

**Speaker: Rear Admiral Dr. Paul Reed**

**Recognition:** National Forum designated as a Healthy People 2030 Champion for their contributions to health equity and literacy.

Hypertension Statistics

**Global Impact:**

- Affects over 1.3 billion people.
- 4 out of 5 do not receive adequate treatment.
- Causes 10 million deaths annually.

**U.S. Impact:**

- Affects nearly half of adults (119 million people).
- In 2021, responsible for over 690,000 deaths.
- Annual cost: \$131 billion to \$198 billion.
- Projected cost by 2035: \$220 billion annually.

**Addressing Hypertension**

- Perspective Shift: Recognize hypertension as a public health pandemic.
- Disparities: Higher prevalence and control issues among Black and Hispanic populations.
- Modifiable Factors: Includes diabetes, obesity, unhealthy diets, and physical inactivity.
- Comorbidities: Increases risks for heart attack, stroke, dementia, kidney disease, and severe COVID-19.

**Strategy for Prevention and Control**

- Comprehensive Approach: Beyond measuring and prescribing medication, focus on broader health outcomes.
- Collaboration Across Sectors: Necessary to address inequities and social determinants of health.

- Public Health Strategy: Promote environments enabling healthy living, access to preventive services, nutritious foods, and physical activity spaces.

### **Community-Centered Care**

- Regular Screening: Encourage hypertension screening and self-monitoring.
- Education and Promotion: Increase awareness about the importance of physical activity and healthy eating.
- Government Initiatives: Implement Federal Hypertension Control Leadership Council's Physical Activity Action Plan and use federal resources like the Physical Activity Guidelines for Americans.

### **Collective Effort**

- Integrated Approach: Requires collaboration among government agencies, healthcare systems, businesses, and community organizations.
- Understanding Social Determinants: Address broader factors influencing hypertension risk, such as diet, physical activity, and living conditions.

### **Enabling Healthy Choices**

- Physical Activity: Encourage small changes in activity levels; benefits appear even before reaching 150 minutes per week.
- Healthy Eating: Promote heart-healthy eating patterns like the DASH diet and reduce salt intake.

### **Societal Change**

- Nutrition Landscape: Improve access to affordable, nutritious food.
- Seismic Shifts: Comparable to responses to emerging biological threats, necessary for addressing hypertension-related disease burden.

### **Conclusion**

- Call to Action: Collective steps towards healthier environments and informed lifestyle choices are imperative for mitigating hypertension.