

Hypertension Fact Sheet

- Hypertension is also known as high blood pressure. It can be controlled through a healthy lifestyle (fruit and vegetables, exercise, weight loss) and effective medication.
- High blood pressure is the leading risk factor for death in Australia and the world leading to 10.8 million deaths globally each year.
- In Australia raised blood pressure is responsible for 43% of coronary heart disease, 41% of stroke, 38% of chronic kidney disease and 32% of atrial fibrillation and flutter.
- One in 3 adults in Australia has hypertension, but only half of these people know they have it.
- Only a third (32%) of people whose high blood pressure has been detected, have it under control.
- Reducing high blood pressure by a quarter could save 37,000 lives and return \$34.3 billion to the economy.
- In Australia, the blood pressure control rate in women is 38%, significantly less than Germany (58%), Canada (50%) and the US (54%).
- In Australia, the blood pressure control rate in men is 28%, also significantly less than Germany (48%), Canada (68%) and the US (49%).
- The vision of the National Hypertension Taskforce is to more than double current control rates of 32% to 70% by 2030, through key actions with a range of stakeholders. The Taskforce is a joint initiative of Hypertension Australia and the Australian Cardiovascular Alliance (ACvA).
- It's important to have regular check-ups to measure your blood pressure levels and learn how to manage it. In Australia, high blood pressure is categorised as hypertensive when your measurement levels are above 140 and/or 90 mmHg in the clinic.

These statistics are based on local data from the [Australian Institute of Health and Welfare](#))

Professors Markus Schlaich and Alta Schutte (Co-leads of the Hypertension Taskforce) have written about this in more detail in [Uncontrolled blood pressure in Australia: a call to action | The Medical Journal of Australia \(mja.com.au\)](#).

The Hypertension Taskforce includes members from the following organisations:

National Hypertension Taskforce

Doubling blood pressure control rates from 32% to 70% by 2030

