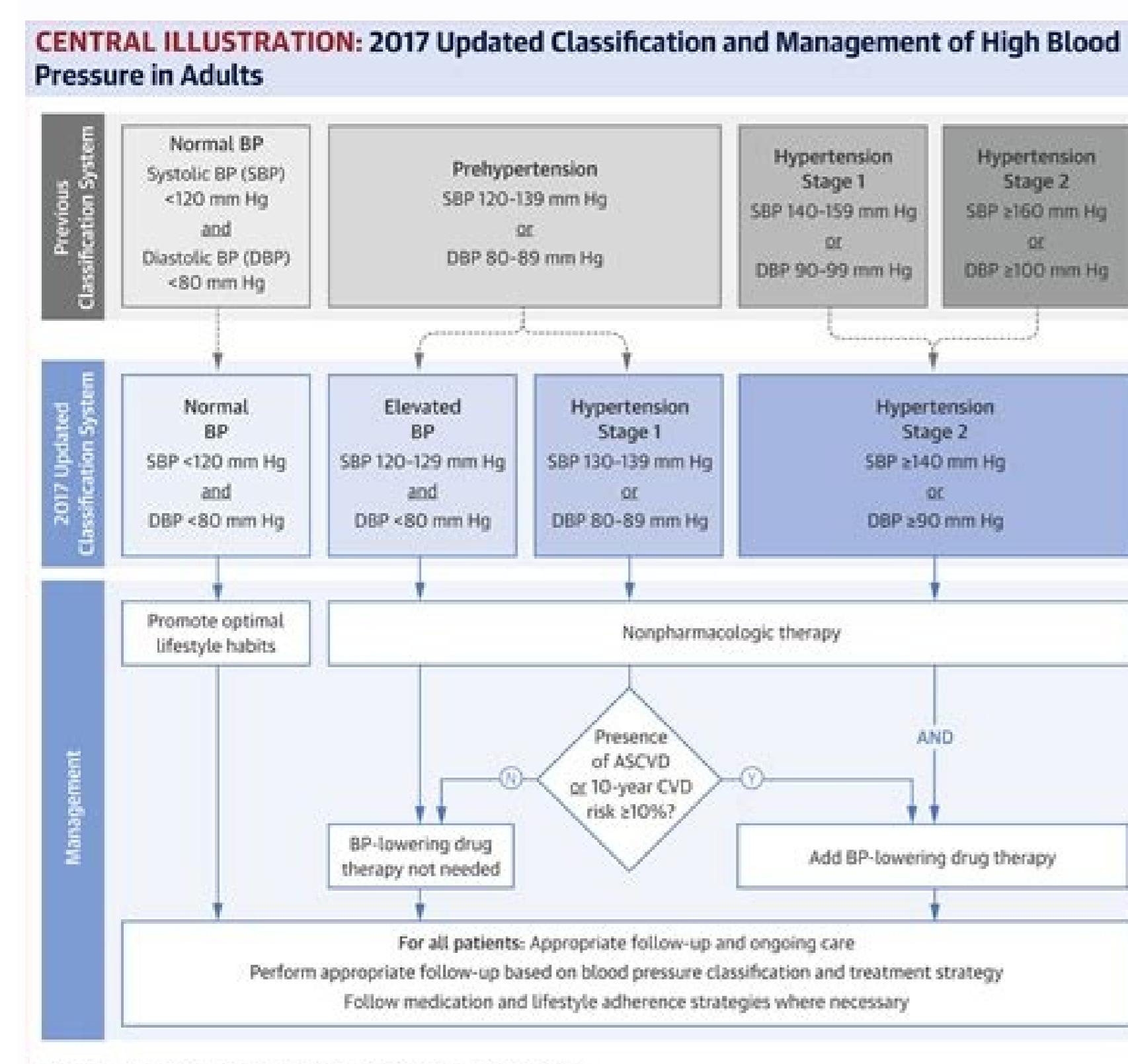
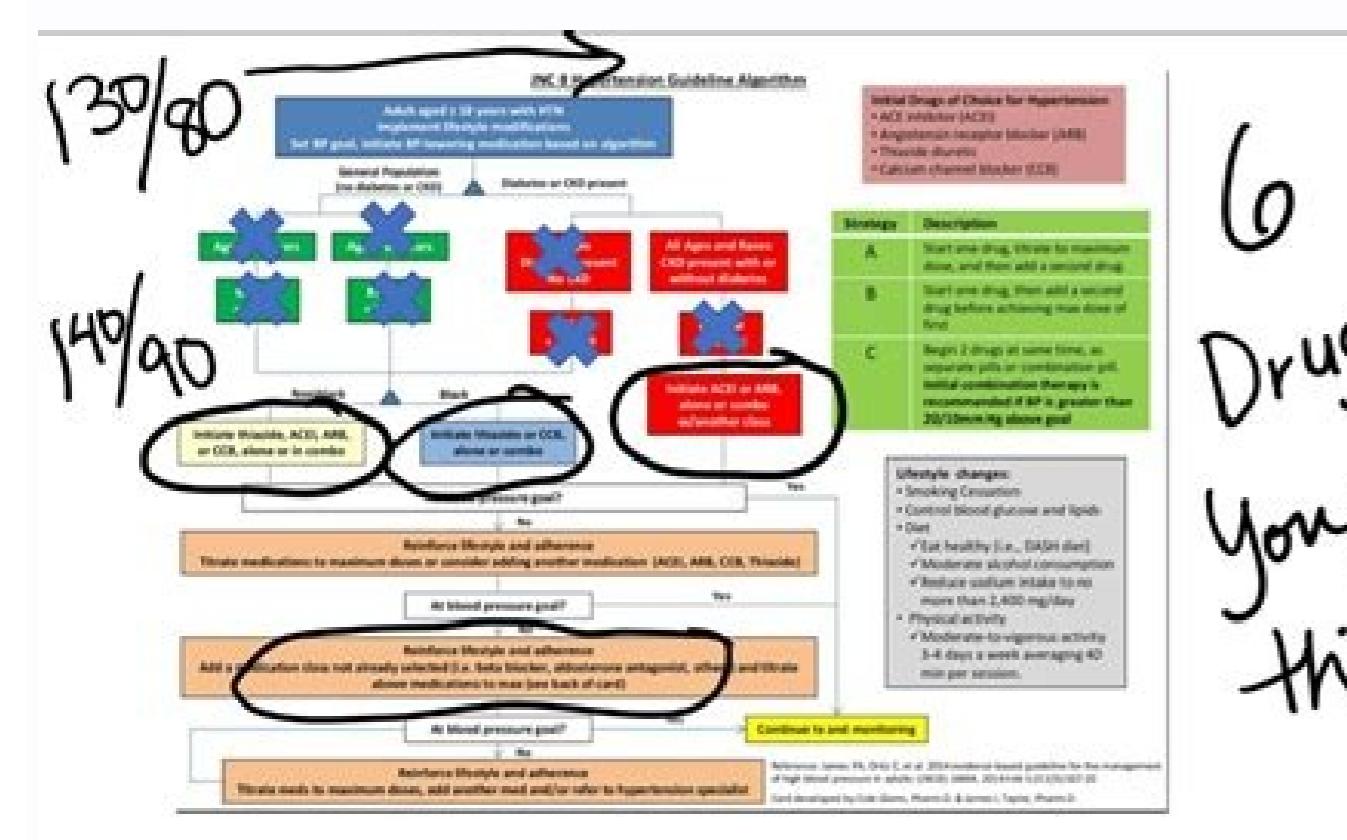
