



Coverage Report:

Hypertension Emerging Rapidly Among Youth Due to Lifestyle Changes, Says Union Minister Prataprao Jadhav at 'Illness to Wellness' Conference

THE TIMES OF INDIA

Name of the Publication	The Times of India
Date	17 May 2026

Hypertension no longer limited to elderly

Anuja Jaiswal
@timesofindia.com

New Delhi: Hypertension is increasingly affecting teenagers and young adults in India because of rising stress, obesity, poor sleep and unhealthy lifestyles, silently damaging the brain, heart and kidneys long before symptoms appear, doctors and public health experts warned on Thursday ahead of World Hypertension Day on May 17.

Speaking at 'Illness to Wellness Conference on Transforming Hypertension Care: Prevention to Wellness', experts said many patients discovered high blood pressure only after suffering

a stroke, heart attack or kidney failure because the disease often remained symptomless for years.

Calling hypertension a "silent killer", Union minister of state for health Prataaprao Jadhav said in his video message that changing lifestyles and neglect of physical and mental health were contributing to rising hypertension among younger people.

"Hypertension is no longer limited to the elderly, it is also affecting children and young adults," said Prof Rakesh Yadav, cardiologist and head of emergency medicine at AIIMS, stressing the need for regular BP monitoring, healthy diets and weight control.

Dr P Venkata Krishnan of Narayana Hospital said BP screening should ideally begin around the age of 15 because of rising obesity, academic stress and sleep disturbances among adolescents. "We are seeing early-onset hypertension from 15 years itself."

Experts said hypertension remained one of the biggest risk factors for stroke, heart disease and chronic kidney disease, but awareness and treatment compliance remained poor. Dr Ripen Gupta of Max Smart Super Specialty Hospital said nearly one in four adults was affected by hypertension, yet BP control rates remained very low.

Prof Dipankar Bhowmik,

head of nephrology at AIIMS, said uncontrolled hypertension was among the leading causes of chronic kidney disease. "Almost 25-30% of dialysis patients have long-standing uncontrolled hypertension," he said, advising people above 40 years to undergo routine kidney screening tests.

Neurologists warned that dizziness, tingling, temporary weakness and visual disturbances might signal early brain involvement from high BP. Doctors also linked poor sleep, smoking, obesity, excess salt intake and sedentary lifestyles to rising hypertension, and advised annual BP screening after adolescence and regular exercise.

Name of the Publication	Dainik Jagran
Date	16 May 2026

युवाओं में तेजी से बढ़ रहा हाई बीपी, जीवनशैली में बदलाव जरूरी: जाधव

जागरण संवाददाता, नई दिल्ली : कि इससे बचाव के लिए समय पर जांच और जागरूकता बेहद जरूरी है।

कॉंग्रेस में स्वास्थ्य विशेषज्ञों ने कहा कि हाई बीपी अब केवल बुजुर्गों की समस्या नहीं रह गई है, बल्कि बच्चे और युवा भी इसकी चपेट में आ रहे हैं। एम्स के प्रोफेसर डा. राकेश यादव ने मोटापे और अनियमित जीवनशैली को प्रमुख कारण बताया। मैक्स अस्पताल के डा. रिपेन गुप्ता ने नियमित बीपी जांच, एरोबिक एक्सरसाइज, योग, पर्याप्त नींद और तनाव कम करने पर जोर दिया। सलाह दी कि मजबूत जनजागरूकता, नियमित स्क्रीनिंग और स्वस्थ जीवनशैली अपनाकर हाइपरटेंशन से होने वाली गंभीर बीमारियों और मौतों को काफी हद तक रोका जा सकता है।

