

KOREA HYPERTENSION FACT SHEET 2020

The Korean Society of Hypertension



Korea National Health and Nutrition Examination Survey

Subjects	Adults age 20 years or older / 1998 to 2018	
Blood pressure classification	Hypertension	① Systolic blood pressure (SBP) ≥ 140 mmHg, or ② Diastolic blood pressure (DBP) ≥ 90 mmHg, or ③ taking antihypertensive drugs
	Prehypertension	① SBP 120-139 mmHg or ② DBP 80-89 mmHg; and ③ not meeting criteria for hypertension
Management indices	Awareness rate	Proportion of people with physician diagnosis of hypertension among people with hypertension
	Treatment rate	Proportion of people taking antihypertensives for ≥ 20 days/month among people with hypertension
	Control rate (among prevalent)	Proportion of people with SBP < 140 mmHg and DBP < 90 mmHg among people with hypertension
	Control rate (among treated)	Proportion of people with SBP < 140 mmHg and DBP < 90 mmHg among people taking antihypertensives

Korea National Health Insurance Big Data

Subjects	Adults age 20 years or older / 2002 to 2018	
Healthcare utilization	Diagnosis	≥ 1 health insurance claim for hypertension diagnosis (ICD-10: I10) each year
	Treatment	≥ 1 health insurance claim for hypertension diagnosis and antihypertensive drug prescription each year
	Adherence	Prescription of antihypertensive drugs ≥ 290 days (80%) each year
	Blood test	≥ 1 serum creatinine test each year
	Urine test	≥ 1 routine urinalysis or urine microalbumin test each year
Treatment for hypertension	Regimen	The combination of antihypertensive classes in a prescription; if the regimen is switched, one with the longest duration is selected for a given year.
	Antihypertensive drug class	Diuretics (DU; thiazide-related diuretics, loop diuretics), beta-blockers (BB), calcium channel blockers (CCB), angiotensin converting enzyme inhibitors (ACEi), angiotensin receptor blockers (ARB), potassium-sparing diuretics (PSD), Others (OTH; alpha-blockers, vasodilators, etc.)