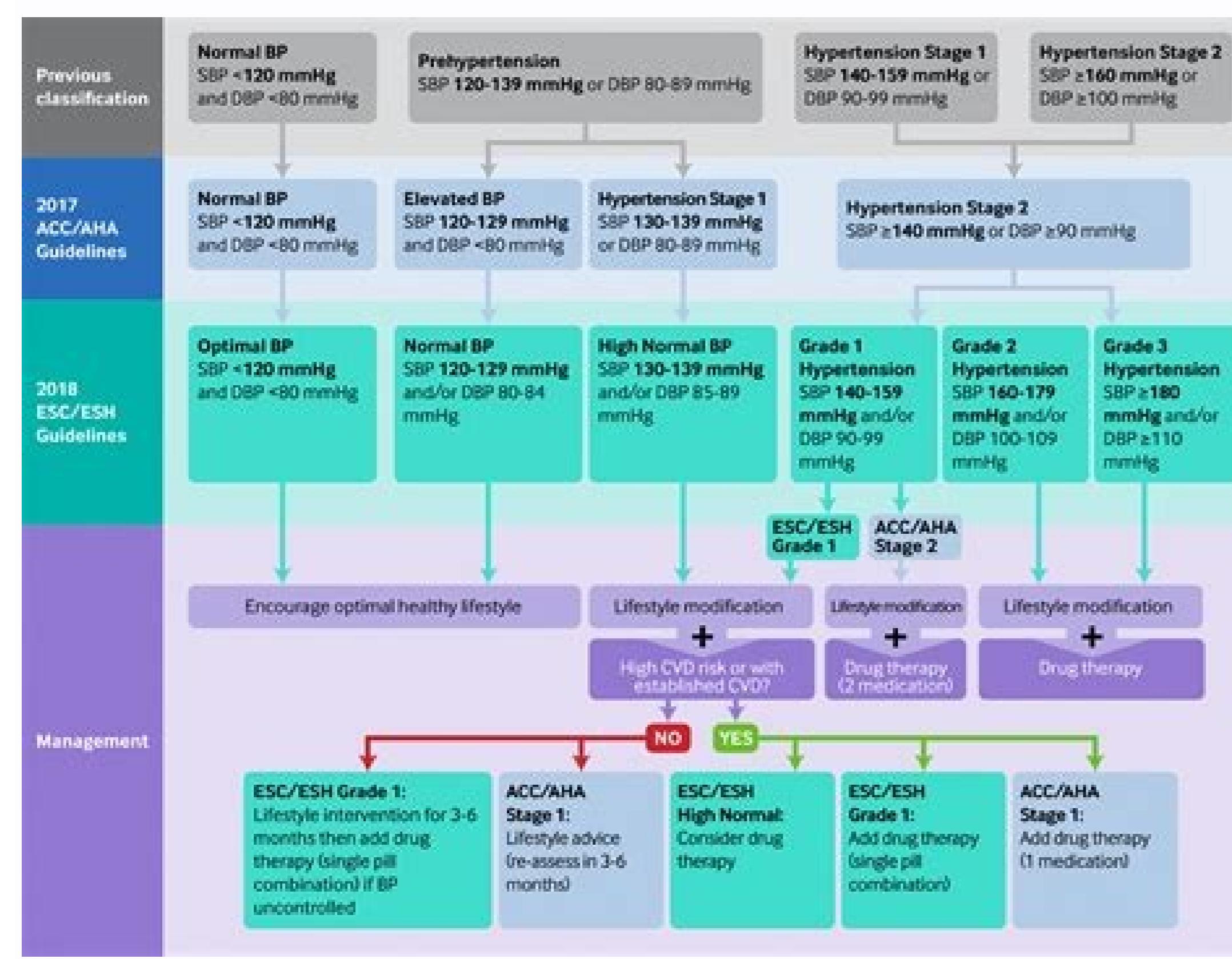
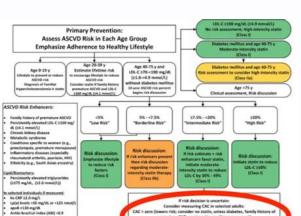