केंद्रीय आयुष राज्य मंत्री (स्वतंत्र प्रभार) प्रतापराव जाधव ●

रक्तचाप के मामले बदलती जीवनशैली, तनाव और शारीरिक गतिविधियों में कमी के कारण तेजी से बढ़ रहे हैं। इसलिए सभी को, विशेषकर युवाओं को अपनी जीवन शैली में बदलाव करना चाहिए। शुक्रवार को यह बातें केंद्रीय आयुष एवं स्वास्थ्य राज्यमंत्री प्रतापराव जाधव ने विश्व उच्च रक्तचाप दिवस के उपलक्ष्य में आयोजित इलनेस टु वेलनेस कॉन्फ्रेंस में कही। उन्होंने इसे 'साइलेंट किलर' बताते हुए सलाह दी



Name of the Publication	Pioneer
Date	16 May 2026

Silent killer strikes young India, experts warn at Delhi hypertension meet

ABHINAV KUMAR JHA
■ New Delhi

Hypertension creeps into young lives shaped by stress, long hours, poor sleep, and little time for exercise, often causing harm before it is noticed. Ahead of World Hypertension Day 2026, a major health conference in Delhi saw doctors, policy-makers, and public experts warn that this condition is no longer confined to the elderly. Hypertension is now spreading rapidly among young Indians.

At the "Illness to Wellness Conference on Transforming Hypertension Care" in New Delhi, speakers emphasised the urgent need to shift from treatment-only healthcare to prevention and long-term wellness strategies. The event was organised by the Illness to Wellness Foundation with The Pioneer as media partner and FICCI as association partner.

The conference focused on the growing burden of hypertension in India and the urgent need to shift health-

care systems from treatment-driven approaches to prevention, screening, and long-term wellness strategies.

In a video message, Union Minister of State for Ayush and Health and Family Welfare Prataprao Jadhav said changing lifestyles and neglect of physical and mental well-being were contributing to a sharp rise in hypertension among younger people. Calling hypertension a "silent killer", the minister said the condition often develops without symptoms and can eventually trigger serious complications such as strokes and heart attacks.

Rajesh Bhushan, former Union Health Secretary and Chairperson of the Governing Council of the Illness to Wellness Foundation, said hypertension was no longer confined to urban India. "We often assume this is only a metropolitan problem because we live in cities. But hypertension is equally prevalent in rural India," he said, stressing that delayed diagnosis remains one of the biggest barriers to treatment.



Left to Right:- Prof. Rakesh Yadav, Anil Rajput, Rajesh Bhushan, Dr Ripen Gupta, Dr Sanjeev Singh

The Statesman

Name of the Publication	The Statesman
Date	17 May 2026

Hypertension emerging among youth due to lifestyle changes: Jadhav

STATESMAN NEWS SERVICE
New Delhi, 16 May

Calling hypertension a "silent killer", Union Minister of State for Health and Family Welfare and Minister of State (Independent Charge) for Ayush, Prataprao Jadhav, has said the condition often progresses without visible symptoms and can lead to severe complications such as heart attacks and strokes.

He highlighted that the Government of India, under the National Programme for Prevention and Control of Non-Communicable Diseases (NPCDCS), is actively promoting population-based screening, early detection and management through Health and Wellness Centres across the country.

In a special video message



during the 'Illness to Wellness Conference on Transforming Hypertension Care: Prevention to Wellness' organised ahead of World Hypertension Day 2026, Jadhav said, "In today's time, it is essential that we make our communities more sensitive and aware, and strengthen awareness about hypertension. Due to changing lifestyles and reduced attention

to physical and mental health, hypertension is rapidly increasing even among the youth."

The conference was organised by the Illness to Wellness Foundation and brought together leading policymakers, cardiologists, healthcare experts and public health leaders to deliberate on the growing burden of hypertension and the need to move from

illness-centric treatment towards wellness-driven healthcare approaches.

