

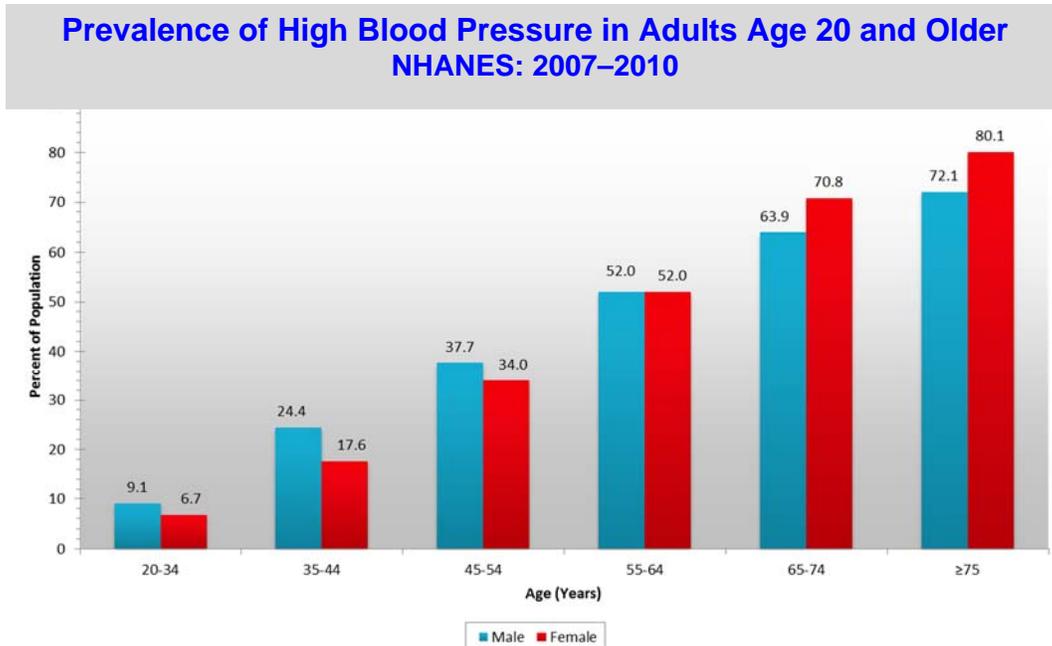
Statistical Fact Sheet

2014 Update

High Blood Pressure

High blood pressure is a major risk factor for CVD and stroke. The AHA has identified untreated BP <90th percentile (for children) and <120/<80 mm Hg (for adults aged ≥20 years) as 1 of the 7 components of ideal cardiovascular health. In 2009 to 2010, 85.8% of children and 44.3% of adults met these criteria.

- 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, ≈41.4% of US adults will have hypertension, an increase of 8.4% from 2012 estimates.



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 - 2014 Statistical Fact Sheet

- High blood pressure was listed on death certificates as the primary cause of death of 63,119 Americans in 2010.
- High blood pressure was listed as a primary or contributing cause of death in about 362,895 of the more than 2.5 million U.S. deaths in 2010.
- 2010 high blood pressure mortality:
 - 28,373 male deaths (45.0% of deaths from high blood pressure).
 - 20,819 white males
 - 6,670 black males
 - 34,746 female deaths (55.0% of deaths from high blood pressure).
 - 26,798 white females
 - 6,923 black females
- From 2000 to 2010 the death rate from high blood pressure increased 16.0%, and the actual number of deaths rose 41.5%.
- The 2010 overall death rate from high blood pressure was 18.8 per 100,000. Death rates were:
 - 17.2 for white males.
 - 15.0 for white females.
 - 50.2 for black males.
 - 37.1 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 2010 is \$46.4 billion.

For additional information, charts and tables, see
[Heart Disease & Stroke Statistics - 2014 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

The American Heart Association requests that this document be cited as follows:

Go AS, Mozaffarian D, Roger VL, Benjamin EJ, Berry JD, Blaha MJ, Dai S, Ford ES, Fox CS, Franco S, Fullerton HJ, Gillespie C, Hailpern SM, Heit JA, Howard VJ, Huffman MD, Judd SE, Kissela BM, Kittner SJ, Lackland DT, Lichtman JH, Lisabeth LD, Mackey RH, Magid DJ, Marcus GM, Marelli A, Matchar DB, McGuire DK, Mohler ER 3rd, Moy CS, Mussolino ME, Neumar RW, Nichol G, Pandey DK, Paynter NP, Reeves MJ, Sorlie PD, Stein J, Towfighi A, Turan TN, Virani SS, Wong ND, Woo D, Turner MB; on behalf of the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2014 update: a report from the American Heart Association. *Circulation*. 2014;129:e28–e292.

If you have questions about statistics or any points made in the 2014 Statistical Update, please contact the American Heart Association National Center, Office of Science & Medicine at statistics@heart.org. Please direct all media inquiries to News Media Relations at inquiries@heart.org or 214-706-1173.