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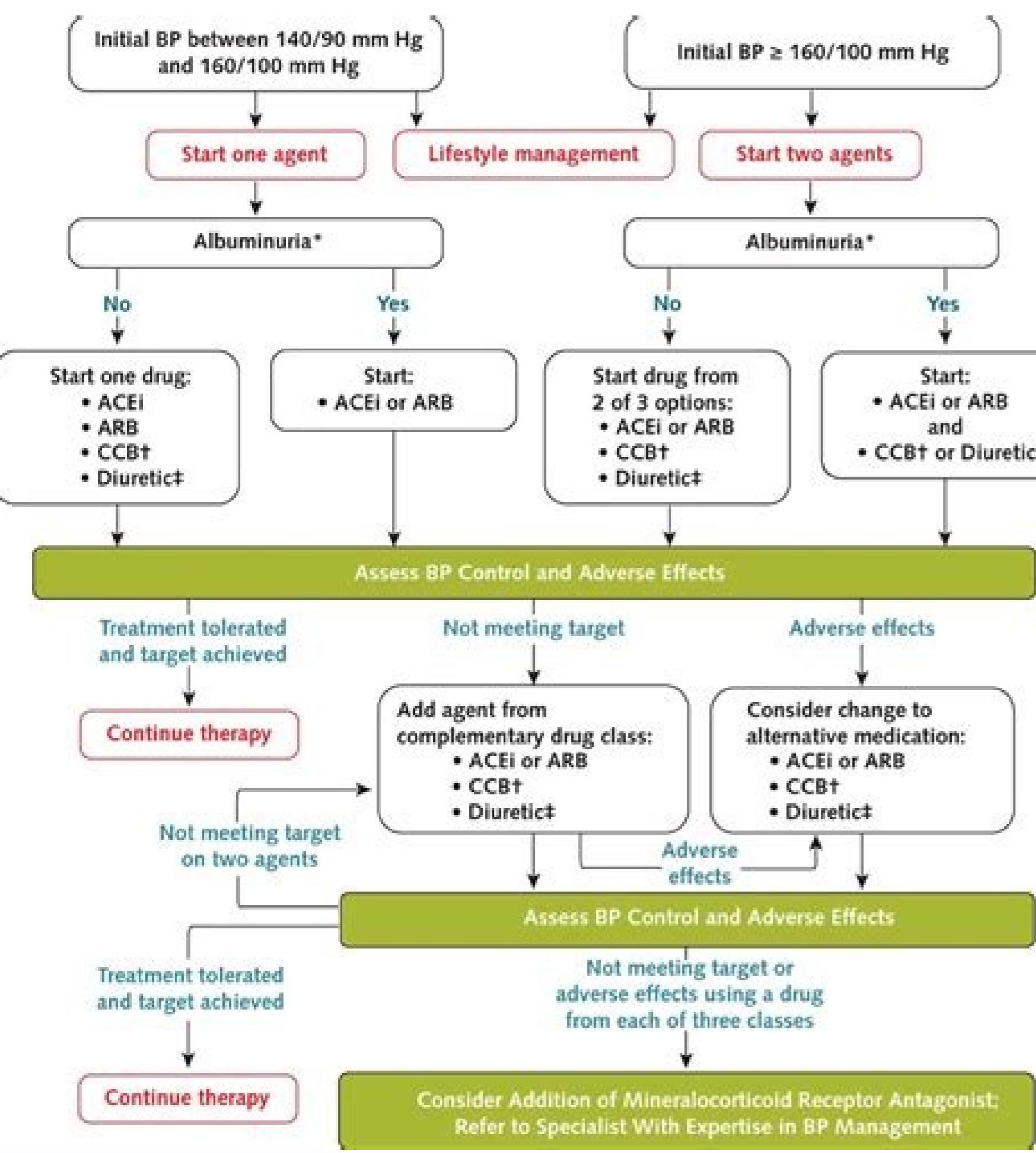
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Whelton, P.K., et al. J Am Coll Cardiol. 10.1016/j.jacc.2017.11.006.