Addressing the gathering, Rajesh Bhushan, Former Secretary, Ministry of Health and Family Welfare, Government of India and Chairperson, Governing Council, Illness to Wellness Foundation, said,

"The problem of hypertension is as prevalent in rural India

as it is in urban India, but because we live in metro cities, we often believe it is only an urban problem. Early detection is extremely important because without early detection, early treatment becomes difficult. At the same time, non-communicable diseases impact GDP significantly across countries, and therefore prevention and timely intervention are critical."

In his welcome address, Anil Rajput, Chairperson, Advisory Council, Illness to Wellness Foundation, said, "Modern lifestyles marked by long working hours, constant connectivity, poor sleep, sedentary habits and rising stress are significantly contributing to the growing burden of hypertension and lifestyle disorders."

Name of the Publication	Millennium Post
Date	16 May 2026

‘Changing lifestyles driving rise in hypertension among youth’

‘Long working hours, poor sleep, sedentary lifestyles & stress were contributing to rising hypertension’

NEW DELHI: Union Minister of State (I/C) for Ayush and Minister of State for Health and Family Welfare Prataprao Jadhav has called for greater public awareness and community sensitisation on hypertension, warning that changing lifestyles are driving a sharp rise in cases even among the youth.

In a video message at the “Illness to Wellness Conference on Transforming Hypertension Care: Prevention to Wellness”, organised ahead of World Hypertension Day 2026, Jadhav described hypertension as a “silent killer” that often progresses without symptoms and can trigger heart attacks and strokes. “In today’s time, it is essential that we make our com-

munities more sensitive and aware, and strengthen awareness about hypertension,” he said. Jadhav said the government, under the National Programme for Prevention and Control of Non-Communicable Diseases (NPCDCS), is promoting population-based screening, early detection and treatment through Health and Wellness Centres nationwide.

The conference, organised by the Illness to Wellness Foundation, brought together policymakers, cardiologists and health experts to discuss preventive and wellness-driven approaches to hypertension care.

Rajesh Bhushan, Chairperson of the Governing Council of the foundation, said hyper-



L to R: Prof. Rakesh Yadav, Cardiologist & Head - Dept of Emergency Medicine, AIIMS, New Delhi; Anil Rajput, Chairperson, Advisory Council, Illness to Wellness Foundation; Rajesh Bhushan, Former Secretary, Ministry of Health, GoI & Chairperson, Governing Council, IWF; Dr. Ripen Gupta, Vice Chairman & Unit Head - Cardiology, Max Smart Super Speciality Hospital, Saket and Dr. Sanjeev Singh, Chairperson, FICCI Medical Education Task Force and Medical Director, AIIMSRC Faridabad & Chief Medical Superintendent, Amrita School of Medicine, Kochi

tension was as prevalent in rural India as in urban areas.

CLOSER LOOK

- » ‘Hypertension was as prevalent in rural India as in urban areas’
- » ‘Early detection is extremely important because without early detection, treatment becomes difficult’
- » Experts Ripen Gupta & Rakesh Yadav stressed the need for regular blood pressure monitoring, lifestyle changes, obesity control

early detection, early treatment becomes difficult,” he said, add-

ing that non-communicable diseases significantly impact GDP across countries.

Anil Rajput said long working hours, poor sleep, sedentary lifestyles and stress were contributing to rising hypertension and lifestyle disorders. Referring to concerns around Artificial Intelligence, he said, “AI should not only be viewed through the lens of automation or job displacement, but also as an opportunity to improve the quality of human life.”

Cardiology experts including Ripen Gupta and Rakesh Yadav stressed the need for regular blood pressure monitoring, lifestyle changes, obesity control and adherence to long-term treatment.

MP051



Name of the Publication	CNN News18
Date	16 May 2026





Name of the Publication	News X
Date	16 May 2026



THE TIMES OF INDIA

Name of the Publication	The Times of India
Date	17 May 2026

Check 'silent killer' BP from teen years, advise doctors

Anuja Jaiswal / May 17, 2026, 00:03 IST

Preferred on 

 Comments

 Share



AA



Photo for representation

New Delhi: Hypertension is increasingly affecting teenagers and young adults in India because of rising stress, obesity, poor sleep and unhealthy lifestyles, silently damaging the brain, heart and kidneys long before symptoms appear, doctors and public health experts warned on Thursday ahead of World Hypertension Day on May 17.