Contents

4 Summary of population statistics

6 Summary of treatment statistics

Changes in population mean blood pressure and prevalence of hypertension

9 Changes in population mean blood pressure

10 Changes in hypertension prevalence

11 Changes in hypertension prevalence by sex and age

Changes in hypertension management indices

13 Changes in hypertension awareness rate by sex and age

14 Changes in hypertension treatment rate by sex and age

15 Changes in hypertension control rate (among prevalent) by sex and age

16 Changes in hypertension control rate (among treated) by sex and age

Healthcare utilization for hypertension

18 Changes in the number of healthcare users

19 Changes in co-treatment for dyslipidemia and diabetes

20 Changes in prescriptions of antihypertensive drugs

22 Changes in antihypertensive treatment regimen

Management of hypertension in young adults

25 Summary of hypertension statistics in young adults

26 Changes in awareness rate in young adults

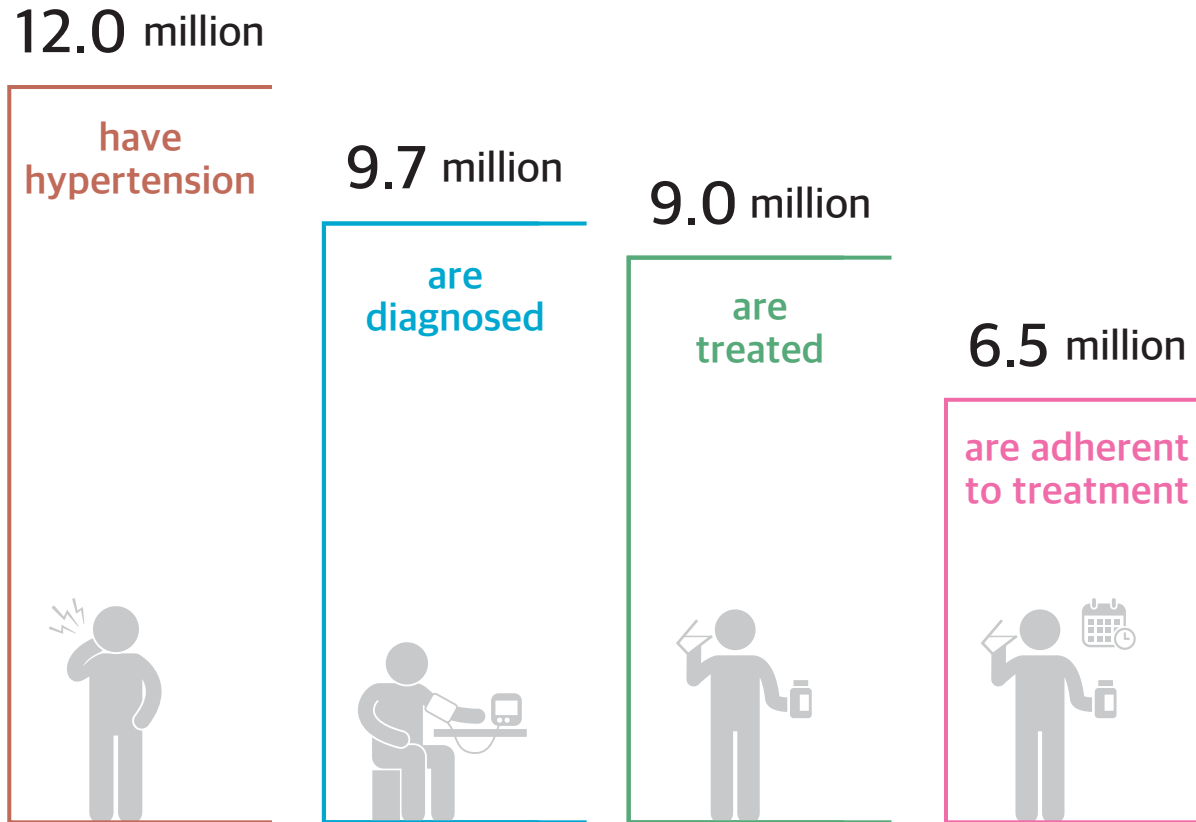
27 Changes in treatment rate in young adults

28 Changes in adherence rate (among diagnosed) in young adults

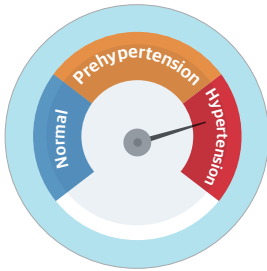
29 Changes in adherence rate (among treated) in young adults

30 Current management status in young adults

Summary of population statistics (age 20+)



Summary of population statistics (age 20+)



