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.

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 - 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:

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.