



Controlling High Blood Pressure

Best Practice

One out of every three Americans currently has hypertension, and over 90 percent of middle-aged and elderly Americans will be affected by it at some point in their lives.^{1,2} The risk of developing hypertension increases greatly with age.³ Despite available effective treatment options, studies show that over half of Americans with hypertension go untreated or undertreated.⁴ Treating SBP and DBP to targets that are <140/90 mmHg is associated with a decrease in cardiovascular complications.

Wellness Report

Molina Healthcare annually monitors the percentage of members 18 – 85 years of age who had a diagnosis of hypertension and whose blood pressure was adequately controlled (<140/90) during the year.

HEDIS [®] Measure	2008 Rate	2009 Rate	Goal*
Controlling High Blood Pressure	49.56%	60.14%	60.00%

* National NCQA 75th percentile for Medicaid HMO plans.

¹ Fields LE, Burt VL, Cutler JA, Hughes J, Roccella EJ, Sorlie P. The burden of adult hypertension in the United States 199-2000: a rising tide. *Hypertension*. 2004; 44: 398-404.

² Vasan RS, Beiser A, Seshadri S, Larson MG, Kannel WB, D'Agostino RB, Levy D. Residual lifetime risk for developing hypertension in middle-aged women and men: the Framingham Heart Study. *JAMA*, 2002;287: 1003-1010.

³ Wang TJ, Vasan RS. Epidemiology of uncontrolled hypertension in the United States. *Circulation* 2005; 112 (11): 1651-1662.

⁴ American Heart Association. *Heart Disease and Stroke Statistics – 2009 update*.