

Table 22. Hypertension among adults aged 20 and over, by selected characteristics: United States, selected years 1988–1994 through 2015–2018

Excel version (with more data years and standard errors when available): <https://www.cdc.gov/nchs/hus/contents2019.htm#Table-022>

[Data are based on interviews and physical examinations of a sample of the civilian noninstitutionalized population]

Sex, age, race and Hispanic origin ¹ , and percent of poverty level	1988–1994	1999–2002	2003–2006	2007–2010	2011–2014	2015–2018
Percent of population with hypertension (systolic pressure of at least 130 mm Hg or diastolic pressure of at least 80 mm Hg or taking high blood pressure medication) ³						
20 years and over, age adjusted ²						
Both sexes ⁴	43.0	47.9	45.7	43.9	44.2	45.6
Male	49.4	52.2	49.8	47.6	47.8	50.7
Female	36.5	43.2	41.2	40.1	40.4	40.4
Not Hispanic or Latino:						
White only	41.4	46.4	44.9	42.9	43.1	43.7
White only, male	48.1	51.1	49.8	47.3	46.9	49.8
White only, female	34.6	41.1	39.6	38.5	39.1	37.3
Black or African American only	55.5	60.6	56.0	55.7	56.8	57.5
Black or African American only, male	61.4	64.6	58.5	56.2	59.5	58.4
Black or African American only, female	50.4	56.7	53.7	55.1	54.5	56.3
Asian only	---	---	---	---	38.3	47.2
Asian only, male	---	---	---	---	43.2	51.9
Asian only, female	---	---	---	---	33.7	42.8
Hispanic or Latino	---	---	---	41.4	41.4	45.1
Hispanic or Latino, male	---	---	---	45.8	44.6	50.4
Hispanic or Latina, female	---	---	---	36.2	37.9	39.3
Mexican origin	45.8	44.3	41.5	42.0	42.4	45.1
Mexican origin, male	52.3	50.4	44.4	45.9	45.1	50.3
Mexican origin, female	38.2	37.1	37.4	36.7	39.2	39.3
Percent of poverty level ⁵ :						
Below 100%	47.8	52.1	44.9	46.6	48.3	47.6
100%–199%	43.8	49.6	48.0	46.8	47.0	48.1
200%–399%	42.5	48.2	46.7	44.9	43.9	48.2
400% or more	40.8	45.7	44.8	41.5	41.6	41.7
20 years and over, crude						
Both sexes ⁴	41.4	48.1	46.3	45.3	46.4	48.5
Male	47.0	51.2	49.3	47.8	48.9	51.9
Female	36.1	45.2	43.4	43.0	44.0	45.2
Not Hispanic or Latino:						
White only	41.2	48.5	47.6	46.6	48.0	49.0
White only, male	46.7	51.7	50.9	49.4	50.5	52.7
White only, female	36.0	45.4	44.4	43.9	45.6	45.4
Black or African American only	49.7	57.9	53.4	54.0	56.2	57.2
Black or African American only, male	56.2	61.2	55.2	53.4	58.0	56.8
Black or African American only, female	44.3	55.0	51.8	54.5	54.6	57.6
Asian only	---	---	---	---	36.8	46.3
Asian only, male	---	---	---	---	41.2	49.4
Asian only, female	---	---	---	---	33.0	43.6
Hispanic or Latino	---	---	---	34.1	35.3	40.8
Hispanic or Latino, male	---	---	---	37.8	37.8	46.0
Hispanic or Latina, female	---	---	---	29.9	32.7	35.4
Mexican origin	35.4	34.2	32.0	34.1	35.3	39.9
Mexican origin, male	42.1	40.4	35.5	37.4	38.2	45.3
Mexican origin, female	27.7	27.2	27.8	30.0	31.8	34.2
Percent of poverty level ⁵ :						
Below 100%	41.4	48.2	38.5	39.9	42.7	45.0
100%–199%	43.1	49.6	49.3	48.6	49.1	48.8
200%–399%	39.9	47.9	47.5	47.0	46.6	50.6
400% or more	40.2	46.6	46.1	44.1	46.4	46.9

See footnotes at end of table.

Table 22. Hypertension among adults aged 20 and over, by selected characteristics: United States, selected years 1988–1994 through 2015–2018—Con.