29%
have hypertension

among adults age 20+



67%
are aware



63%
are treated

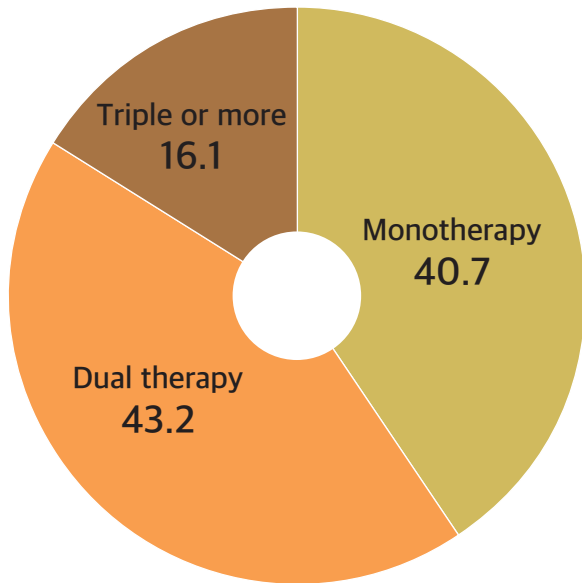


47%
are controlled

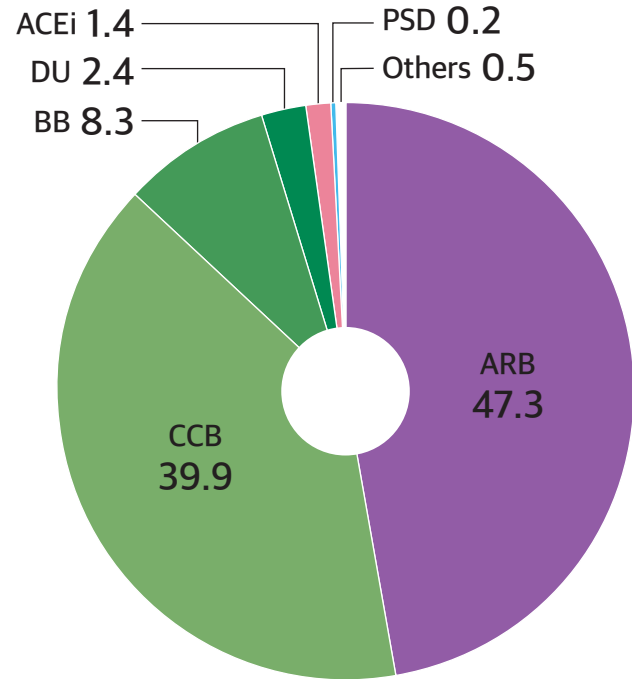
among adults age 20+ with hypertension

Summary of treatment statistics (age 20+)

