

Healthy People 2010 Operational Definition

12-10. Increase the proportion of adults with high blood pressure whose blood pressure is under control.

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| National Data Source | National Health and Nutrition Examination Survey (NHANES), CDC, NCHS. |
| State Data Source | Not identified. |
| Healthy People 2000 Objective | Adapted from 15.4 (Heart Disease and Stroke) (also 2.26) |
| 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 | 68 |
| 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 with hypertension, excluding pregnant women, whose mean systolic blood pressure is less than 140 mm Hg and mean diastolic blood pressure is less than 90 mm Hg. |
| Denominator | Number of persons with high blood pressure/hypertension 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 medicine?</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 18 percent to 25 percent due to changes in methodology. The original baseline was based on only the first MEC blood pressure reading. The age adjustment groups 18-29, 30-39, and 40-49 were collapsed. The target was proportionally adjusted from 50 percent to 68 percent to reflect the revised baseline using the original target-setting methodology.

Data are age adjusted to the 2000 standard population using the age groups 18-49, 50-59, 60-69, 70-79, and 80 years and older. Age-adjusted rates are weighted sums of age-specific rates. For a discussion of age adjustment, see Part A, section 7.

Objective 12-10 tracks the same measure as Healthy People 2000 objective 15.4; however, the data used to track objective 15.4 were not age adjusted.

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.