

# Prevalence of self-reported hypertension rises in US

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(HealthDay)—The prevalence of self-reported hypertension among U.S. adults increased slightly, but significantly from 2005 to 2009, and the proportion of adults using anti-hypertensive medications also increased, according to research published April 4 in *Morbidity and Mortality Weekly*.

Jing Fang, M.D., of the National Center for Chronic Disease Prevention and Health Promotion, U.S. [Centers for Disease Control and Prevention](#) in Atlanta, and colleagues analyzed data from [Behavioral Risk Factor Surveillance System \(BRFSS\)](#) from 2005 to 2009 to determine state-

level trends in self-reported [hypertension](#) and the use of anti-hypertensive medications among U.S. adults.

According to the researchers, the prevalence of self-reported hypertension increased slightly, but significantly from 25.8 percent to 28.3 percent. Among those who reported to have hypertension, the use of anti-hypertensive medications also increased from 61.1 percent to 62.6 percent. There were significant variations in self-reported hypertension and treatment by age, gender, race/ethnicity, levels of education and geographical locations.

"Increasing awareness of hypertension, improving hypertension control, and encouraging adherence to evidence-based practices addressing hypertension are needed, especially in those states with higher prevalence of hypertension and lower proportion of use of anti-hypertensive medications," the authors write.

**More information:** [Full Text](#)

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