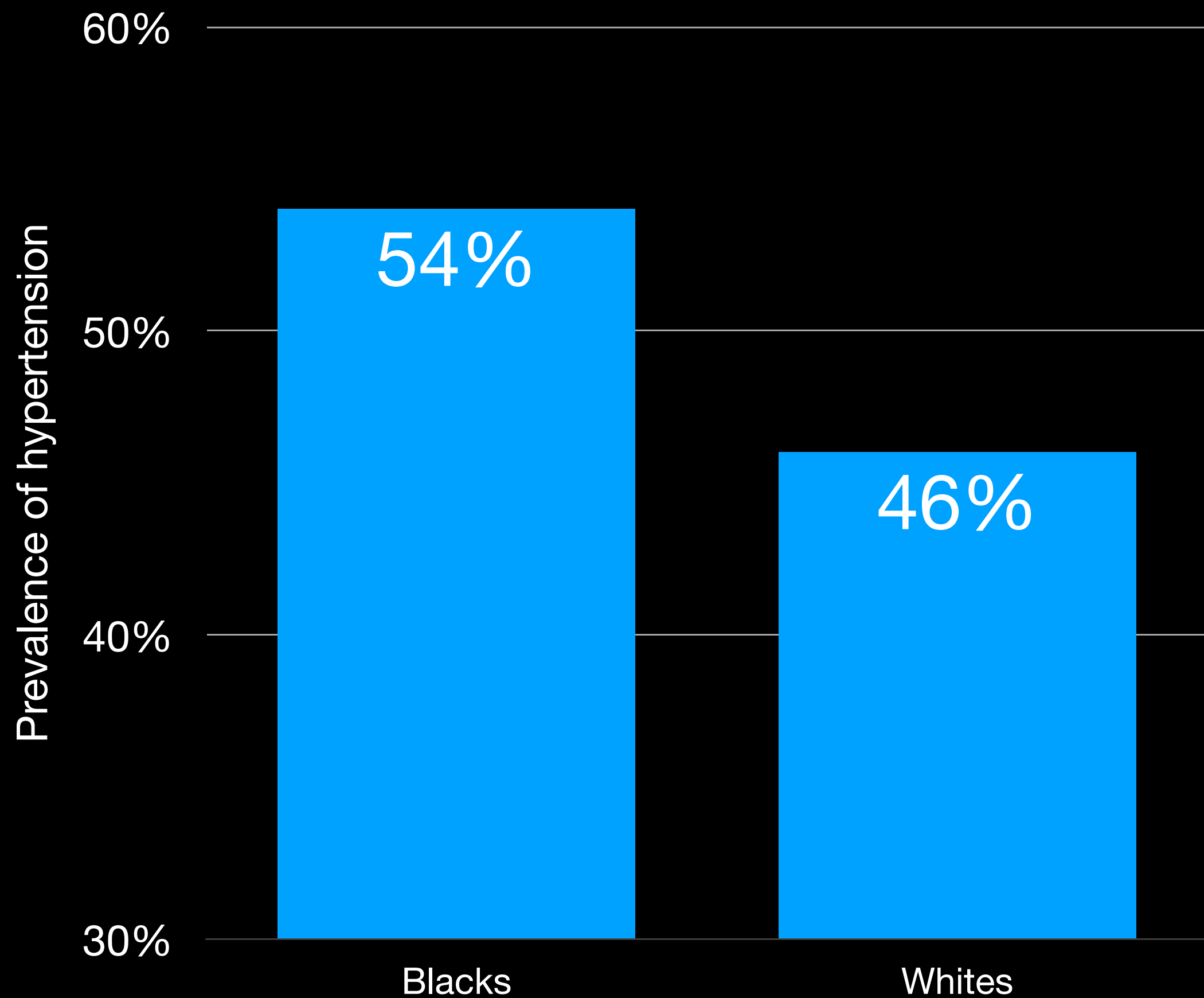


Social Determinants in Hypertension Control

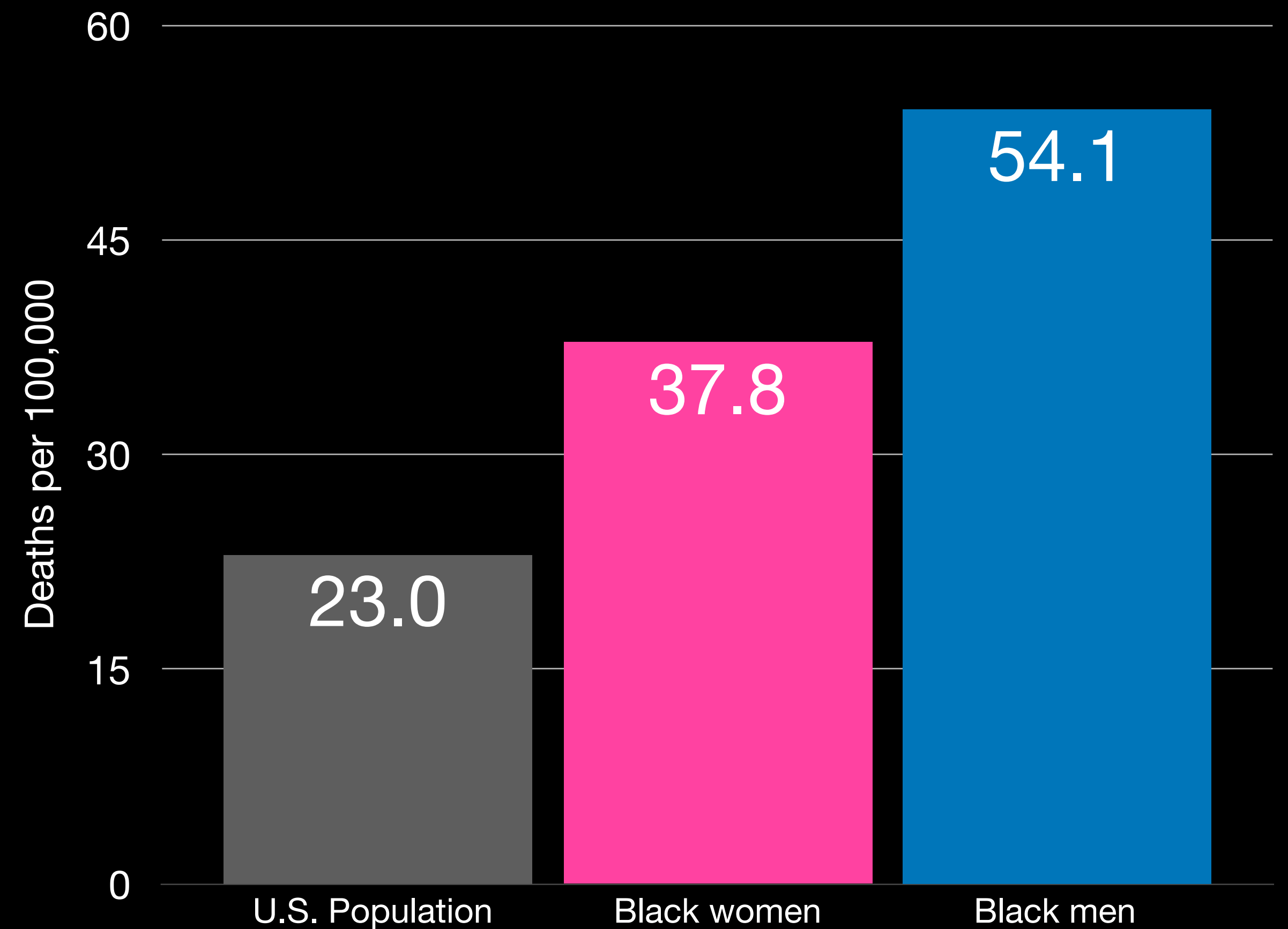
Richard V. Milani, MD, FACC, FAHA

Distribution of Hypertension