Excel version (with more data years and standard errors when available): <https://www.cdc.gov/nchs/hus/contents2019.htm#Table-022>

[Data are based on interviews and physical examinations of a sample of the civilian noninstitutionalized population]

Sex, age, race and Hispanic origin ¹ , and percent of poverty level	1988–1994	1999–2002	2003–2006	2007–2010	2011–2014	2015–2018
	Percent of population with hypertension (systolic pressure of at least 130 mm Hg or diastolic pressure of at least 80 mm Hg or taking high blood pressure medication) ³					
Male						
20–44 years	36.0	37.4	33.7	30.2	30.1	34.5
20–34 years	30.7	31.3	24.7	21.7	23.4	27.5
35–44 years	44.6	45.1	46.3	42.5	40.9	46.8
45–64 years	57.0	61.7	60.4	58.8	60.1	63.3
45–54 years	53.3	56.7	58.0	56.0	50.2	59.2
55–64 years	61.7	69.8	64.6	62.8	70.4	67.3
65–74 years	71.5	75.8	76.9	73.6	76.1	66.7
75 years and over	75.1	80.5	73.7	79.8	79.5	81.5
Female						
20–44 years	16.8	19.8	16.2	18.0	18.9	17.6
20–34 years	10.6	11.3	8.8	10.5	10.6	10.5
35–44 years	25.3	30.1	25.2	27.9	30.6	28.4
45–64 years	47.5	57.8	59.4	52.7	54.0	55.8
45–54 years	39.0	50.3	55.0	42.2	44.7	49.2
55–64 years	57.0	70.5	66.2	66.0	64.3	61.9
65–74 years	68.9	80.9	77.5	78.7	75.4	74.3
75 years and over	84.5	89.3	86.1	87.7	85.2	86.0

--- Data not available.

¹Persons of Hispanic or Mexican origin may be of any race. Starting with 1999 data, race-specific estimates are tabulated according to the 1997 "Revisions to the Standards for the Classification of Federal Data on Race and Ethnicity" and are not strictly comparable with estimates for earlier years. The non-Hispanic race categories shown conform to the 1997 standards. Starting with 1999 data, race-specific estimates are for persons who reported only one racial group. Before 1999, estimates were tabulated according to the 1977 standards. Estimates for single-race categories before 1999 included persons who reported one race or, if they reported more than one race, identified one race as best representing their race. See Appendix II, Hispanic origin; Race.

²Estimates are age adjusted to the year 2000 standard population using five age groups: 20–34 years, 35–44 years, 45–54 years, 55–64 years, and 65 years and over. Age-adjusted estimates in this table may differ from other age-adjusted estimates based on the same data and presented elsewhere if different age groups are used in the adjustment procedure. See Appendix II, Age adjustment.

³Hypertension is having measured high blood pressure or taking high blood pressure medication. High blood pressure is defined as having measured systolic pressure of at least 130 mm Hg or diastolic pressure of at least 80 mm Hg. Those with high blood pressure may also be taking prescribed medicine for high blood pressure. Respondents were asked, "Are you now taking prescribed medicine for your high blood pressure?" Those taking high blood pressure medication may not have measured high blood pressure but are still classified as having hypertension. Pregnant women are excluded. In 2017, the American College of Cardiology and the American Heart Association Task Force recommended adopting lower thresholds of high blood pressure. For systolic blood pressure, the threshold was lowered from 140 mm Hg to 130 mm Hg, and for diastolic blood pressure, from 90 mm Hg to 80 mm Hg. These revised thresholds have been applied to all data years presented. For more information, including a comparison of hypertension estimates based on the former and revised definitions, see Appendix II, Hypertension; Table VI.

⁴Includes persons of all other races and Hispanic origins not shown separately.

⁵Calculated by dividing family income by the U.S. Department of Health and Human Services' poverty guideline specific to family size, as well as the appropriate year and state. Persons with unknown percentage of poverty level are excluded (9% in 2015–2018). See Appendix II, Family income; Poverty.

NOTES: Percentages are based on the average of blood pressure measurements taken. In 2015–2018, 86% of participants had three systolic or diastolic blood pressure readings. Estimates exclude pregnant women. Standard errors and data for additional years are available in the Excel spreadsheet version of this table on the *Health, United States* website at: <https://www.cdc.gov/nchs/hus/index.htm>. Data have been revised for the new definition of hypertension and differ from previous editions of *Health, United States*.

SOURCE: NCHS, National Health and Nutrition Examination Survey. See Appendix I, National Health and Nutrition Examination Survey (NHANES).