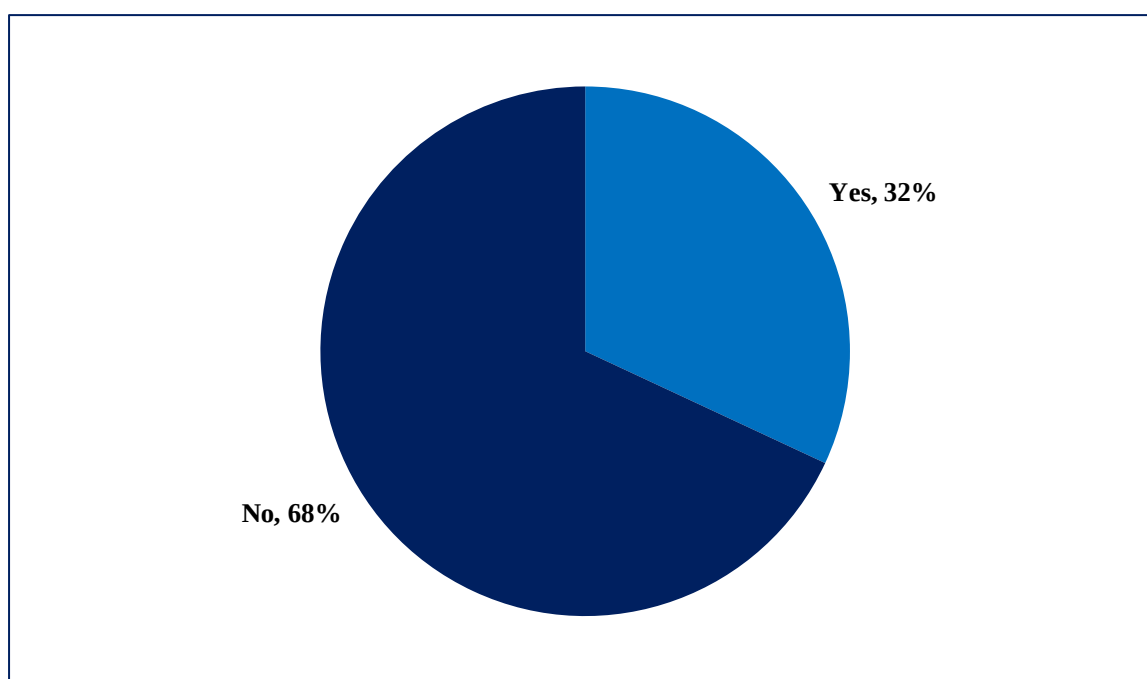
PERCEPTIONS ON DIABETES

In Pakistan, diabetes has reached epidemic proportions, with both children and adults deeply impacted by the high prevalence. Several factors contribute to the alarming levels in the country including obesity, physical inactivity, unhealthy diets, genetic predisposition, to name a few and uncontrolled diabetes can lead to several complications.

According to a survey in 2003, **(12%)** of the households said that they have at least one person suffering from diabetes (*Trend Data 2.2*). In 2022, **(32%)** of our respondents claim to have a diabetic patient in the household showing an upward trend in the prevalence of the disease (*Figure 2.1*). Based on data by the International Diabetes Foundation, 1 in 4 adults are living with diabetes, which is one of the highest national prevalence rates in the world.¹

Majority of these diabetic patients had their sugar levels checked at home **(43%)** while **(34%)** checked it at a private clinic or laboratory, **(22%)** had it checked at a government hospital (*Figure 2.3*). At home, the most common method used was a glucometer **(95%)** and **(4%)** claimed to use urine strips (*Figure 2.2.5*).