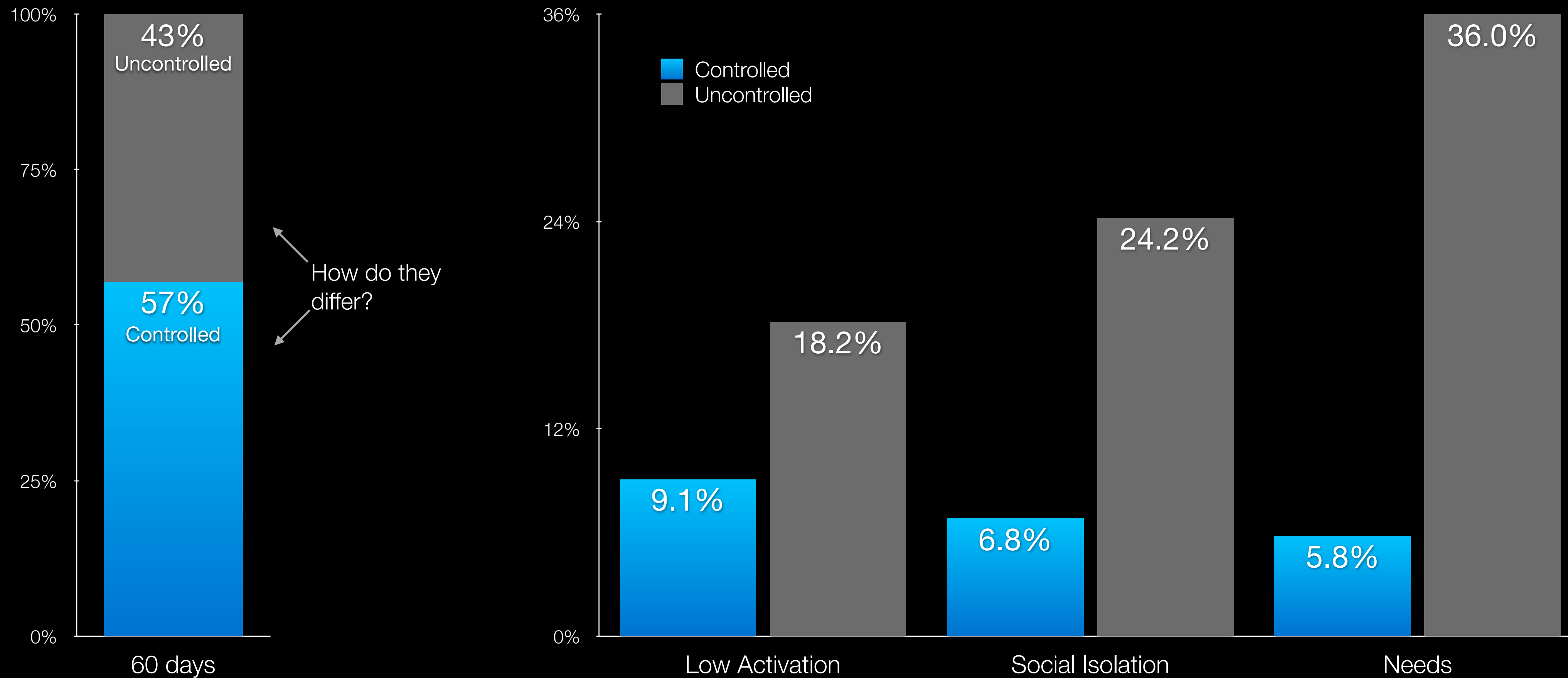
Prevalence



Deaths



Social & Behavioral Factors in Hypertension Control



Health Barriers

Health literacy

Only 12% of U.S. adults have a proficient state of health literacy; 14% below basic proficiency. Associated with more frequent hospitalizations, higher healthcare costs, and poor health outcomes.

