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Table 1. Characteristics of US adults by blood pressure levels and antihypertensive medication use based on the 2013-2020 National Health and Nutrition Examination Survey.

|  | **SBP/DBP categories in mm Hg among US adults not taking antihypertensive medication** | | | | **Taking antihypertensive medication (n = 17.5M)** |
| --- | --- | --- | --- | --- | --- |
| **Characteristic†** | **<120/80 (n = 26.5M)** | **120-129/<80 (n = 9.0M)** | **130-139/80-89 (n = 9.4M)** | **≥140/90 (n = 6.6M)** |
| % (95% CI) of US population | 38.4 (36.2, 40.6) | 13.0 (11.5, 14.7) | 13.7 (12.3, 15.1) | 9.58 (8.46, 10.8) | 25.3 (23.6, 27.2) |
| Age, years | 45.6 (44.8, 46.4) | 51.5 (50.3, 52.7) | 49.8 (48.5, 51.1) | 54.4 (53.1, 55.7) | 59.0 (58.3, 59.7) |
| Men | 41.9 | 55.6 | 58.6 | 59.1 | 43.6 |
| Race/ethnicity, % | | | | | |
| Non-Hispanic White | 66.1 | 68.5 | 65.4 | 63.2 | 69.0 |
| Non-Hispanic Black | 6.49 | 7.64 | 11.1 | 14.0 | 13.1 |
| Non-Hispanic Asian | 6.54 | 5.05 | 6.24 | 5.16 | 4.76 |
| Hispanic | 16.7 | 16.6 | 14.8 | 15.2 | 10.2 |
| Other | 4.14 | 2.25 | 2.51 | 2.42 | 3.01 |
| Cigarette smoking, % | 17.1 | 21.1 | 15.9 | 18.5 | 15.3 |
| Total cholesterol, mg/dL | 193 (191, 195) | 201 (195, 206) | 200 (196, 204) | 202 (198, 207) | 193 (190, 196) |
| HDL cholesterol, mg/dL | 56.8 (55.8, 57.9) | 55.0 (53.1, 57.0) | 53.2 (52.0, 54.4) | 54.4 (50.9, 58.0) | 53.9 (52.8, 55.1) |
| Non-HDL cholesterol, mg/dL | 136 (134, 139) | 146 (141, 151) | 147 (143, 151) | 148 (143, 153) | 139 (136, 142) |
| Statin use, % | 9.35 | 13.3 | 11.4 | 13.8 | 40.7 |
| HbA1c, % | 5.44 (5.40, 5.48) | 5.62 (5.54, 5.69) | 5.78 (5.69, 5.87) | 5.83 (5.69, 5.97) | 6.04 (5.98, 6.10) |
| Diabetes, % | 4.72 | 7.25 | 9.88 | 14.2 | 25.3 |
| eGFR, ml/min/1.73 m2 | 99.0 (97.9, 100) | 96.2 (94.6, 97.8) | 96.8 (95.3, 98.4) | 93.1 (91.0, 95.2) | 87.6 (86.3, 88.9) |
| eGFR < 60 ml/min/1.73 m2, % | 1.07 | 1.25 | 1.17 | 4.58 | 8.82 |
| Albumin-to-creatinine ratio, mg/g | 14.2 (10.9, 17.6) | 15.9 (8.07, 23.6) | 18.0 (12.2, 23.7) | 47.7 (30.9, 64.6) | 59.3 (32.8, 85.9) |
| Albumin-to-creatinine ratio > 30 mg/g | 5.07 | 5.00 | 7.31 | 16.1 | 13.9 |
| Systolic blood pressure, mm Hg | 109 (109, 110) | 124 (124, 125) | 130 (129, 130) | 149 (148, 150) | 130 (129, 131) |
| Diastolic blood pressure, mm Hg | 66.7 (66.2, 67.1) | 70.3 (69.6, 71.0) | 79.1 (78.2, 79.9) | 83.4 (82.0, 84.8) | 72.4 (71.6, 73.2) |
| †Population characteristics in the table are percentage or mean (95% confidence interval). US adults were grouped into the higher category of systolic and diastolic blood pressure. For example, if a person had systolic blood pressure of 146 mm Hg and diastolic blood pressure of 82 mm Hg, they were grouped into the ≥140/90 mm Hg category. | | | | | |
| SBP – systolic blood pressure; DBP – diastolic blood pressure; eGFR - estimated glomerular filtration rate. | | | | | |

Table 2. Ten-year predicted cardiovascular disease risk by blood pressure levels and antihypertensive medication use based on the 2013-2020 National Health and Nutrition Examination Survey.

|  | **SBP/DBP categories in mm Hg among US adults not taking antihypertensive medication** | | | | **Taking antihypertensive medication** |
| --- | --- | --- | --- | --- | --- |
| **Mean (95% CI) 10-year predicted risk** | **<120/80** | **120-129/<80** | **130-139/80-89** | **≥140/90** |
| ASCVD | | | | | |
| Pooled cohort equations | 2.62 (2.31, 2.94) | 5.72 (5.11, 6.32) | 5.72 (5.01, 6.43) | 10.4 (9.33, 11.4) | 12.9 (12.2, 13.5) |
| PREVENT base equation | 1.54 (1.40, 1.69) | 3.03 (2.76, 3.31) | 3.03 (2.74, 3.32) | 5.35 (4.90, 5.79) | 6.24 (5.98, 6.51) |
| PREVENT full equation | 1.29 (1.17, 1.40) | 2.54 (2.30, 2.78) | 2.59 (2.35, 2.84) | 4.72 (4.29, 5.15) | 5.37 (5.14, 5.60) |
| Total CVD | | | | | |
| PREVENT base equation | 2.46 (2.22, 2.71) | 4.74 (4.30, 5.18) | 4.75 (4.27, 5.22) | 8.41 (7.71, 9.11) | 10.8 (10.4, 11.3) |
| PREVENT full equation | 2.02 (1.82, 2.21) | 3.88 (3.49, 4.27) | 3.99 (3.59, 4.39) | 7.33 (6.62, 8.05) | 9.28 (8.89, 9.68) |

