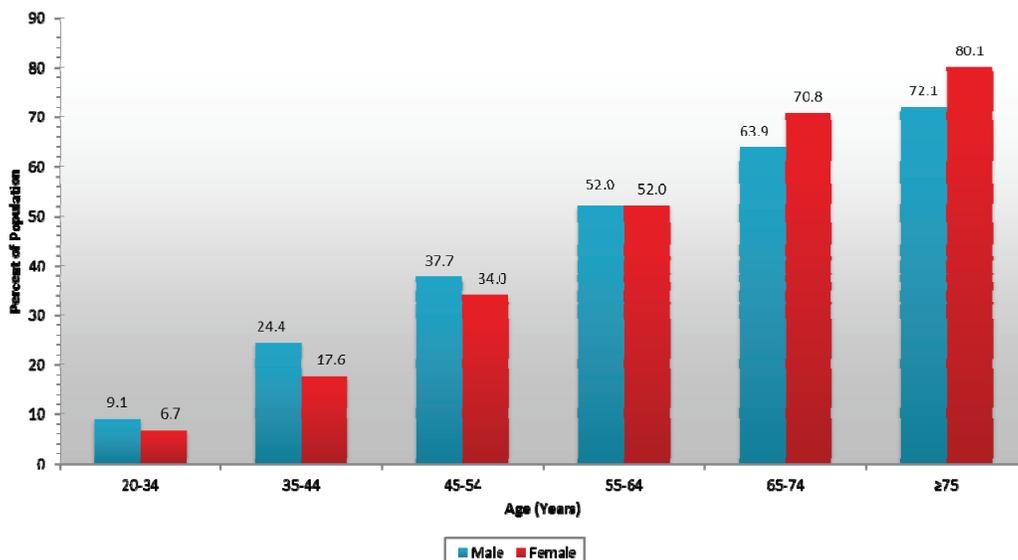


## Statistical Fact Sheet 2013 Update

### High Blood Pressure

- In the United States, about 77.9 million (1 out of every 3) adults have high blood pressure.
- Data from NHANES 2007–10 showed that of those with high blood pressure,
  - 81.5 percent are aware they have it
  - 74.9 percent are under current treatment
  - 52.5 percent have it controlled
  - 47.5 percent do not have it controlled
- Among adults age 20 and older in the United States, the following have high blood pressure:
  - For non-Hispanic whites, 33.4 percent of men and 30.7 percent of women.
  - For non-Hispanic blacks, 42.6 percent of men and 47.0 percent of women.
  - For Mexican Americans, 30.1 percent of men and 28.8 percent of women.
- Projections show that by 2030, prevalence of hypertension will increase 7.2% from 2013 estimates .

#### Prevalence of High Blood Pressure in Adults Age 20 and Older NHANES: 2007–2010



Source: NCHS and NHLBI. Hypertension is defined as SBP 140 mm Hg or DBP 90 mmHg, taking antihypertensive medication, or being told twice by a physician or other professional that one has hypertension.

- A higher percentage of men than women have high blood pressure until age 45. From ages 45–54 and 55–64, the percentage of men and women is similar; after that a much higher percentage of women than men have high blood pressure.
- About 69% of people who have a first heart attack, 77% who have a first stroke, and 74% who have congestive heart failure have blood pressure higher than 140/90 mm Hg.

## High Blood Pressure - 2013 Statistical Fact Sheet

- High blood pressure was listed on death certificates as the primary cause of death of 61,762 Americans in 2009.
- High blood pressure was listed as a primary or contributing cause of death in about 348,102 of the more than 2.4 million U.S. deaths in 2009.
- 2009 high blood pressure mortality:
  - 27,668 male deaths (44.8% of deaths from high blood pressure).
    - 20,286 white males
    - 6,574 black males
  - 34,094 female deaths (55.2% of deaths from high blood pressure).
    - 26,201 white females
    - 6,951 black females
- From 1999 to 2009 the death rate from high blood pressure increased 17.1 percent, and the actual number of deaths rose 43.6 percent.
- The 2009 overall death rate from high blood pressure was 18.5 per 100,000. Death rates were:
  - 17.0 for white males.
  - 14.4 for white females.
  - 51.6 for black males.
  - 38.3 for black females.
- 488,000 people diagnosed with high blood pressure were discharged from short-stay hospitals in 2010. Discharges include people both living and dead:
  - 216,000 males.
  - 272,000 females.
- The estimated direct and indirect cost of high blood pressure in 2009 is \$51.0 billion.

**For additional information, charts and tables, see Chapter 9 of**  
**[Heart Disease & Stroke Statistics - 2013 Update.](#)**

Additional charts may be downloaded directly from the online publication at:

<http://circ.ahajournals.org/lookup/doi/10.1161/CIR.0b013e31828124ad> Or at: [www.heart.org/statistics](http://www.heart.org/statistics)

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If you have questions about statistics or any points made in the 2013 Statistical Update, please contact the American Heart Association National Center, Office of Science & Medicine at [statistics@heart.org](mailto:statistics@heart.org).

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