

Estimated Hypertension Prevalence, Treatment, and Control Among US Adults: Tables

For more detailed information about the [Estimated Hypertension Prevalence, Treatment, and Control Among US Adults](#), please consult the following tables.

Table 1. Hypertension prevalence and control estimates among US 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 2017–2020

Subgroup	Total Population	Hypertension			Recommended Treatment						Uncontrolled [†]						Controlled					
					Lifestyle modification only			Prescription blood pressure medication and lifestyle modification*			Among all adults with hypertension			Among adults recommended medication and lifestyle modification			Among all adults with hypertension			Among adults recommended medication and lifestyle modification		
	N, millions	%	(se)	N, millions	%	(se)	N, millions	%	(se)	N, millions	%	(se)	N, millions	%	(se)	N, millions	%	(se)	N, millions	%	(se)	N, millions
Total	249.2	48.1	(1.2)	119.9	20.9	(1.2)	25.0	79.1	(1.2)	94.9	77.5	(0.9)	92.9	71.6	(0.9)	67.9	22.5	(0.9)	27.0	28.4	(0.9)	27.0
Men	120.1	50.6	(1.8)	60.8	22.9	(1.7)	13.9	77.1	(1.7)	46.9	77.8	(1.3)	47.3	71.2	(1.6)	33.4	22.2	(1.3)	13.5	28.8	(1.6)	13.5
Women	129.0	45.7	(1.5)	58.9	18.7	(1.4)	11.0	81.3	(1.4)	47.9	77.2	(1.3)	45.5	72.0	(1.7)	34.5	22.8	(1.3)	13.4	28.0	(1.7)	13.4
Age Group, years																						
18–44	115.1	26.4	(1.5)	30.4	53.3	(2.4)	16.2	46.7	(2.4)	14.2	93.4	(1.5)	28.3	85.8	(2.9)	12.2	6.6	(1.5)	2.0	14.2	(2.9)	2.0
45–64	83.0	58.9	(1.6)	48.9	18.2	(1.5)	8.9	81.8	(1.5)	40.0	74.4	(1.5)	36.4	68.7	(1.8)	27.5	25.6	(1.5)	12.5	31.3	(1.8)	12.5
≥65	51.1	77.1	(1.6)	39.4	0.0	(0.0)	0.0	100.0	(0.0)	39.4	69.7	(1.5)	27.5	69.7	(1.5)	27.5	30.3	(1.5)	12.0	30.3	(1.5)	12.0
Race/Hispanic Origin																						
NH White	157.7	48.9	(1.9)	77.1	20.3	(1.7)	15.7	79.7	(1.7)	61.4	74.9	(1.4)	57.7	68.5	(1.6)	42.0	25.1	(1.4)	19.4	31.5	(1.6)	19.4
NH Black	29.4	57.8	(1.7)	17.0	16.2	(1.1)	2.8	83.8	(1.1)	14.3	83.2	(1.4)	14.2	79.9	(1.6)	11.4	16.8	(1.4)	2.9	20.1	(1.6)	2.9
NH Asian	14.7	45.2	(1.1)	6.6	22.8	(2.5)	1.5	77.2	(2.5)	5.1	81.6	(2.5)	5.4	76.2	(3.0)	3.9	18.4	(2.5)	1.2	23.8	(3.0)	1.2
Hispanic	40.4	38.6	(1.4)	15.6	25.4	(2.1)	4.0	74.6	(2.1)	11.6	82.8	(2.1)	12.9	77.0	(2.7)	9.0	17.2	(2.1)	2.7	23.0	(2.7)	2.7
Other	7.0	51.0	(3.7)	3.6	27.2	(3.5)	1.0	72.8	(3.5)	2.6	80.4	(3.3)	2.9	73.1	(4.5)	1.9	19.6	(3.3)	0.7	26.9	(4.5)	0.7

Data Source: National Center for Health Statistics, Centers for Disease Control and Prevention. National Health and Nutrition Examination Survey (NHANES), 2017–2020.

Definitions: ACC/AHA criteria adapted from Ritchey MD, Gillespie C, Wozniak G, et al. Potential need for expanded pharmacologic treatment and lifestyle modification services under the 2017 ACC/AHA Hypertension Guideline. *J Clin Hypertens*. 2018;20(10):1377–1391.

Abbreviation: NH, non-Hispanic.

*ACC/AHA 2017 Hypertension Guideline recommends the addition of lifestyle modifications when prescription medication treatment is indicated.

†Blood pressure $\geq 130/80$ mm Hg; all adults recommended lifestyle modifications only are considered to have uncontrolled hypertension as their blood pressure is above the threshold.

Notes:

- 1 Values may not add up to totals due to rounding.
- 2 To estimate population counts, we multiplied the estimated prevalence (as proportions) by the National Center for Health Statistics' national population counts for 2017-March 2020, which are compiled from the US Census Bureau's American Community Survey (available at: <https://wwwn.cdc.gov/nchs/nhanes/ResponseRates.aspx#population-totals>)

Table 2. Treatment estimates among US 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)—NHANES 2017–2020

Subgroup	Total Population with Uncontrolled Hypertension Recommended Medication	Recommended Medication, but Untreated						Treated With Medication, but Uncontrolled					
		Overall Prevalence			Subset With a Blood Pressure of $\geq 140/90$ mm Hg			Overall Prevalence			Subset With a Blood Pressure of $\geq 140/90$ mm Hg		
		N, millions	%	(se)	N, millions	%	(se)	N, millions	%	(se)	N, millions	%	(se)
Total	67.9	51.2	(1.8)	34.8	67.4	(1.8)	23.4	48.8	(1.8)	33.2	56.8	(2.0)	18.8
Men	33.4	55.6	(2.7)	18.6	66.1	(2.3)	12.3	44.4	(2.7)	14.8	54.5	(2.1)	8.1
Women	34.5	46.7	(2.3)	16.1	69.0	(2.7)	11.1	53.3	(2.3)	18.4	58.7	(3.5)	10.8
Age Group													
18–44	12.2	68.8	(2.8)	8.4	72.7	(3.1)	6.1	31.2	(2.8)	3.8	39.4	(5.0)	1.5
45–64	27.5	52.0	(3.0)	14.3	71.7	(2.5)	10.2	48.0	(3.0)	13.2	49.8	(2.5)	6.6
≥ 65	27.5	42.7	(2.1)	11.7	58.1	(3.9)	6.8	57.3	(2.1)	15.8	67.2	(3.4)	10.6
Race/Hispanic Origin													
NH White	42.0	51.7	(2.4)	21.7	65.0	(2.2)	14.1	48.3	(2.4)	20.3	55.1	(2.6)	11.2
NH Black	11.4	45.1	(3.1)	5.1	77.1	(2.3)	4.0	54.9	(3.1)	6.3	66.1	(2.7)	4.1
NH Asian	3.9	50.0	(3.5)	1.9	64.3	(3.6)	1.3	50.0	(3.5)	1.9	57.5	(5.2)	1.1
Hispanic	9.0	56.8	(2.4)	5.1	69.5	(3.4)	3.5	43.2	(2.4)	3.9	60.4	(3.5)	2.3
Other	1.9	49.2	(5.8)	0.9	70.6	(8.5)	0.7	50.8	(5.8)	1.0	33.5	(9.3)	0.3

Data Source: National Center for Health Statistics, Centers for Disease Control and Prevention. National Health and Nutrition Examination Survey (NHANES), 2017–2020.

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For More Information

For more information, email MillionHearts@cdc.gov.