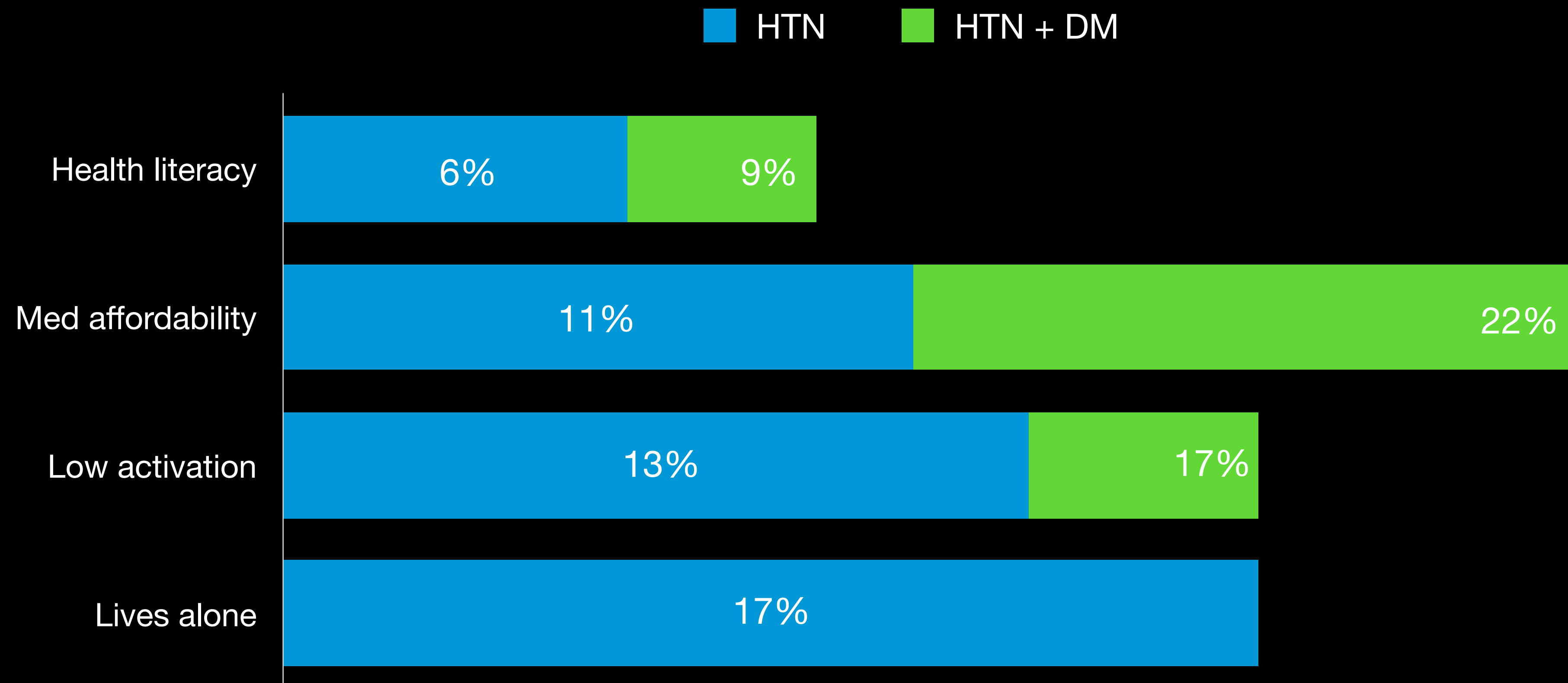
Financial stress - Medications

Over half of U.S. adults worried they don't have enough money to afford healthcare. Prescription medication costs are rising; accounts for 22% of all healthcare expenditures, but in hypertension it counts for 41%.

Patient activation

Key pillar of recent health policy statements. Improving activation improves medication adherence and health outcomes, and lowers healthcare costs.