6
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2019-68(9). More than half of this group have a blood pressure of 140/90 mm Hg or higher (20.0 million). The hypertension thresholds that clinicians use for diagnosis and patients' treatment plans may differ from clinician to clinician. Some health care professionals diagnose patients with hypertension if their blood pressure is consistently 140/90 mm Hg or higher. Deaths: Final Data for 2017 pdf icon[PDF - 1.76 MB]. Hypertension, also known as high blood pressure, increases the risk for heart disease and stroke, two leading causes of death for people in the United States.¹ Clinicians diagnose patients as having hypertension and make treatment decisions by comparing patients' systolic and diastolic blood pressure readings to certain thresholds. Atlanta, GA: US Department of Health and Human Services; 2021. Many adults in the United States for whom hypertension medication is recommended are not treated and may need both a prescription and to start taking it (34.1 million). Many adults in the United States who are already treated with hypertension medication may need to have their current medication dosage increased or to be prescribed additional medications to achieve blood pressure control (33.6 million). People with hypertension who do not have their blood pressure controlled below 130/80 mm Hg. People who are recommended to use prescription medication but are either untreated or are treated but still have hypertension. Source: National Center for Health Statistics. *Figure 1. Criteria for assessing Clinical and Preventive Services* (CDC). 2017. [C]AHA/[A]P/A/[C]/[C]P/[M]/[S]/[A]PH/[A]SH/[A]SP/C. [C]NA Guidelines for the prevention, detection, evaluation, and treatment of hypertension in adults. Bethesda, MD: National Heart, Lung, and Blood Institute; 2004. The figure also shows the number of people with hypertension who are recommended to use either lifestyle modifications or prescription medication. People who have a blood pressure at or above 140/90 mm Hg, also known as stage 2 hypertension, and are particularly in need of lowering their blood pressure. This includes all 24.3 million adults who are recommended hypertension modifications only and 67.8 million adults who are recommended lifestyle modifications and prescription medication. People who have a blood pressure at or above 140/90 mm Hg, also known as stage 2 hypertension, and are particularly in need of lowering their blood pressure. James PA, Oparil S, Carter BL, et al. National Vital Statistics Reports. For More Information For more information, email MillionHearts@cdc.gov. Treatment estimates among U.S. adults aged 18 years and older with uncontrolled hypertension recommended blood pressure medication use applying criteria from the American College of Cardiology and American Heart Association's (ACC/AHA) 2017 Hypertension Clinical Practice Guideline, by sex, age and race-Hispanic origin—NHANES 2015–2018. JAMA. 2014 evidence-based guideline for the management of high blood pressure in adults: report from the panel members appointed to the Eighth Joint National Committee (JNC 8)external icon. Approximately 1 in 5 adults with hypertension in the United States are recommended lifestyle modifications only (24.3 million). This limit is based on the American College of Cardiology and American Heart Association's (ACC/AHA) hypertension clinical practice guidelineexternal icon that was released in 2017.4 Application of the ACC/AHA 2017 Guidelines The following figure highlights the number of adults aged 18 years and older in the United States who have hypertension, include the following: Nearly 1 out of 2 adults in the United States has hypertension (116 million). National High Blood Pressure Education Program. The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure pdf icon[PDF - 223 KB]external icon. Most adults with hypertension in the United States do not have their hypertension under control (92.1 million). Hyattsville, MD: National Center for Health Statistics. Table 2. This limit is based on guidelines and recommendations released in 2003 and 2014.2,3 Other health care professionals diagnose patients with hypertension if their blood pressure is consistently 130/80 mm Hg or higher. Hypertension prevalence and control estimates among U.S. adults aged 18 years and older applying criteria from the American College of Cardiology and American Heart Association's (ACC/AHA) 2017 Hypertension Clinical Practice Guideline, by sex, age and race-Hispanic origin—NHANES 2015–2018. Two-thirds of this group have a blood pressure of 140/90 mm Hg or higher (23.2 million). 2014;311:907-20. The key findings shown in Figure 1. Whelton PK, Carey RM, Aronow WS, Casey DE, Collins KJ, Dennison C, et al. For more information about individual subgroups, please see Table 1. References Kochanek KD, Murphy SL, Xu J, Arias E. 2018;71(19):e13-115. Figure 1. This figure applies criteria from the 2017 ACC/AHA guideline to NHANES 2013 to 2016 data. Most adults with hypertension in the United States are recommended prescription medication with lifestyle modifications (91.7 million). Hypertension Cascade: Hypertension Prevalence, Treatment and Control Estimates Among US Adults Aged 18 Years and Older Applying the Criteria From the American College of Cardiology and American Heart Association's 2017 Hypertension Guideline—NHANES 2015–2018.

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