

# The Hypertension Crisis

## Addressing the Gaps

### Pervasive Problem

**116 million**



**45% of adults** in the U.S. have HTN (BP  $\geq 130/80$  mm Hg)<sup>1,3</sup>

**3 in 4**



**76% of hypertensive adults** have uncontrolled HTN<sup>3</sup>

**500,000 deaths**



In 2018, with HTN as **primary** or **contributing cause**<sup>2</sup>

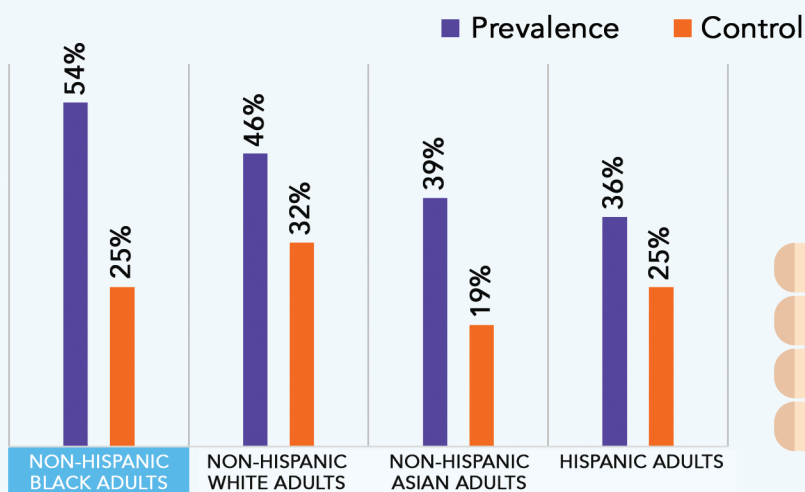
**\$131 billion**



Annual **economic burden** in the U.S.<sup>4</sup>

### Racial Disparities

HTN **more common but less controlled** in non-Hispanic Black adults



### Treatment Gaps

**Over 92 million** adults in the U.S. have uncontrolled HTN, leaving them at:<sup>6</sup>



Increased risk for **heart attack**

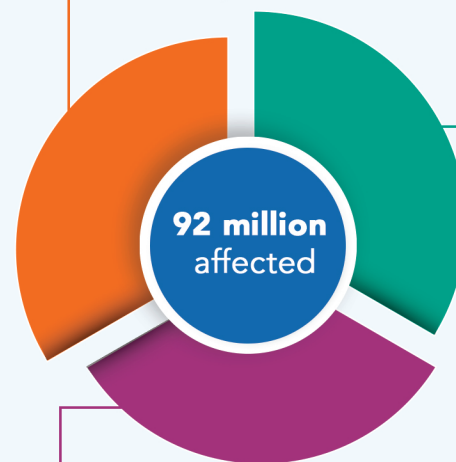


Increased risk for **stroke**



#### Untreated

**34.1 million** untreated, not prescribed drugs and/or not taking as prescribed, of which 23.2 million have stage 2 HTN (BP  $\geq 140/90$  mm Hg)<sup>6</sup>



#### Undertreated

**33.6 million** need intensification of HTN treatment, of which 20 million have stage 2 HTN (BP  $\geq 140/90$  mm Hg)<sup>6</sup>

#### Undermanaged

**24.3 million adults only** recommended lifestyle modification<sup>6</sup>

### Be a Part of the Solution

- **Measure** BP to detect HTN (BP  $\geq 130/80$  mm Hg).
- **Optimize** GDMT to prescribe lifestyle modifications, drug treatment, and referral to specialists when needed.
- **Engage** patients in managing their high BP to improve treatment adherence and increase control of HTN.

**Abbreviations:** BP: Blood pressure; GDMT: Guideline-Directed Medical Therapy; HTN: Hypertension

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