Effect of Multiple Comorbidities

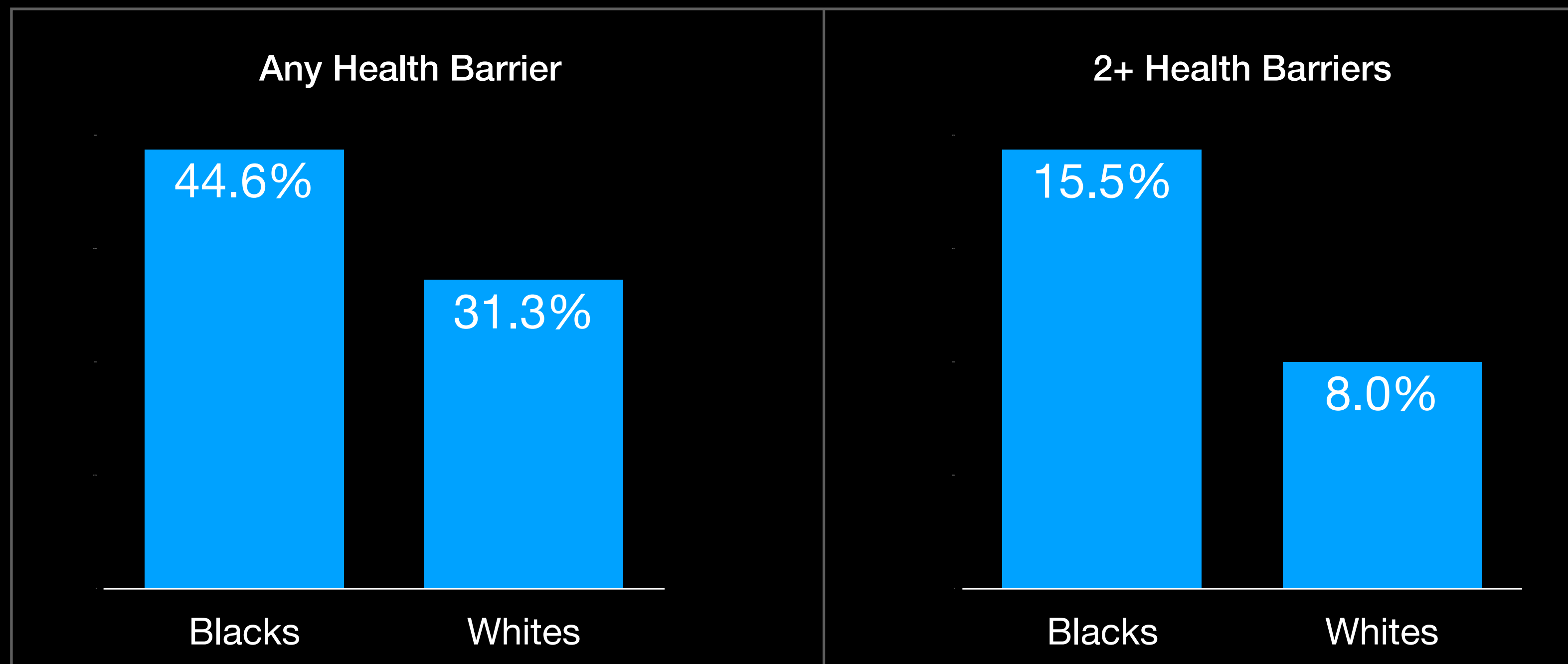


Health Barriers - Prevalence