2.1. Question: Does anyone/more of your family members (in the household) suffer from diabetes?*



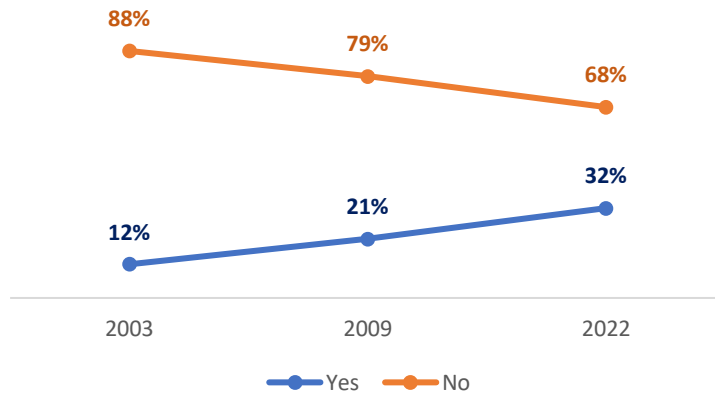
Source: Gallup Pakistan Survey, 2022

2.2. Trend Data

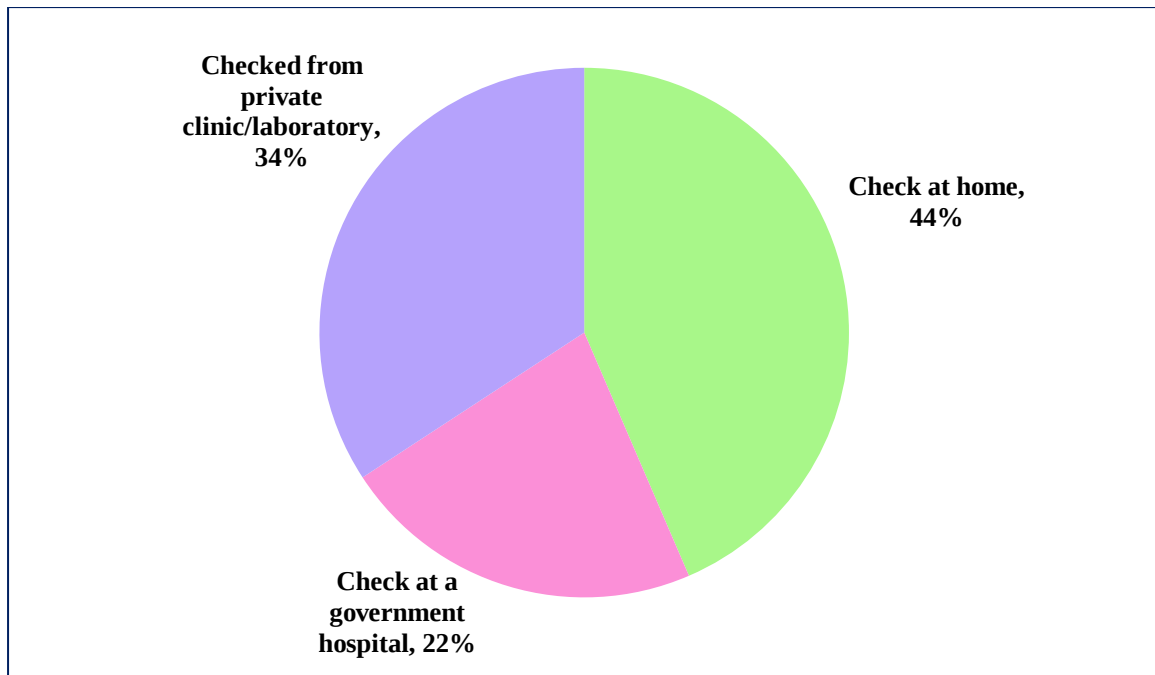
	2003	2009	2022
Yes	12%	21%	32%
No	88%	79%	68%

¹ <https://tribune.com.pk/story/2337953/pakistan-faces-alarming-surge-in-diabetes-cases-report>

* Please note that this is people's perception of Diabetes and not a clinical assessment.



