

Healthy People 2010 Operational Definition

12-9. Reduce the proportion of adults with high blood pressure.

National Data Source	National Health and Nutrition Examination Survey (NHANES), CDC, NCHS.
State Data Source	Not identified.
Healthy People 2000 Objective	Not applicable.
Changes since the 2000 Publication	Revised baseline (see Comments). Revised target (see Comments).
Measure	Percent (age adjusted—see Comments).
Baseline (Year)	25 (1988-94)
Target	14
Target-Setting Method	Better than the best racial/ethnic subgroup. For a discussion of target-setting methods, see Part A, section 4.
Numerator	Number of persons aged 18 years and older, excluding pregnant women, with high blood pressure/hypertension.
Denominator	Number of persons aged 18 years and older, excluding pregnant women.
Population Targeted	U.S. civilian, noninstitutionalized population.
Questions Used to Obtain the National Baseline Data	From the 1988-94 National Health and Nutrition Examination Survey: <ul style="list-style-type: none">➤ <i>Have you ever been told by a doctor or other health professional that you had hypertension, also called high blood pressure?</i>➤ <i>Because of your high blood pressure/hypertension, have you ever been told by a doctor or other health professional to take prescribed medication?</i>➤ <i>Are you now taking prescribed medicine?</i>
Expected Periodicity	Periodic.
Comments	Adults are defined as having high blood pressure/hypertension if they either: (a) have a

measurement of mean systolic blood pressure (SBP) ≥ 140 mm Hg or (b) mean diastolic blood pressure (DBP) ≥ 90 mm Hg or (c) report they are taking high blood pressure medicine.

Blood pressure is measured by averaging up to 3 blood pressure readings taken during the physical examination in the NHANES mobile examination center.

Measurements were taken using a sphygmomanometer according to the standardized blood pressure measurement protocols recommended by the American Heart Association.¹

A detailed description of the procedures for blood pressure measurement in the NHANES has been published elsewhere.^{2,3}

The original baseline was revised from 28 percent to 26 percent due to changes in methodology. The original baseline was based on only ~~on~~ the first MEC blood pressure reading. The baseline was revised again to 25 percent by expanding the age group assessed from persons aged 20 years and over to 18 years and over for consistency with the age group tracked by other Healthy People 2010 hypertension objectives. The target was proportionally adjusted from 16 percent to 14 percent to reflect the revised baseline using the original target-setting method.

Data (except those by diabetes status) are age adjusted to the 2000 standard population using the age groups 18-29, 30-39, 40-49, 50-59, 60-69, 70-79, and 80 years and over. Data by diabetes status are age adjusted to the 2000 standard population using the following age groups: 18-49, 50-59, 60-69, 70-79, and 80 years and over. Age-adjusted percents are weighted sums of age-specific percents. For a discussion of age adjustment, see Part A, section 7.

For some measures, data do not meet the criteria for statistical reliability, data quality, or confidentiality and have been suppressed. Information on suppression of data for the major Healthy People 2010 data systems has been published in a *Healthy*

*People Statistical Note.*⁴

See Part C for a description of NHANES and Appendix A for focus area contact information.

References

1. U.S. Department of Health and Human Services (HHS), National Center for Health Statistics (NCHS). *Third National Health and Nutrition Examination Survey, 1998–1994*, NHANES III Adult Household Questionnaire Data Files (CD-ROM). Public Use Data File Documentation No. 76200. Hyattsville, MD: Centers for Disease Control and Prevention (CDC), 1996.
2. HHS, NCHS. *Third National Health and Nutrition Examination Survey, 1998–1994*, NHANES III Examination Data Files (CD-ROM). Public Use Data File Documentation No. 76200. Hyattsville, MD: CDC, 1996.
3. Frohlich, E.D.; Grim, C.; Labarthe, D.R.; et al. Recommendations for human blood pressure determination by sphygmomanometer. *Hypertension* 11:210A-222A, 1988.
4. Klein, R.J.; Proctor, S.E.; Boudreault, M.A.; Turczyn, K.M. Healthy People 2010 Criteria for Data Suppression. *Statistical Notes* No. 24. Hyattsville, MD: National Center for Health Statistics. 2002.