

Putting People First: The Benefits of Prioritizing Hypertension Care

High blood pressure, also known as hypertension, is the most common health condition confronting U.S. adults. Hypertension prevalence and control rates vary by industry. It is important for businesses to understand how hypertension affects their employee population as it can impact factors critical to a business' success.

An investment in hypertension prevention and management is an investment in your people and your business.

48% OF THE U.S. ADULT POPULATION HAS HYPERTENSION¹

HYPERTENSION



OBSIDITY²



DIABETES³



3 in 10

EMPLOYEES HAVE HYPERTENSION

This is **MORE THAN** employees with diabetes and depression.³

APPROXIMATELY HALF OF US ADULTS WITH HYPERTENSION

have at least one other health condition such as high cholesterol, diabetes, kidney disease, or coronary heart disease.⁴



OVER ONE-THIRD OF EMPLOYEES DO NOT HAVE THEIR HYPERTENSION UNDER CONTROL

Many employees are not even aware of their hypertension.⁵

Do you know how hypertension is impacting your employees and your business?

Employers already have the data to understand and address the impact of this treatable condition.

EMPLOYERS SHOULD ACT TO PRIORITIZE HYPERTENSION CARE



EMPLOYEE HEALTH IS A TOP PRIORITY FOR CHIEF EXECUTIVE OFFICERS

1 in 3 investors and employees agree the physical health and well-being of employees is a top priority.⁶



EMPLOYERS HAVE THE DATA TO ESTIMATE HYPERTENSION IMPACT AND IMPLEMENT INTERVENTIONS

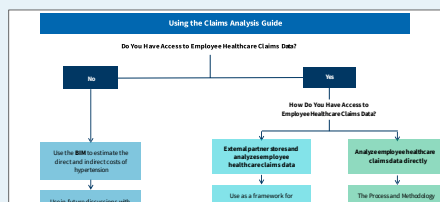
Employee population and health insurance claims data will help design value-based insurance or comprehensive benefits to prevent, manage, and improve hypertension.

NEW TOOLS MAKE IT EASY FOR EMPLOYERS TO ACT



The Hypertension Budget

Impact Model (BIM) uses easily accessible employer- and industry-specific data to estimate costs related to hypertension.⁷



The Hypertension Claims Analysis

Guide (CAG) helps employers get the data they need to inform health and well-being interventions and health insurance benefit decision-making.⁸

1. Centers for Disease Control and Prevention. Hypertension Cascade: Hypertension Prevalence, Treatment and Control Estimates Among U.S. Adu Its Aged 18 Years and Older Applying the Criteria from the American College of Cardiology and American Heart Association's 2017 Hypertension Guideline—NHANES 2017–2020. Atlanta, GA: May 12, 2023. Accessed September 29, 2023.

2. Stierman, Bryan et al. "National Health and Nutrition Examination Survey 2017–March 2020 Pre-pandemic Data Files Development of Files and Prevalence Estimates for Selected Health Outcomes", no. 158, 2021.

3. FTI Consulting's Center for Healthcare Economics and Policy analyses of the Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health, BRFSS SMART City and County Prevalence & Trend Data for 2020 (https://www.cdc.gov/brfss/smart/Smart_data.htm). High blood pressure data from 2019. Prevalence rates vary across metro regions and states.

4. Comorbidity Status and Annual Total Medical Expenditures in U.S. Hypertensive Adults", American Journal of Preventive Medicine (2017), <https://www.sciencedirect.com/science/article/pii/S0749379717303902#0005>.

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8. Health Insurance Claims Analysis Guide for Employers," FTI Consulting (2023). Note: Developed for the CDC Foundation by FTI Consulting's Center for

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Center for Healthcare Economics and Policy

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