Table 3. Distribution of 10-year predicted risk by blood pressure levels and antihypertensive medication use based on the 2013-2020 National Health and Nutrition Examination Survey.

|  | **SBP/DBP categories in mm Hg among US adults not taking antihypertensive medication** | | | | **Taking antihypertensive medication** |
| --- | --- | --- | --- | --- | --- |
| **10-year risk categories, %** | **<120/80** | **120-129/<80** | **130-139/80-89** | **≥140/90** |
| Pooled cohort equations - ASCVD | | | | | |
| <5% | 83.9 | 60.1 | 62.9 | 38.1 | 29.9 |
| 5% to <10% | 10.4 | 20.8 | 20.1 | 24.7 | 23.5 |
| 10% to <15% | 3.98 | 10.1 | 7.90 | 13.4 | 15.1 |
| ≥ 15% | 1.74 | 8.97 | 9.11 | 23.8 | 31.5 |
| PREVENT base equation - ASCVD | | | | | |
| <5% | 94.1 | 79.6 | 82.3 | 59.5 | 47.0 |
| 5% to <10% | 5.30 | 18.2 | 13.4 | 27.4 | 34.9 |
| 10% to <15% | 0.49 | 1.65 | 4.23 | 9.81 | 13.6 |
| ≥ 15% | 0.06 | 0.47 | 0.09 | 3.24 | 4.45 |
| PREVENT full equation - ASCVD | | | | | |
| <5% | 96.2 | 85.3 | 86.8 | 65.2 | 55.9 |
| 5% to <10% | 3.64 | 13.0 | 10.7 | 25.2 | 32.4 |
| 10% to <15% | 0.20 | 1.50 | 2.08 | 7.29 | 8.81 |
| ≥ 15% | 0.01 | 0.24 | 0.44 | 2.26 | 2.91 |
| PREVENT base equation - Total CVD | | | | | |
| <5% | 85.4 | 65.6 | 67.5 | 37.9 | 26.1 |
| 5% to <10% | 10.9 | 20.5 | 20.3 | 30.5 | 27.6 |
| 10% to <15% | 2.41 | 10.9 | 7.71 | 16.0 | 20.4 |
| ≥ 15% | 1.27 | 3.03 | 4.48 | 15.6 | 25.8 |
| PREVENT full equation - Total CVD | | | | | |
| <5% | 89.4 | 74.6 | 74.5 | 48.4 | 33.9 |
| 5% to <10% | 8.17 | 18.2 | 17.1 | 29.2 | 28.9 |
| 10% to <15% | 1.80 | 5.00 | 4.49 | 10.9 | 18.7 |
| ≥ 15% | 0.61 | 2.26 | 3.86 | 11.5 | 18.5 |

Table 4. Cross-categorization of 10-year predicted risk by the PREVENT and pooled cohort equations based on the 2013-2020 National Health and Nutrition Examination Survey.

|  | | **SBP/DBP categories in mm Hg among US adults not taking antihypertensive medication** | | | | **Taking antihypertensive medication** |
| --- | --- | --- | --- | --- | --- | --- |
| **PREVENT** | **PCE** | **<120/80** | **120-129/<80** | **130-139/80-89** | **≥140/90** |
| PREVENT base equation - Total CVD | | | | | | |
| < 10% | < 10% | 94.2 | 80.5 | 82.7 | 61.0 | 47.7 |
| ≥ 10% | < 10% | 0.11 | 0.40 | 0.30 | 1.87 | 5.97 |
| < 10% | ≥ 10% | 2.15 | 5.49 | 5.09 | 7.48 | 6.03 |
| ≥ 10% | ≥ 10% | 3.57 | 13.6 | 11.9 | 29.7 | 40.3 |
| PREVENT full equation - ASCVD | | | | | | |
| < 10% | < 10% | 94.3 | 81.0 | 83.0 | 62.7 | 53.4 |
| ≥ 10% | < 10% | 0.00 | 0.00 | 0.00 | 0.17 | 0.24 |
| < 10% | ≥ 10% | 5.17 | 16.9 | 12.7 | 24.3 | 28.5 |
| ≥ 10% | ≥ 10% | 0.55 | 2.13 | 4.32 | 12.9 | 17.8 |
| PREVENT base equation - Total CVD | | | | | | |
| < 15% | < 10% | 94.2 | 81.0 | 83.0 | 62.7 | 52.9 |
| ≥ 15% | < 10% | 0.03 | 0.00 | 0.00 | 0.17 | 0.77 |
| < 15% | ≥ 10% | 4.48 | 16.0 | 12.5 | 21.8 | 21.3 |
| ≥ 15% | ≥ 10% | 1.25 | 3.03 | 4.48 | 15.4 | 25.0 |