Among 9.0 million adults treated for hypertension, %

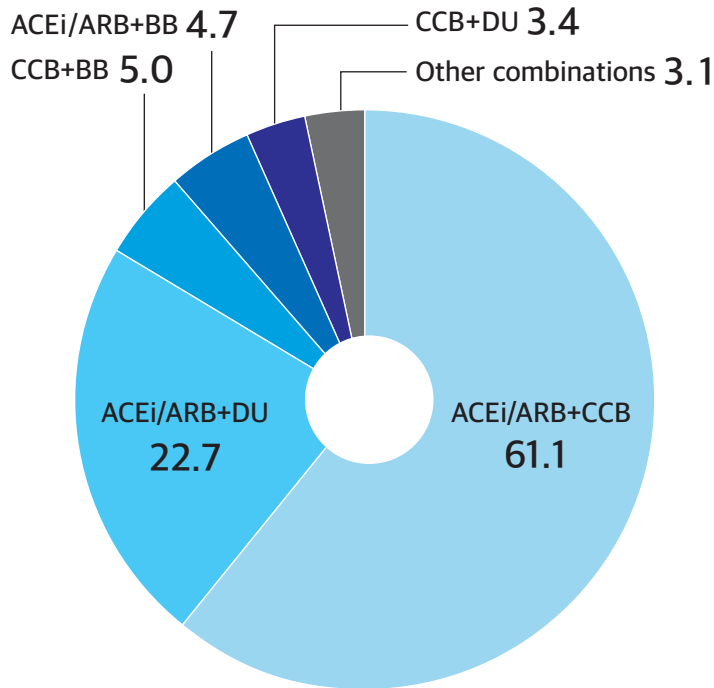


Among 3.7 million adults on monotherapy, %

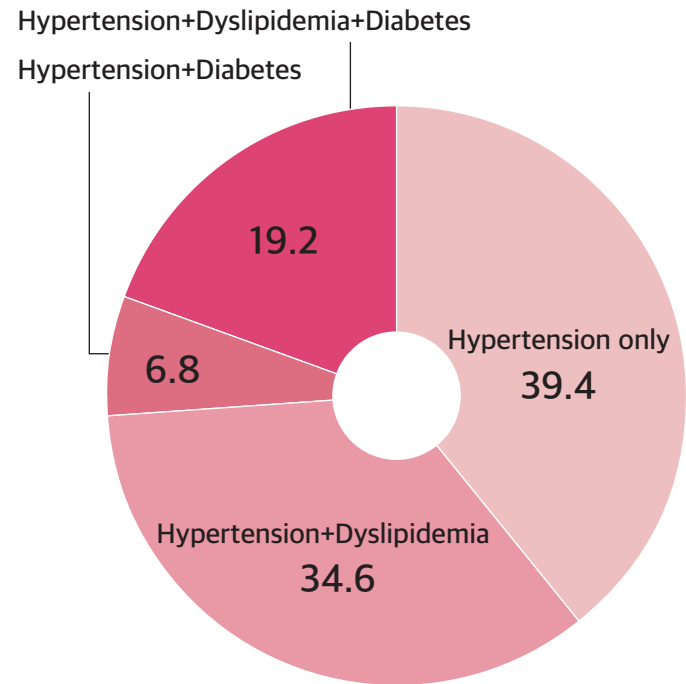


Summary of treatment statistics (age 20+)

Among 3.9 million adults on dual therapy, %



Co-treatment for dyslipidemia and diabetes among 9.0 million adults treated for hypertension, %



