

HYPERTENSION



Hypertension is abnormally high blood pressure. High blood pressure increases risk for stroke, heart attack and kidney failure. It can also cause many other complications. While high blood pressure can have associated signs and symptoms, there are many instances where the health condition goes unnoticed, giving it its reputation as a “silent killer.”

KEY TAKEAWAYS



Hypertension, the “silent killer,” is defined as **abnormally high blood pressure**.



Hypertension impacts more than 100 million Americans and costs the nation a staggering **\$131-\$198 billion** every year.



Access to **affordable, innovative preventive care** and treatment is critical.

POPULATION STATISTICS

Hypertension is a common condition affecting more than 100 million people in the United States.

- Normal blood pressure is considered 120/80.
- Elevated blood pressure is considered between 120 and 129 systolic (top number).
- High blood pressure is considered 130 or higher systolic or 80 or higher diastolic (bottom number).

DEMOGRAPHIC STATISTICS

Certain factors increase the risk of high blood pressure:

- Age
- Being overweight or obese
- Having co-morbidities such as diabetes or kidney disease
- Not getting enough exercise
- Drinking excess alcohol
- Genetic predisposition

FINANCIAL BURDEN

Hypertension costs the nation a staggering \$131 to \$198 billion every year. This includes the cost of health care services, medications to treat high blood pressure, and the loss of productivity from premature death.

ACCESS ISSUES

Though common among all populations, hypertension is pervasive in low-income families. Risk reduction is also more challenging in low-socioeconomic households for various reasons, such as: lack of access to consistent health care, lack of health insurance, and lack of time or transportation for doctor’s visits.