Speaking at 'Illness to Wellness Conference on Transforming Hypertension Care: Prevention to Wellness', experts said many patients discovered high blood pressure only after suffering a stroke, heart

attack or kidney failure because the disease often remained symptomless for years.

Calling hypertension a "silent killer", Union minister of state for health Prataprao Jadhav said in his video message that changing lifestyles and neglect of physical and mental health were contributing to rising hypertension among younger people.

"Hypertension is no longer limited to the elderly. It is now affecting children and young adults as well," said Prof [Rakesh Yadav](#), cardiologist and head of emergency medicine at [AIIMS](#), stressing the need for regular BP monitoring, healthy diets and weight control.

PRESS TRUST OF INDIA

India's premier news agency

Name of the Publication	PTI
Date	15 May 2026

[Home](#) > [National](#) > [Health experts in Delhi call for.....](#)

< [Ba](#)

Health experts in Delhi call for early detection, preventive care to tackle hypertension burden

NEW DELHI: (May 15) Health experts on Friday called for early detection, preventive care and lifestyle changes to tackle the growing burden of hypertension.

During the 'Illness to Wellness Conference on Transforming Hypertension Care: Prevention to Wellness', organised ahead of World Hypertension Day 2026, Union Minister of State for Ayush, Prataprao Jadhav said hypertension was rising rapidly among the youth due to changing lifestyles and neglect of physical and mental health.

"Due to changing lifestyles and reduced attention to physical and mental health, hypertension is rapidly increasing even among the youth," he said, describing hypertension as a "silent killer" that can lead to severe complications such as heart attacks and strokes.



Name of the Publication	ETV Bharat
Date	17 May 2026

The New Face of High Blood Pressure in India: Why Even Healthy-Looking People In Their 30s Are At Risk | World Hypertension Day 2026



By [Kasmin Fernandes](#)

Published : May 17, 2026 at 6:31 AM IST



6 Min Read



Add as a preferred source on Google

For decades, hypertension belonged to someone else. A man in his 60s. Maybe your uncle who ignored his medicines. A retiree carrying around a blood pressure machine like a reluctant accessory. It was not supposed to belong to a 33-year-old startup founder surviving on cigarettes and deadlines. Or a corporate executive who can finish a presentation at midnight but cannot remember the last time she slept for eight hours. Yet something strange has happened. Hypertension has begun showing up early, almost casually, among Indians in their 30s. Interestingly, many of them do not even know they have it.

High blood pressure often slips into life silently. According to doctors, what we are witnessing is not simply a rise in blood pressure. It is a rewiring of risk itself. On World Hypertension Day, experts are increasingly asking a provocative question: what if the story of hypertension is no longer just about salt and stress? What if the gut (the microbial universe living inside us) is influencing the fate of our arteries?



Name of the Publication	Edexlive
Date	16 May 2026

Delhi doctors advocate early detection to curb rising hypertension cases

Prof Rakesh Yadav of AIIMS said hypertension was now affecting all sections of society, including children and young adults



PTI

New Delhi: Health experts on Friday called for early detection, preventive care and lifestyle changes to tackle the growing burden of hypertension.

During the 'Illness to Wellness Conference on Transforming Hypertension Care: Prevention to Wellness', organised ahead of World Hypertension Day 2026, Union Minister of State for Ayush, Prataprao Jadhav said hypertension was rising rapidly among the youth due to changing lifestyles and neglect of physical and mental health.