Changes in population mean blood pressure and prevalence of hypertension

Changes in population mean blood pressure

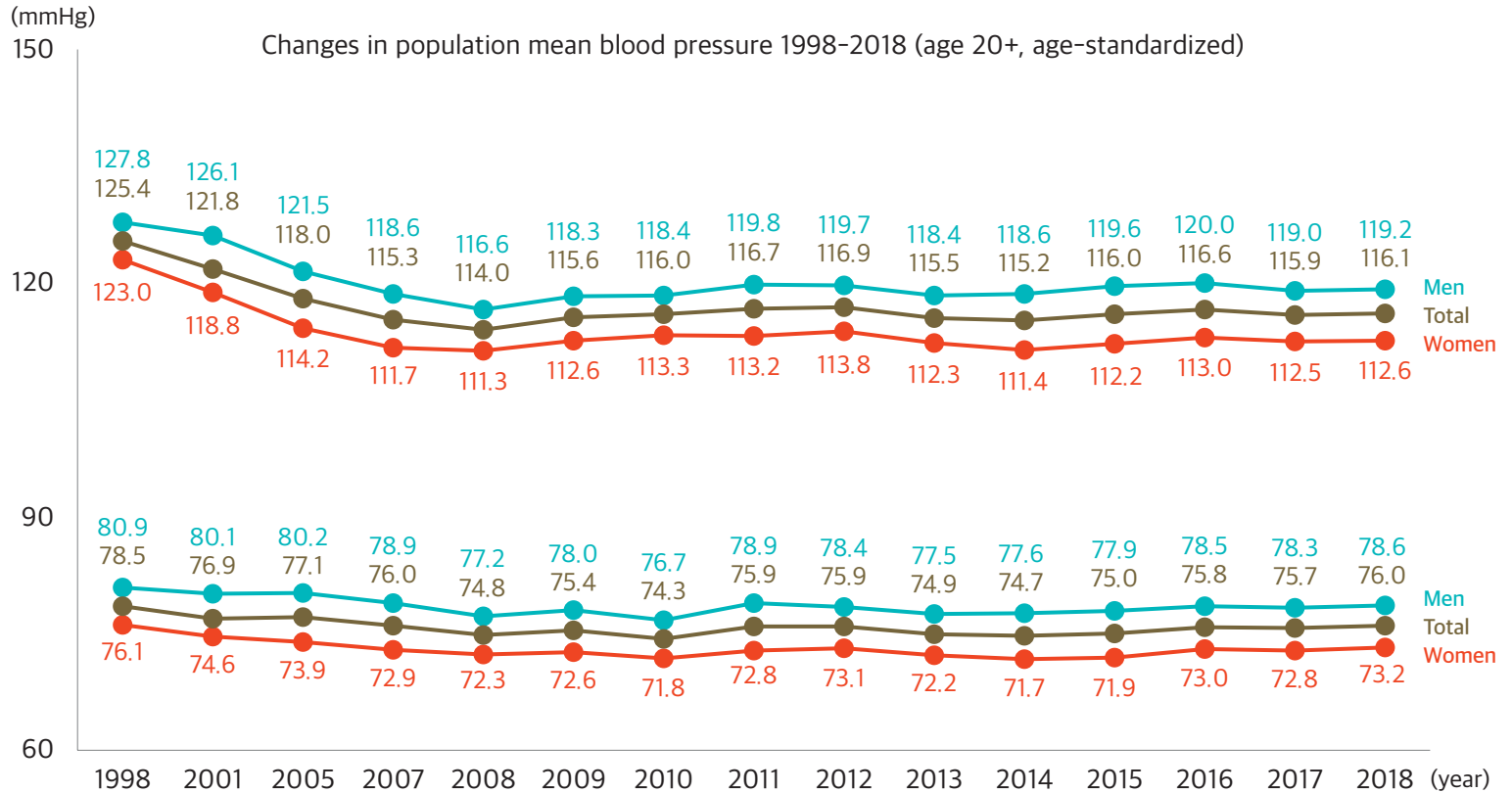
Changes in hypertension prevalence

Changes in hypertension prevalence by sex and age

Changes in population mean blood pressure

118/76 mmHg (age 20+)
 116/76 mmHg (age 20+, age-standardized)
 119/77 mmHg (age 30+)
 117/77 mmHg (age 30+, age-standardized)

