

# Nearly a third of U.S. adults hypertensive

Jan. 11, 2008

BETHESDA, Md., Jan. 11 (UPI) -- Twenty-nine percent of all U.S. adults 18 years and older were hypertensive in 2005 to 2006 -- nearly equal between men and women, a government report found.

The National Center for Health Statistics study defined hypertension as a systolic blood pressure equal or more than 140 mm Hg or diastolic blood pressure equal or more than 90 mm Hg, or taking medications for hypertension.

Researchers Yechiam Ostchega, Sung Sug Yoon, Jeffery Hughes and Tatiana Louis say that in 2005 to 2006, an additional 37 percent of U.S. adults had pre-hypertension -- systolic blood pressure of 120-139 mm Hg or diastolic BP 80-89 mm Hg, and not pharmacologically treated for high blood pressure.

Seven percent of the total U.S. adult population had a systolic blood pressure of 140 mm Hg or diastolic blood pressure of more than 90 mm Hg, but had never been told by a healthcare provider that they had high blood pressure.

The report said that among hypertensive adults, 78 percent were aware of their condition. Overall, 68 percent of adults with hypertension were using anti-hypertensive medication and more than 64 percent of adults who were taking anti-hypertensive medication achieved blood pressure less than 140/90 mm Hg.