

Prevalence of self-reported hypertension rises in US

April 5 2013



The prevalence of self-reported hypertension among U.S. adults increased slightly, but significantly from 2005 to 2009, and the proportion of adults using anti-hypertensive medications also increased, according to research published April 4 in *Morbidity and Mortality Weekly*.

(HealthDay)—The prevalence of self-reported hypertension among U.S. adults increased slightly, but significantly from 2005 to 2009, and the proportion of adults using anti-hypertensive medications also increased, according to research published April 4 in *Morbidity and Mortality Weekly*.

Jing Fang, M.D., of the National Center for Chronic Disease Prevention and Health Promotion, U.S. [Centers for Disease Control and Prevention](#) in Atlanta, and colleagues analyzed data from [Behavioral Risk Factor Surveillance System \(BRFSS\)](#) from 2005 to 2009 to determine state-

level trends in self-reported [hypertension](#) and the use of anti-hypertensive medications among U.S. adults.

According to the researchers, the prevalence of self-reported hypertension increased slightly, but significantly from 25.8 percent to 28.3 percent. Among those who reported to have hypertension, the use of anti-hypertensive medications also increased from 61.1 percent to 62.6 percent. There were significant variations in self-reported hypertension and treatment by age, gender, race/ethnicity, levels of education and geographical locations.

"Increasing awareness of hypertension, improving hypertension control, and encouraging adherence to evidence-based practices addressing hypertension are needed, especially in those states with higher prevalence of hypertension and lower proportion of use of anti-hypertensive medications," the authors write.

More information: [Full Text](#)

[Health News](#) Copyright © 2013 [HealthDay](#). All rights reserved.

Citation: Prevalence of self-reported hypertension rises in US (2013, April 5) retrieved 13 July 2023 from <https://medicalxpress.com/news/2013-04-prevalence-self-reported-hypertension.html>

<p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p>
--