Name of the Publication	BW Healthcare
Date	15 May 2026

Youth Hypertension Rising Fast As Lifestyle Risks Grow, Warns Union Minister

BW Online Bureau | May 15, 2026

#YouthHypertensionIndia #PratapraoJadhav #WorldHypertensionDay2026 #HypertensioninYoungAdults

Ahead of World Hypertension Day 2026, Union Minister Prataprao Jadhav warned in New Delhi that lifestyle changes are pushing hypertension rapidly among India's youth.



Hypertension is emerging rapidly among India's younger population due to unhealthy lifestyle changes, reduced physical activity, and declining focus on mental and physical well-being, Union Minister of State (Independent Charge) for Ayush and Minister of State for Health and Family Welfare Prataprao Jadhav said on Thursday.

In a special video address at the 'Illness to Wellness Conference on Transforming Hypertension Care: Prevention to Wellness,' organised in New Delhi ahead of World Hypertension Day 2026, Jadhav described hypertension as a growing public health concern that is no longer limited to older adults.

Name of the Publication	Health and Me
Date	15 May 2026



Lifestyle Changes Driving Hypertension Rapidly Among Indian Youth, Says Union Minister Prataprao Jadhav

Rachel V Thomas Updated May 15, 2026 1 05:43 PM IST

Summary
High blood pressure is a "silent killer" that is rapidly increasing among India's youth because of unhealthy lifestyle changes, the minister said. Hypertension often progresses without visible symptoms and can eventually lead to severe complications such as heart attacks and strokes.

Amid India's growing burden of high blood pressure among the youth, Prataprao Jadhav, Union Minister of State (I/C), Ministry of Ayush and Minister of State for Health and Family Welfare, said **hypertension** is emerging as a major public health concern due to worsening lifestyle habits. High blood pressure is a "silent killer" that is rapidly increasing among India's youth because of unhealthy lifestyle changes, the minister said.

Hypertension Rising Rapidly Among Young Indians

Ahead of World Hypertension Day 2026, Jadhav noted that the condition often progresses without visible symptoms and can eventually lead to severe complications such as heart attacks and strokes.

"In today's time, it is essential that we make our communities more sensitive and aware and strengthen awareness about hypertension. Due to changing lifestyles and reduced attention to physical and mental health, hypertension is rapidly increasing even among the youth," Jadhav said in a video message during the 'Illness to Wellness Conference on Transforming Hypertension Care: Prevention to Wellness' organized in the national capital.

He highlighted that the Government of India, under the National Program for Prevention and Control of Non-Communicable Diseases (NPCDCS), is actively promoting population-based screening, early detection, and management through Health and Wellness Centers across the country.



Do This For 30 Minutes A Day And Earn ₹462,000 Per Day

PINC

Name of the Publication	Pioneer
Date	18 May 2026

Hypertension: India's biggest public health emergency

Copy Link



WhatsApp

Share

By Manoj Vasant Murhekar | P Ganesh kumar



We have the drugs. We have the programme. We have the proof. What India lacks is the political will to measure hypertension properly, manage it consistently, and make control of blood pressure a public health priority. Imagine a disease that kills more Indians every year than tuberculosis, HIV and malaria combined. A disease whose treatment can cost less than a cup of chai each month. A disease for which medicines are already available free in government hospitals. Yet only a fraction of those living with it have it under control.

The Statesman

Name of the Publication	The Statesman
Date	16 May 2026

Hypertension emerging rapidly among youth due to lifestyle changes: Jadhav

Calling hypertension a "silent killer", Union Minister of State for Health and Family Welfare and Minister of State (Independent Charge) for Ayush, Prataprao Jadhav, has said the condition often progresses without visible symptoms and can lead to severe complications such as heart attacks and strokes.

The Statesman News Service | New Delhi | May 16, 2025 6:52 pm



Photo: SNS

Discover more [Health](#) [Social Sciences](#)

[health](#) [trophy](#) [Education](#) [Newspapers](#)

Calling hypertension a "silent killer", Union Minister of State for Health and Family Welfare and Minister of State (Independent Charge) for Ayush, Prataprao Jadhav, has said the condition often progresses without visible symptoms and can lead to severe complications such as heart attacks and strokes.