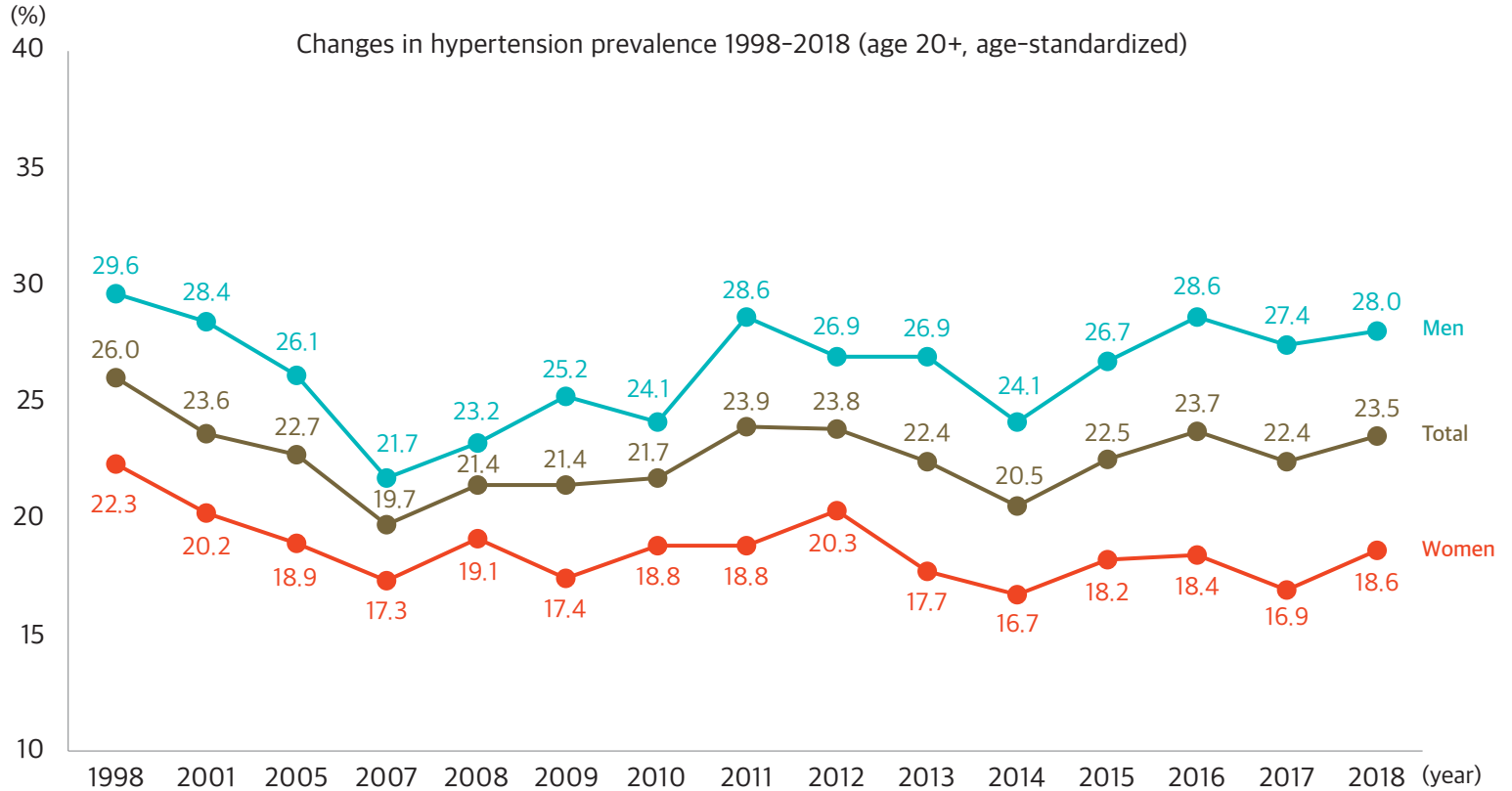
 Year 2018



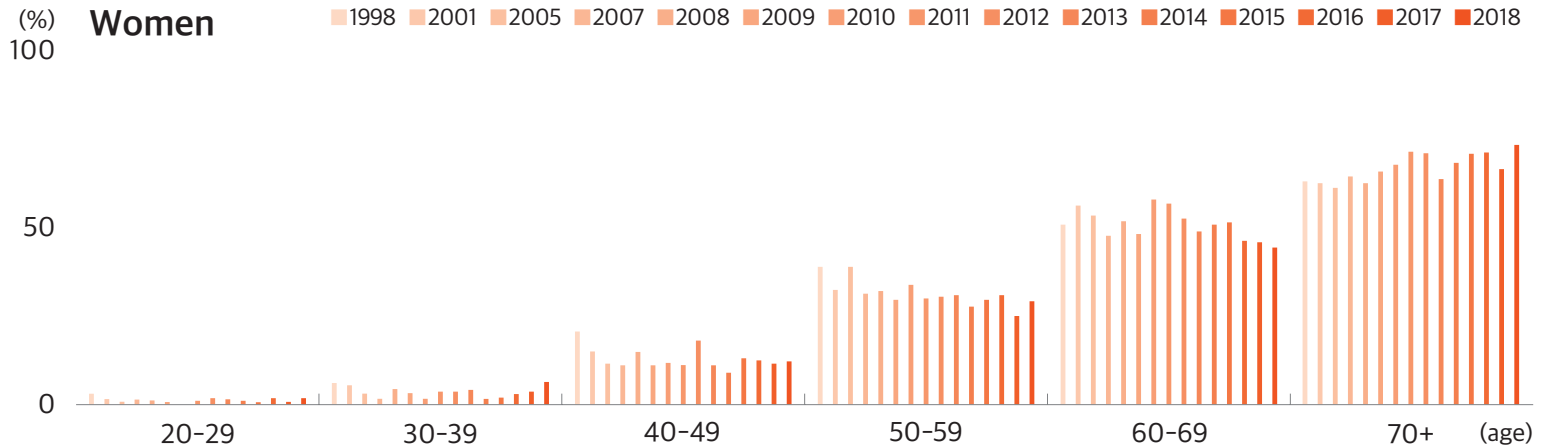
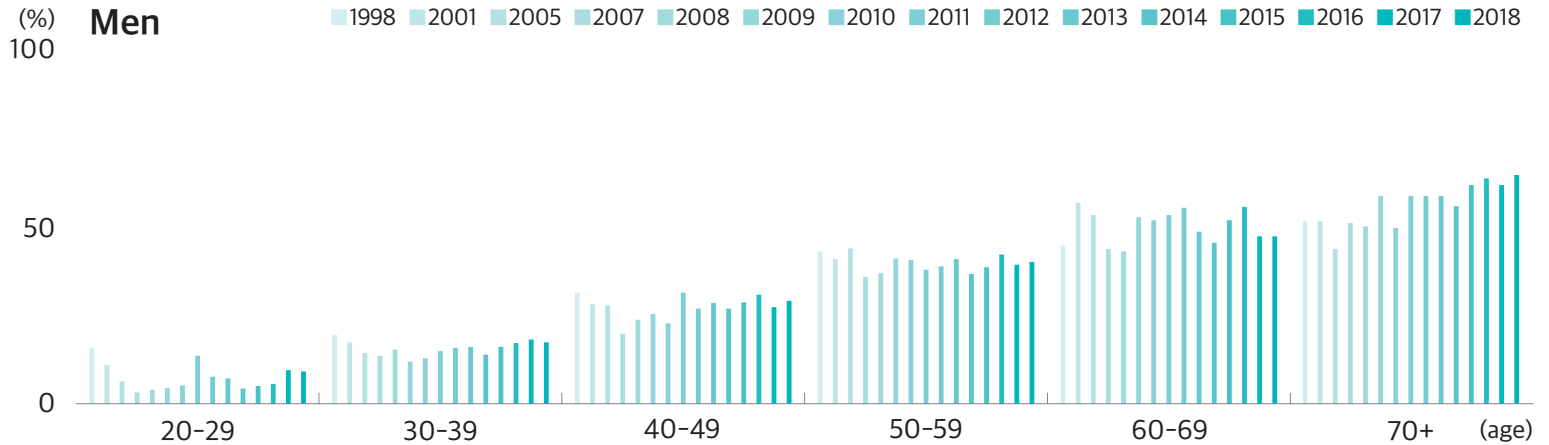
Changes in hypertension prevalence

