

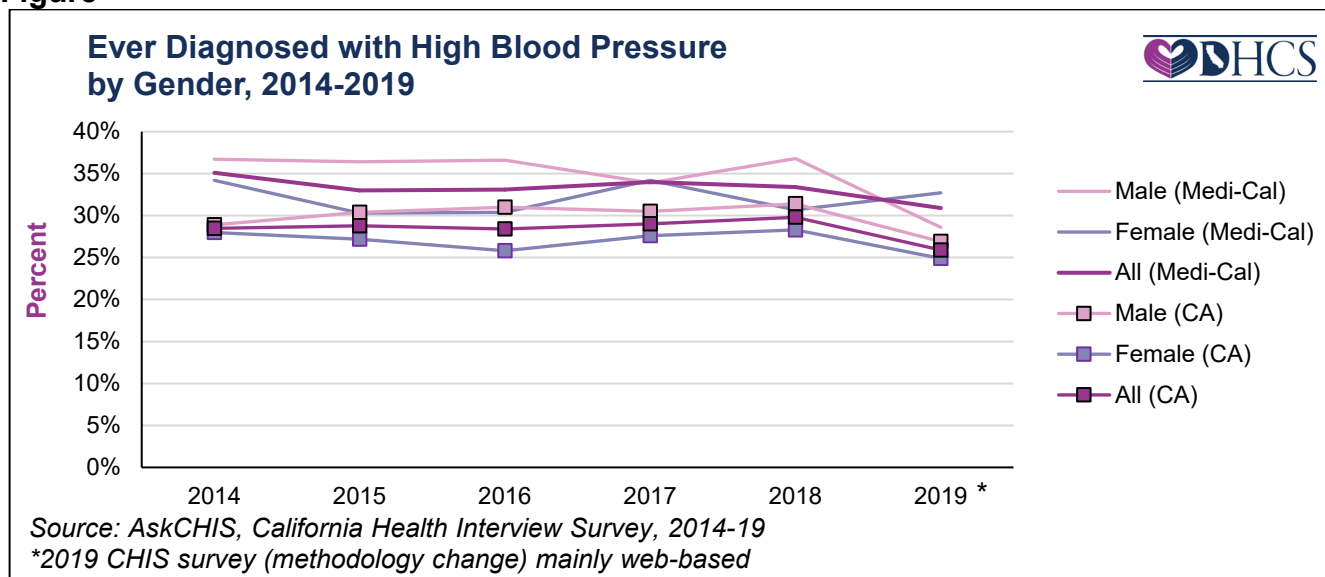
Hypertension by Gender

Hypertension, or high blood pressure (HBP), increases the risk for two of the leading causes of death in the United States, heart disease and stroke.¹ HBP is often coined the “silent killer” as it does not have symptoms and can only be diagnosed by being measured.² Men tend to have a higher prevalence of HBP than women until menopause, after which women’s rate of HBP increases and eventually surpasses that of men.²⁻³ Women also experience specific types of HBP, such as pregnancy HBP and post-menopausal HBP, which are leading causes of morbidity and mortality for these groups.³ Research has also found that men have less awareness of having HBP than women.³ It is important to understand these disparities as it can help inform efforts to increase awareness and control of HBP.⁴



In 2019, the rate of ever being diagnosed with HBP was 25.9% for California and 30.9% for the Medi-Cal population. From 2014 to 2019, California females had the lowest rates of all the groups (see Figure). Medi-Cal males have consistently reported the highest rates of all the groups, except for a drop in 2017 and 2019 in which Medi-Cal females slightly surpassed Medi-Cal males. Regardless of the year, the Medi-Cal population had higher rates of ever being diagnosed with HBP than the California population.

Figure



1. Centers for Disease Control and Prevention. High Blood Pressure. <https://www.cdc.gov/bloodpressure/about.htm>. Published May 19, 2020. Accessed August 20, 2020.
2. Ramirez LA, Sullivan JC. Sex differences in hypertension: Where we have been and where we are going. *Am J Hypertens*. 2018;31(12):1247-1254. doi:10.1093/ajh/hpy148.
3. Reckelhoff, Jane F. Gender differences in hypertension. *Curr Opin Nephrol Hypertens*. 2018;27(3):176-181. doi: 10.1097/MNH.0000000000000404.
4. Balfour PC Jr, Rodriguez CJ, Ferdinand KC. The role of hypertension in race-ethnic disparities in cardiovascular disease. *Curr Cardiovasc Risk Rep*. 2015;9(4):18. doi:10.1007/s12170-015-0446-5.

[Link to Data Sources and Methods](#)