2.3. Question: Where do you have your Blood Sugar Levels checked?*

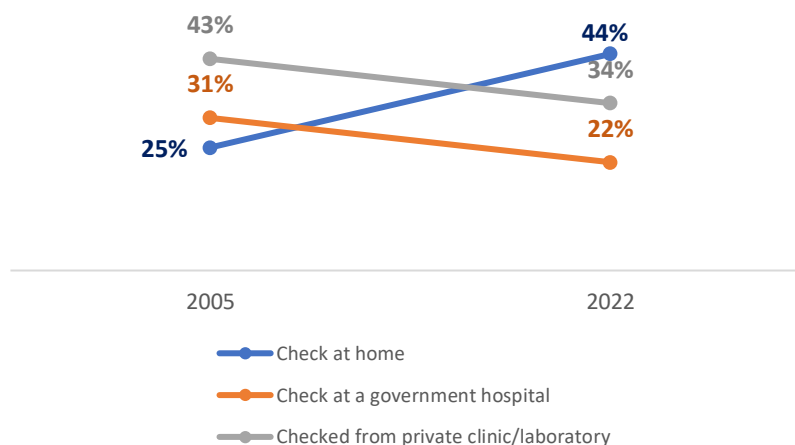


Source: Gallup Pakistan Survey, 2022

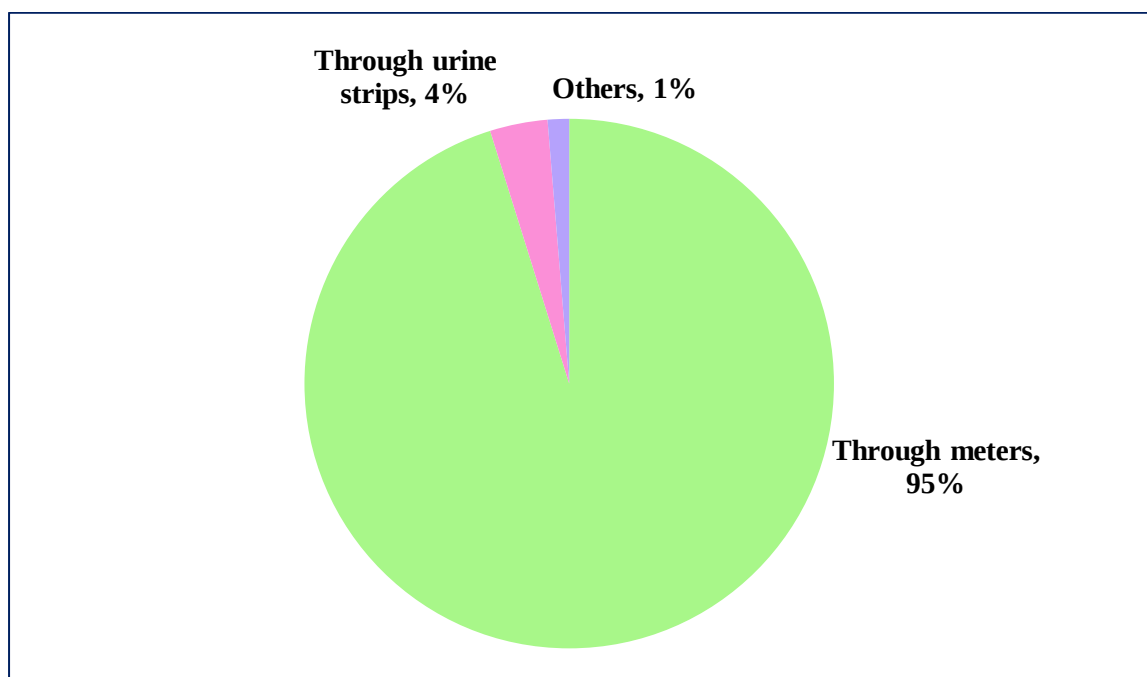
2.4. Trend Data

	2005	2022
Check at home	25%	44%
Check at a government hospital	31%	22%
Checked from private clinic/laboratory	43%	34%

*Of those who claim to have a Diabetic Patient in household.



2.5. Question: If you check your Sugar level at home, then how do you do it?

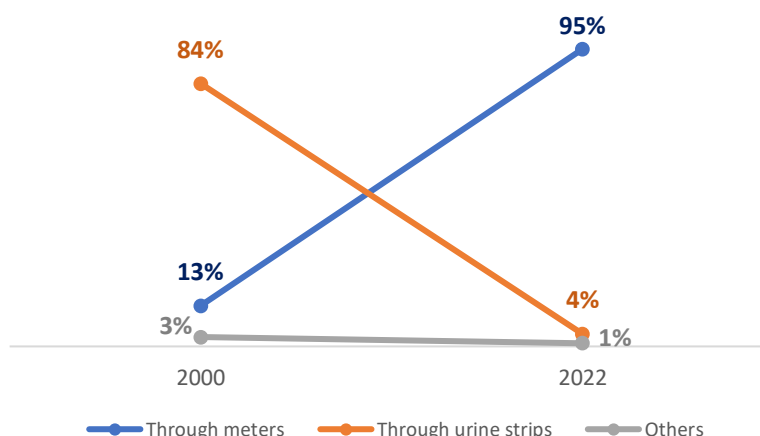


Source: Gallup Pakistan Survey, 2022

2.6. Trend Data

	2000	2022
Through meters	13%	95%
Through urine strips	84%	4%
Others	3%	1%

*Of those who check sugar levels at home.



SOME POLICY RECOMMENDATIONS

The impact of chronic health conditions extends beyond the individual. Consequently, a comprehensive approach which includes raising awareness on adopting healthy lifestyles, reducing salt intake, engaging in regular physical activity and promoting early diagnosis through screenings is incredibly important. Moreover, there is a need to strengthen healthcare systems and ensure equitable access to affordable medications and treatments which can help mitigate the impact of these conditions on the health of Pakistan's population.

METHODOLOGY

For detailed methodology notes, you can view the full chapter here: https://gallup.com.pk/wp/wp-content/uploads/2023/08/chapter-2_health-disease_august-2023-1.pdf

GALLUP PAKISTAN

Gallup Pakistan, the Pakistani affiliate of Gallup International, is a leading survey research and consultancy firm in Pakistan. Gallup Pakistan is a specialist in independent third-party evaluation and ratings. The company is widely attributed to be the founder of science of polling in Pakistan and brings over 40 years of experience in conducting and analyzing opinion polling in Pakistan.