

Self-testing of blood pressure according to the depistHTA protocol in the population of the FLAHS 2019 survey

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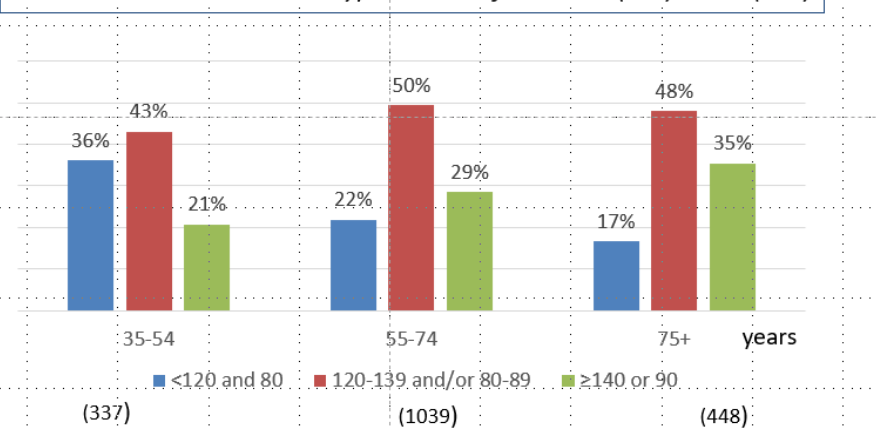
Methods

FLAHS surveys are conducted by a self-administered questionnaire sent by mail to individuals from the Kantar Health Metascope permanent sampling frame (panel representing the population living in metropolitan France). Among the positive respondents to the question: Do you have a device to measure blood pressure at home? It was obtained measurements according to the depistHTA® protocol (3 consecutive measurements leaving an interval of 1 minute between each measurement while keeping the sitting position, without getting up between each measurement). The average of the last 2 measurements was taken to define the subject's BP.

Results

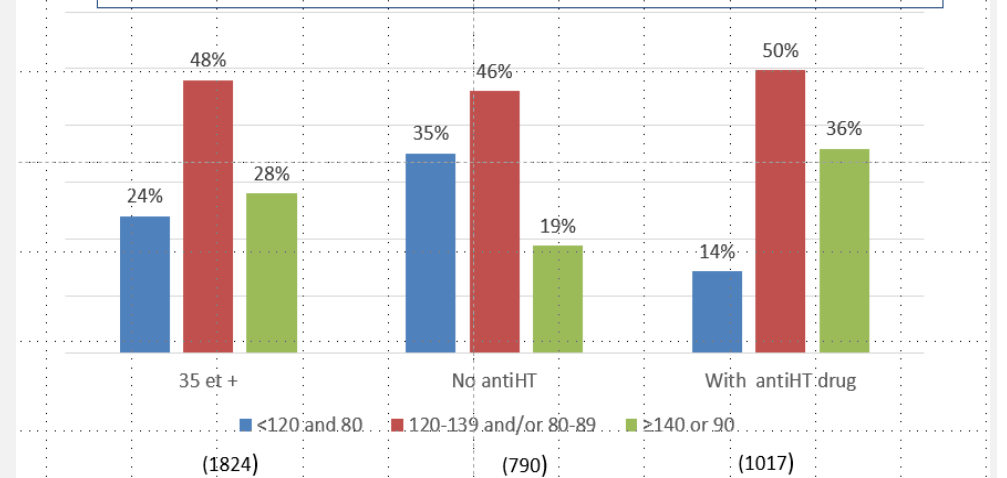
Blood pressure according to age

10.5 million with hypertension aged 35 and over
3.3 million with hypertension aged 35 to 54
4.3 million with hypertension aged 55 to 74
2.1 million with hypertension aged 75 and over
*hypertension if BP \geq 140 (SYS) ou 90 (DIA)



Blood pressure according to antihypertensive treatment

5.0 million with hypertension and no antihypertensive treatment
3.7 million with hypertension and antihypertensive treatment
*hypertension if BP \geq 140 (SYS) ou 90 (DIA)



Conclusions

Self-screening for blood pressure is possible in the general population. When the depistHTA® protocol is used, BP \geq 140/90 is observed in 19% of untreated subjects and in 36% of subjects treated with antiHT drugs.

In France, 10.5 million are treated hypertensives and 5 million are hypertensives but not treated.