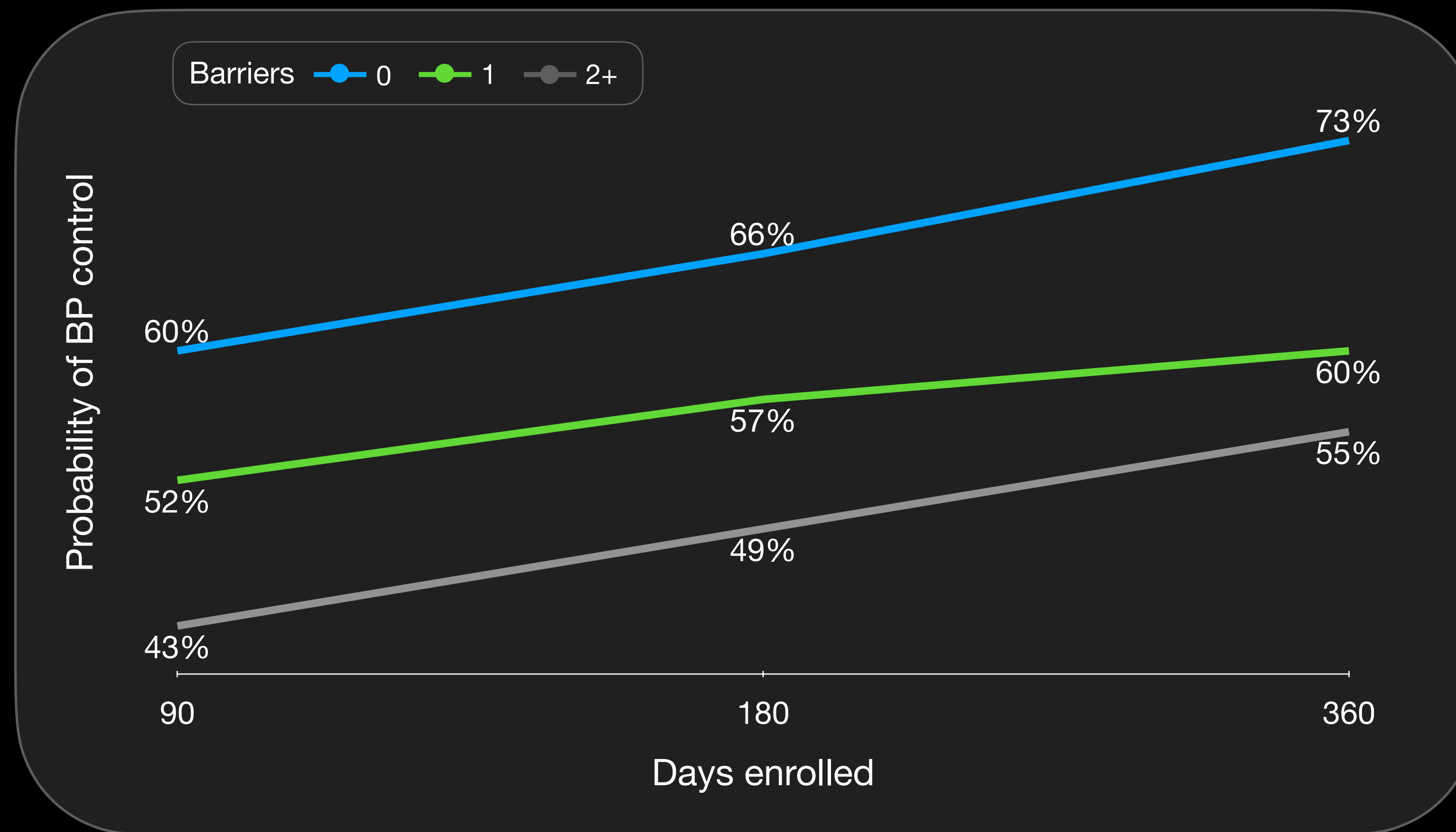
3,305 patients with uncontrolled hypertension

