



CVP

Center for Vulnerable Populations
at San Francisco General Hospital and
Trauma Center

CHARM

Center for Health And Risk in
Minority youth and young adults

Funded by the National Institute of Minority and Health Disparities

Issue Brief: Chronic Disease — Hypertension in Youth and Minorities

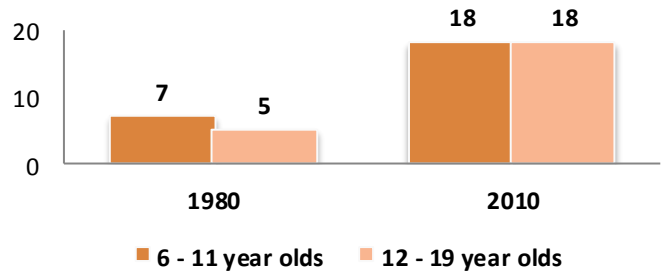
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Risk factors for hypertension begin early in life, disproportionately affect minorities

Key Insights

- In a recent study, blood pressure elevation in a persons 20's was the strongest predictor of heart failure later in life²
- Lowest rate of awareness, treatment and control of blood pressure is among young adults³
- Hypertension / high blood pressure is on the rise nationally, highest in Black women, lowest in Latinos¹
- At 44%, African American adults have the highest prevalence of hypertension in the world¹

Obesity in children, U.S. (% of population)

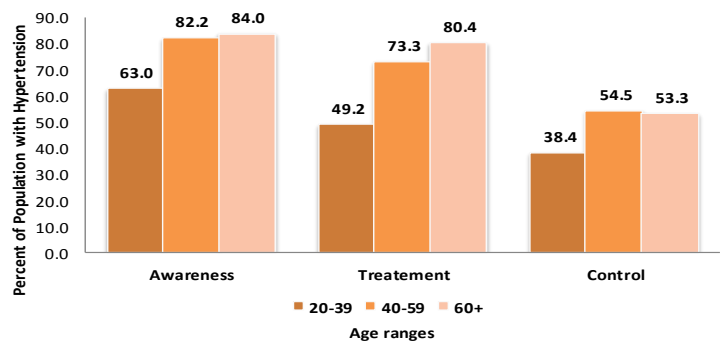


The chart below shows that the lowest rates of awareness, treatment, and control of blood pressure are among young adults compared to other age groups older than 18 years of age.^{1,3}

Obesity is major risk factor for hypertension

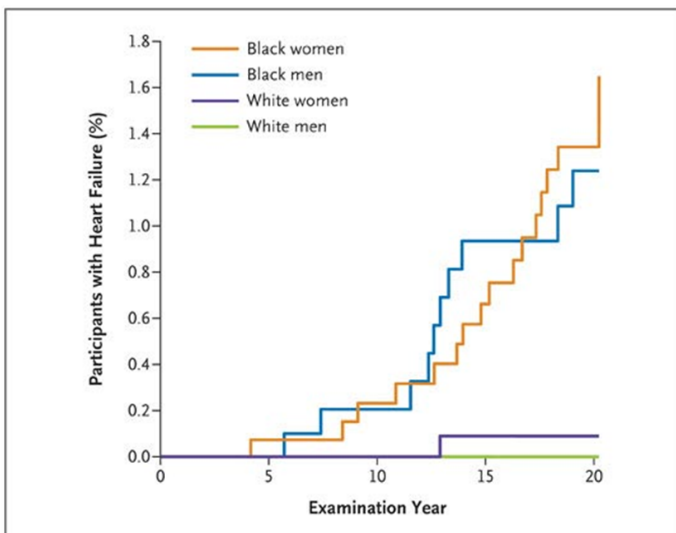
- Being obese as a youth increases the risk of high blood pressure as a youth and later in life.
 - Child obesity has more than doubled in children and tripled for adolescents since 1980.
 - Childhood obesity has also been linked to premature death as an adult.¹

Extent of awareness, treatment, and control of high blood pressure by age 2005-2008

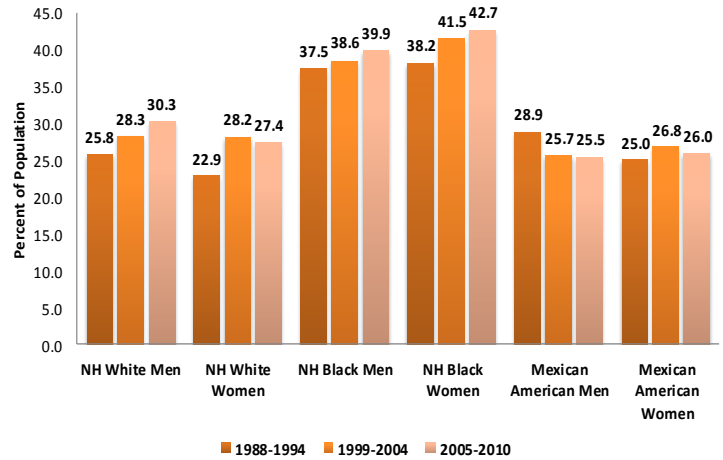


Risks of hypertension

- There is significant variability in hypertension risk factors by race/ethnicity and socioeconomic groups.^{1,5}
 - Low wages among younger workers, between the ages of 25 - 44, has recently been found to be one of the risk factors that increase hypertension.⁶
- The chart below shows new cases of heart failure in Black and White young adults in a study of over 5000 young adults followed for 20 years.²
 - 1 in 100 black men and women develop heart failure before age 50.²
 - Blood pressure elevation in participant's 20's was strongest predictor of heart failure.²



The chart below shows age-adjusted prevalence trends for high blood pressure in adults by race/ethnicity ≥ 20 years of age. There is a trend towards higher blood pressure for all groups except Mexican American Men.¹



Source: AMA. Go A S et al. *Circulation* 2013;127:e6-e245. <http://circ.ahajournals.org/content/127/1/e6.figures-only>

References

- ¹American Heart Association. Go A S et al. *Circulation* 2013;127:e6-e245. <http://circ.ahajournals.org/content/127/1/e6.full>
- ²Bibbins-Domingo et.al. *NEJM* 2009; 360 (12):1179-90.
- ³Hajir and Kotchen *JAMA* 2003,290(2):199-206.
- ⁴CDC. *Childhood Obesity Facts*. <http://www.cdc.gov/healthyyouth/obesity/facts.htm>
- ⁵CDC. 2013. *Hypertension and Low Wages*. <http://blogs.cdc.gov/niosh-science-blog/2013/01/hypertension/>

Additional Resources

American Heart Association: High blood Pressure

http://www.heart.org/idc/groups/heart-public/@wcm/@sop/@smd/documents/downloadable/ucm_319587.pdf