

Hypertension

FAST FACTS

From the
Illinois Academy
of Family
Physicians

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Fast Facts

49.6% of adults aged 20 and over have high blood pressure and/or are taking antihypertensive medication.¹

Approximately 60% of Americans aged 60 and over have hypertension.²

Hypertension affects 1 in 4 adults! African Americans are at an increased risk of developing hypertension at a younger age and more frequently.³

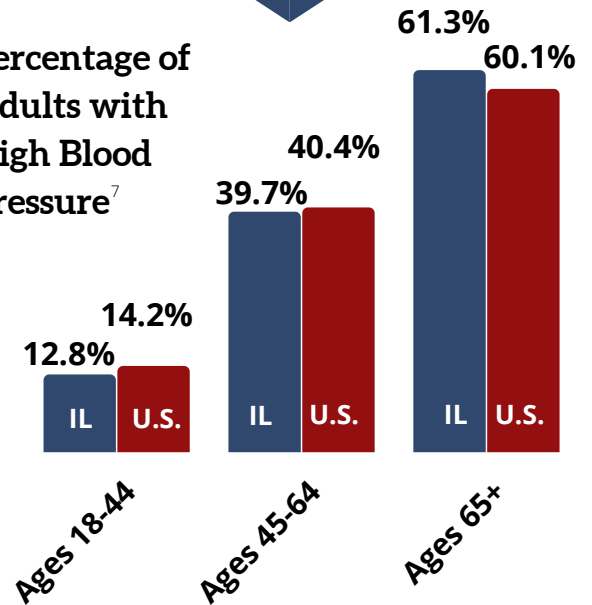
In 2017, there were 32.8 million visits to physician offices where the patient's primary diagnosis was hypertension.⁴

Heart disease and stroke are the first and third leading causes of death and a major cause of disability in Illinois!⁵

One person in the USA dies every 36 seconds from heart disease.⁶

48% of all adults in the USA have some form of cardiovascular disease.⁶

Percentage of Adults with High Blood Pressure⁷



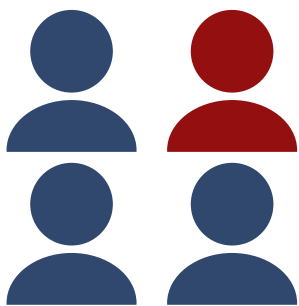
Heart disease is the leading cause of death in Illinois and stroke was the third most prevalent cause of death.

ACTION PLAN

Hypertension risk factors include age, race, family history, being overweight/obese, having a sedentary lifestyle, tobacco & alcohol use, a poor diet, and stress.

Help your patients by addressing the risk factors they can control and encourage a healthy, active lifestyle.³

Heart Disease is the number 1 cause of death in USA and in Illinois. 655,000 Americans die from heart disease each year. (approx. 1 in 4 deaths)⁶



Sources

- <https://www.cdc.gov/nchs/data/hus/2019/021-508.pdf>
- <https://www.dph.illinois.gov/topics-services/diseases-and-conditions/heart-stroke/high-blood-pressure>
- <https://www.dph.illinois.gov/topics-services/diseases-and-conditions/heart-stroke/high-blood-pressure>
- https://www.cdc.gov/nchs/data/ahcd/namcs_summary/2016_namcs_web_tables.pdf
- <https://www.dph.illinois.gov/topics-services/diseases-and-conditions/heart-stroke>
- Cardiovascular Disease (1815 Cat. B)
- <https://www.americashealthrankings.org/explore/annual/measure/Hypertension/state/IL>

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