36% with at least 1 health barrier

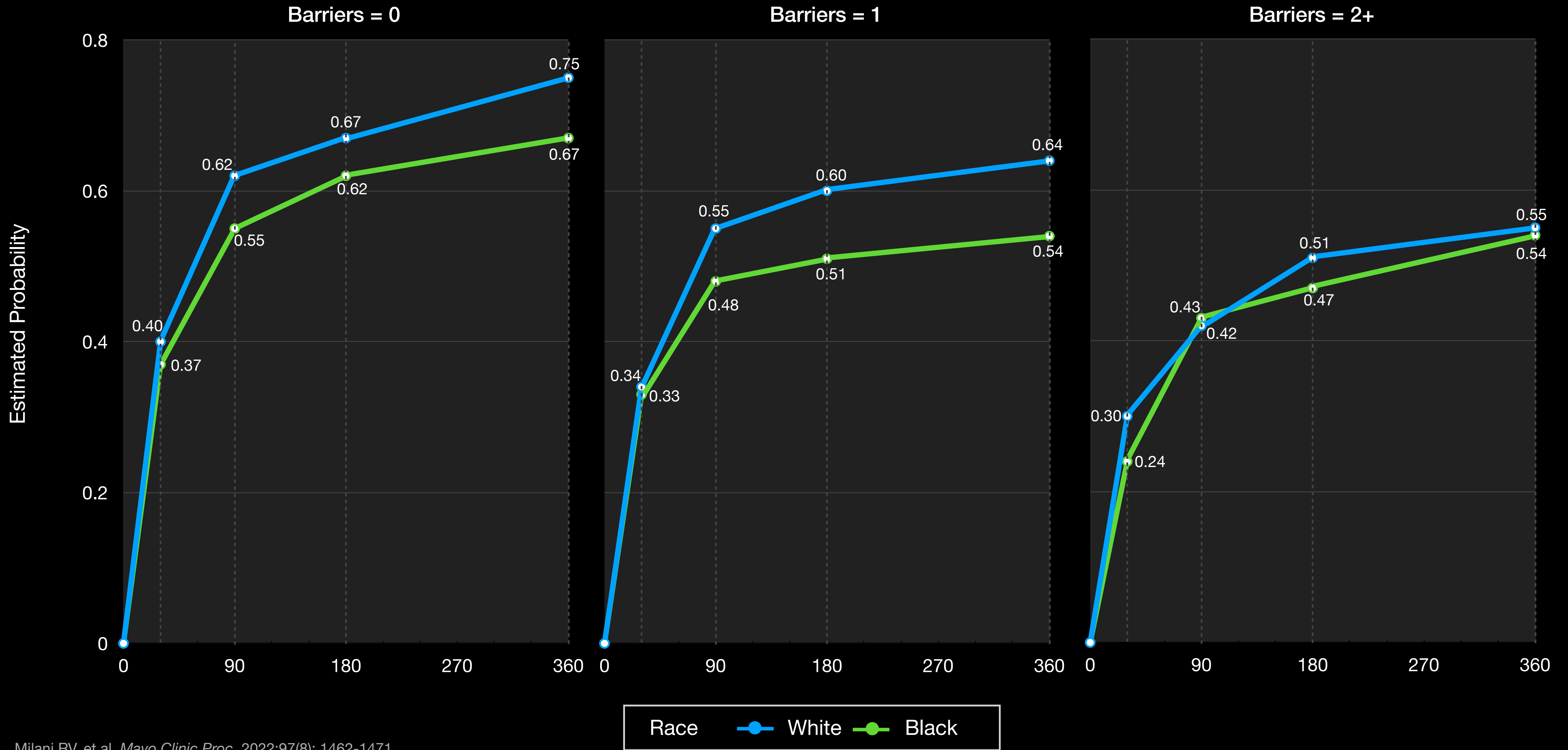
11% having 2 or more health barriers



Behavioral / SDOH Barriers and Probability of Blood Pressure Control



Health Barriers within Race and Blood Pressure Control



Control Factors in Blood Pressure Control

- Social and behavioral health barriers are prevalent, present in over one-third of our patients, and represent an obstacle to effective hypertension management
- Health barriers represent a tangible and discoverable threat to an individual's health
- Health delivery systems should assess for these factors and work towards reducing their impact on disease outcomes