



High Blood Pressure Facts

Prevalence of the Disease

- Approximately 28%-30% of Americans have high blood pressure
- 29% of those with high blood pressure don't know they have it
- 48% of Americans between the ages of 45-54 have high blood pressure; 65% of those ages 65-74; and 78% of those older than 75
- 39% of those diagnosed are not receiving treatment
- The rate of high blood pressure has increased by an average of 11% from 1994 to 2004
- Men and women older than 70 years old were significantly less likely to have their high blood pressure controlled, compared to those 60-69 years old

Impact on People of Color

- African Americans are twice as likely than whites to have high blood pressure
- Latinos are 1.5 times as likely to have the disease
- At any level of blood pressure, African American men have a 2-4 fold increase in renal failure compared to white men

Treatment

- Treating high blood pressure has resulted in reductions in strokes by 35-40%, risk of heart attack by 20%, and episodes of heart failure by >50%
- Simply having blood pressure measured within six months was significantly associated with greater awareness and treatment in men and women, and control in women
- In those over the age of 80, active treatment of high blood pressure reduced the risk of death by 21%, the risk of heart failure by 64%, and the risk of death from stroke by 39%
- In 2005-2006, 43.5% of people with high blood pressure had reached the target; 64% of those taking medications reached the target
- Men with four or more doctor visits per year were significantly more likely to be aware of hypertension than those with one or no doctor visits

References

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