

# JSNA LIGHT BITES: Hypertension



Hypertension is also known as high blood pressure, which means the force the blood exerts on the walls in the arteries. Blood pressure persistently 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 of hypertension are being overweight, reduced 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.

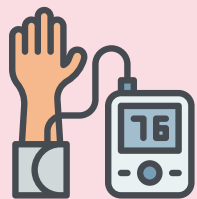
## What do we know locally?



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



**Slough is the fifth lowest proportion for hypertension in the South-East region, however the trend shows the proportions are increasing year on year.**



**Prevalence of Hypertension in Slough, as recorded on Frimley System Insights on 20/10/23**  
**16.6%**



**Hypertension in Slough is prevalent in 12% of the population between 2021-2022, which is lower than England with 14%.**

## 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](#)