Young and Facing High Blood Pressure?



Hypertension is often regarded as a health condition that only develops in older age. However, data from the 2023 Indonesian Health Survey (SKI) reveals that the prevalence of hypertension based on blood pressure measurements reaches 10.7% in the 18–24 age group and 17.4% in the 25–34 age group in Indonesia. These figures serve as a crucial reminder that high blood pressure affects not only the elderly, but also individuals in their productive years.

Feeling Healthy? You Might Still Be at Risk

One of the factors that makes hypertension particularly dangerous is its asymptomatic nature. According to the World Health Organization (WHO), most people with hypertension do not experience any symptoms, allowing the condition to remain unnoticed. Consequently, regular blood pressure screening is the only definitive way to detect hypertension.

Moreover, a significant gap exists between individuals identified with hypertension through direct measurement and those formally diagnosed by physicians. SKI 2023 data indicates that hypertension prevalence among residents aged 18 and older reached 30.8% based on measurements, yet stood at only 8.6% based on medical diagnoses. This discrepancy highlights the ongoing challenge of identifying and detecting hypertension within the population.

Everyday Habits That Drive Hypertension

Youth does not confer immunity to hypertension, particularly when lifestyle factors compromise vascular health. The WHO identifies excessive salt intake, physical inactivity, overweight or obesity, tobacco use, and excessive alcohol consumption as major risk factors for elevated blood pressure. Family history and underlying health conditions also contribute to overall risk.

In daily life, these factors often translate to diets high in sodium and unhealthy fats, prolonged sitting, and insufficient physical activity. The Ministry of Health of the Republic of Indonesia highlights that poor dietary habits, lack of exercise, and smoking remain primary drivers of hypertension among young adults in Indonesia.

Prevention Starts Today

Preventing hypertension should not be delayed until later in life. To manage and prevent high blood pressure, the WHO recommends adopting a healthy diet low in sodium and rich in fruits and vegetables, maintaining regular physical activity, managing body weight, and avoiding tobacco use.

In addition to building healthy habits, routine blood pressure monitoring is vital. If measurements indicate elevated blood pressure, further medical evaluation is necessary to confirm the condition and establish an appropriate care plan.

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