

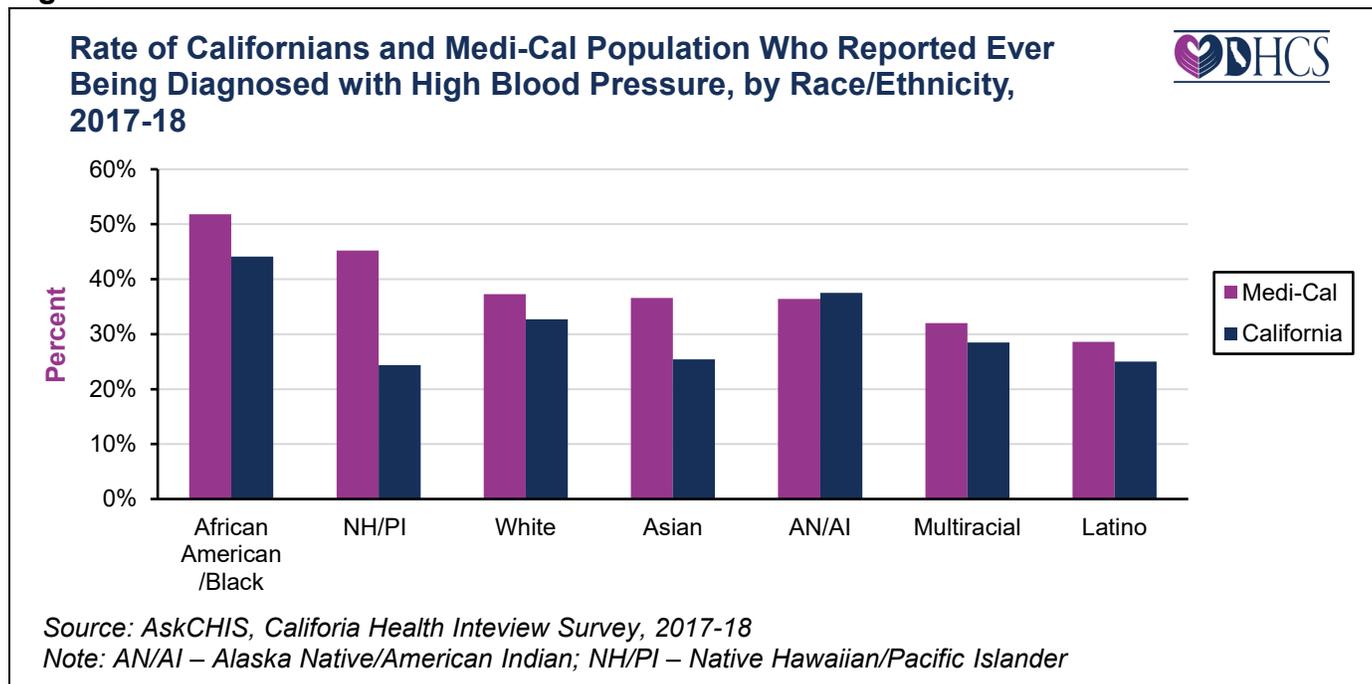
Hypertension by Race/Ethnicity



Hypertension, or high blood pressure (HBP), increases the risk for other health conditions, such as cardiovascular disease and chronic kidney disease.¹ HBP often has no symptoms, and it can only be caught by being measured.¹ Research has found that in the United States, HBP prevalence is highest among African Americans/Blacks, and related morbidity and mortality risks are higher for African Americans/Blacks than for Whites.²⁻⁴ Hispanics and Asians have varying prevalence of HBP that is often similar to or less than that of Whites, but controlled HBP is highest among Whites.²⁻³ Understanding these disparities can allow for concentrated efforts to increase awareness and control of HBP in these groups.⁵

In both the California and Medi-Cal population, African Americans/Blacks were more likely to report ever being diagnosed with HBP (44.1%; 51.8%, respectively), (see Figure). The Medi-Cal population reported higher rates of being diagnosed with HBP than the general California population for every race/ethnicity except AN/AI.

Figure



1. Centers for Disease Control and Prevention. High Blood Pressure. <https://www.cdc.gov/bloodpressure/about.htm>. Published May 19, 2020. Accessed August 20, 2020.
2. Ostchega Y, et al.. [Hypertension prevalence among adults aged 18 and over: United States, 2017-2018](#). NCHS data brief, no 364. Hyattsville, MD: National Center for Health Statistics. 2020.
3. Fryar CD, et al. [Hypertension prevalence among adults aged 18 and over: United States, 2015-2016](#). NCHS data brief, no 289. Hyattsville, MD: National Center for Health Statistics. 2017.
4. Lackland DT. Racial differences in hypertension: implications for high blood pressure management. *Am J Med Sci*. 2014;348(2):135-138. doi:10.1097/MAJ.0000000000000308.
5. Balfour PC Jr, Rodriguez CJ, Ferdinand KC. The Role of Hypertension in Race-Ethnic Disparities in Cardiovascular Disease. *Curr Cardiovasc Risk Rep*. 2015;9(4):18. doi:10.1007/s12170-015-0446-5.

[Link to Data Sources and Methods](#)