

Prevalence of Hypertension in the General Population by Autoscreening or Home Blood Pressure Monitoring: FLAHS 2020 Survey

X.Girerd¹⁻², A.Pathak¹⁻², F.Silhol², MC. Wimart², O.Hanon¹⁻²

1 Fondation de Recherche sur l'HTA, 2 Comité Français de Lutte contre l'HTA, Paris, France

Méthods

The FLAHS 2020 survey questioned individuals aged 35 and over from the Kantar Health Metascope permanent sample base (a representative panel of the population living in metropolitan France) with the sentence: Do you have a blood pressure monitor in your home? The respondents assessed their blood pressure according to the protocol *suiviHTA* (6 sessions of 3 measurements, 3 sessions in the morning, 3 sessions in the evening, 3 consecutive days, 1 minute interval between each measurement, sitting position, without getting up between each measurement). The analysis calculated for each subject the average of the 18 measurements (**protocol *suiviHTA***) and the average of the last 2 measurements of the first session (**protocol *depistHTA***). High blood pressure was determined with thresholds >135/85 and >140/90 based on data from both protocols.

Results

	HTN if >135/85			HTN if >140/90		
	Total	<u>Treated</u>	<u>Untreated</u>	Total	<u>Treated</u>	<u>Untreated</u>
<u>depistHTA</u>	34% [32.5-35.5]	43% [41.1-44.9]	22% [19.7-24.3]	23% [21.5-24.5]	31% [29.1-32.9]	12% [9.7-14.3]
<u>suiviHTA</u>	28% [26.5-29.5]	37% [35.1-38.9]	16% [13.7-18.3]	15% [13.5-16.5]	19% [17.1-20.9]	8% [5.7-10.3]

Conclusions

Significant differences in the prevalence of high blood pressure according to the protocol performed are observed, particularly in the population of subjects treated with antihypertensive drugs.

With the protocol *suiviHTA*, which is the one recommended by the French Health Authority (HAS), the prevalence of high blood pressure in France is 28% in the population of subjects aged 35 years and over.