He highlighted that the Government of India, under the National Programme for Prevention and Control of Non-Communicable Diseases (NPCDCS), is actively promoting population-based screening, early detection and management through Health and Wellness Centres across the country.

Advertisement



Name of the Publication	News Drum
Date	15 May 2026

National

Health experts in Delhi call for early detection, preventive care to tackle hypertension burden



PTI

15 May 2026 16:15 IST

Follow Us



New Delhi, May 15 (PTI) Health experts on Friday called for early detection, preventive care and lifestyle changes to tackle the growing burden of hypertension. During the 'Illness to Wellness Conference on Transforming Hypertension Care: Prevention to Wellness', organised ahead of World Hypertension Day 2026, Union Minister of State for Ayush, Prataprao Jadhav said hypertension was rising rapidly among the youth due to changing lifestyles and neglect of physical and mental health.

"Due to changing lifestyles and reduced attention to physical and mental health, hypertension is rapidly increasing even among the youth," he said, describing hypertension as a "silent killer" that can lead to severe complications such as heart attacks and strokes.

Name of the Publication	Hans India
Date	19 May 2026

Hypertension Emerging Rapidly Among Youth Due to Lifestyle Changes, Says Union Minister Prataprao Jadhav at 'Illness to Wellness' Conference

Hypertension Emerging Rapidly Among Youth Due to Lifestyle Changes, Says Union Minister Prataprao Jadhav at 'Illness to Wellness' Conference



दिप्रिंट

Name of the Publication	The Print
Date	15 May 2026

रक्तचाप से निपटने के लिए शीघ्र निदान और देखभाल जरूरी : स्वास्थ्य विशेषज्ञ

भाषा 15 May 2026



इस लेख के लिए डॉ. वसुंधरा लाल / डिप्टी/डिप्टी/डिप्टी/डिप्टी/डिप्टी

Text Size: A- A+

नयी दिल्ली, 15 मई (भाषा) स्वास्थ्य विशेषज्ञों ने उच्च रक्तचाप के बढ़ते मामलों से निपटने के लिए शीघ्र निदान, निवारक देखभाल और जीवनशैली में बदलाव की शुरुआत को अपील की।

विश्व उच्च रक्तचाप दिवस 2026 से पहले आयोजित एक कार्यक्रम के दौरान, आयुष राज्य मंत्री प्रतापराव जाधव ने कहा कि जीवनशैली में बदलाव और शारीरिक तथा मानसिक स्वास्थ्य की उपेक्षा के कारण युवाओं में उच्च रक्तचाप की समस्या तेजी से बढ़ रही है।

उन्होंने कहा, “बदलती जीवनशैली और शारीरिक एवं मानसिक स्वास्थ्य पर कम ध्यान देने के कारण युवाओं में भी उच्च रक्तचाप की समस्या तेजी से बढ़ रही है।” उन्होंने उच्च रक्तचाप को “दबे पांव आने वाली मौत” बताया जो हृदयाघात और मस्तिष्काघात जैसी गंभीर जटिलताओं का कारण बन सकता है।

लोकप्रिय

ओडिशा चैस एसोसिएशन में गड़बड़ी, खिलाड़ियों का सवाल—राष्ट्रीय संस्था कुछ क्यों नहीं कर रही

अनभिज्ञा खान - 19 May 2026

नोएडा और गुरुग्राम में लोग RWAs को अदालत तक ले जा रहे, अब हर बिल्डिंग पर पड़ चुका है कानून

अनभिज्ञा खान - 19 May 2026

‘आदिवासी समाज मुठबधारा से जुड़ रहा’, शाह के नक्सलमुक्त भारत वाले बयान पर बोले बिहार मंत्री दीपक प्रकाश

दिप्रिंट टीम - 19 May 2026