

JSNA LIGHT BITES: Hypertension



Hypertension is a persistent raised blood pressure, which means the force the blood exerts on the walls of the arteries. Blood pressure greater than 140/90 indicates hypertension.

Why is it important?

Hypertension is one of the most important treatable causes of premature mortality and morbidity as it's a major risk factor for stroke, heart attacks, heart failure and chronic kidney disease.

Hypertension costs the NHS over £1.2 billion every year and is estimated that by 2025, 30% of the world's population will suffer from Hypertension.

Who is affected?



Risk factors that increase the risk hypertension are being overweight, lack of physical activity, smoking, drinking alcohol and/or caffeine in excess, a poor diet and high sodium intake.

Sometimes a person's family history or ethnic background can also play a part in the increased risk to getting hypertension as genetics can also play a part.

Who are at a higher risk?



The burden of high blood pressure is greatest among individuals from low-income households. People from the most deprived areas are 30% more likely than the least deprived areas to have high blood pressure. Older people aged 40 and over, men and people from black minority ethnic backgrounds are also at higher risk of hypertension.

What do we know locally?



The prevalence of Hypertension in Windsor and Maidenhead is significantly higher in the White ethnicity according to the Quality & Outcomes Framework (QOF) Register.



Hypertension in Windsor and Maidenhead is prevalent in 13.3% of the population between 2021-2022, which is lower than England with 14%. RBWM is 10th (0.7%).



Prevalence of Hypertension in Windsor and Maidenhead, as recorded on Frimley System Insights on 20/10/23 15.6%



RBWM is the most affected region in the South-East by hypertension out of 19 counties.

What we recommend for further reading

- [NICE - Hypertension](#)
- [NHS - High blood pressure \(hypertension\)](#)
- [BHF - High blood pressure \(Hypertension\)](#)
- [UK Health Security Agency - Health Matters: Combating high blood pressure](#)