29% (age 20+)
 24% (age 20+, age-standardized)
 33% (age 30+)
 28% (age 30+, age-standardized)

.....
 Year 2018



Changes in hypertension prevalence by sex and age



Changes in hypertension management

Changes in awareness rate by sex and age

Changes in treatment rate by sex and age

Changes in control rate (among prevalent) by sex and age

Changes in control rate (among treated) by sex and age

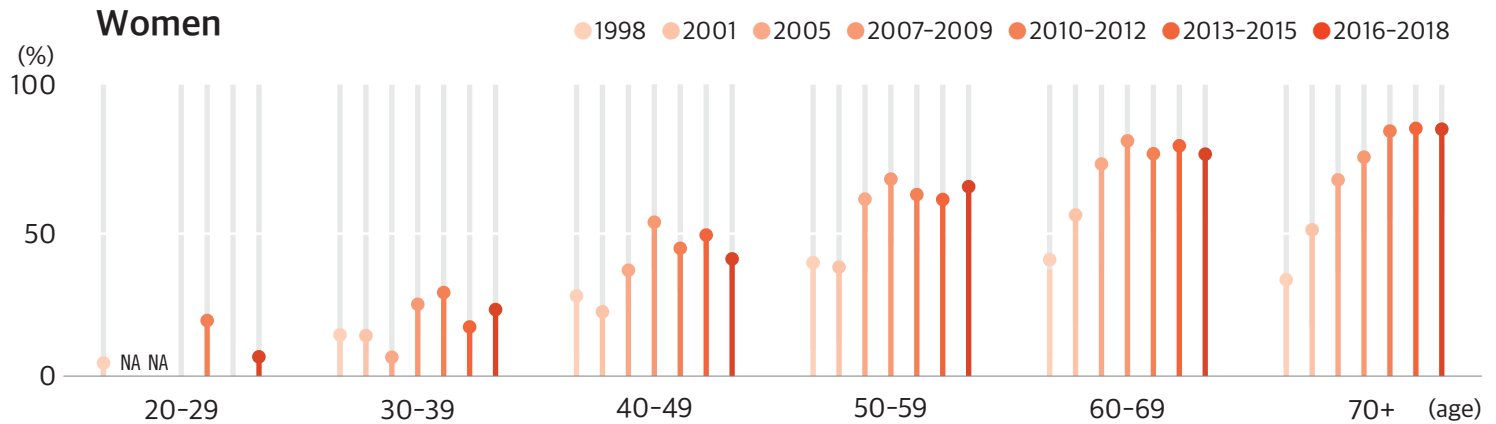
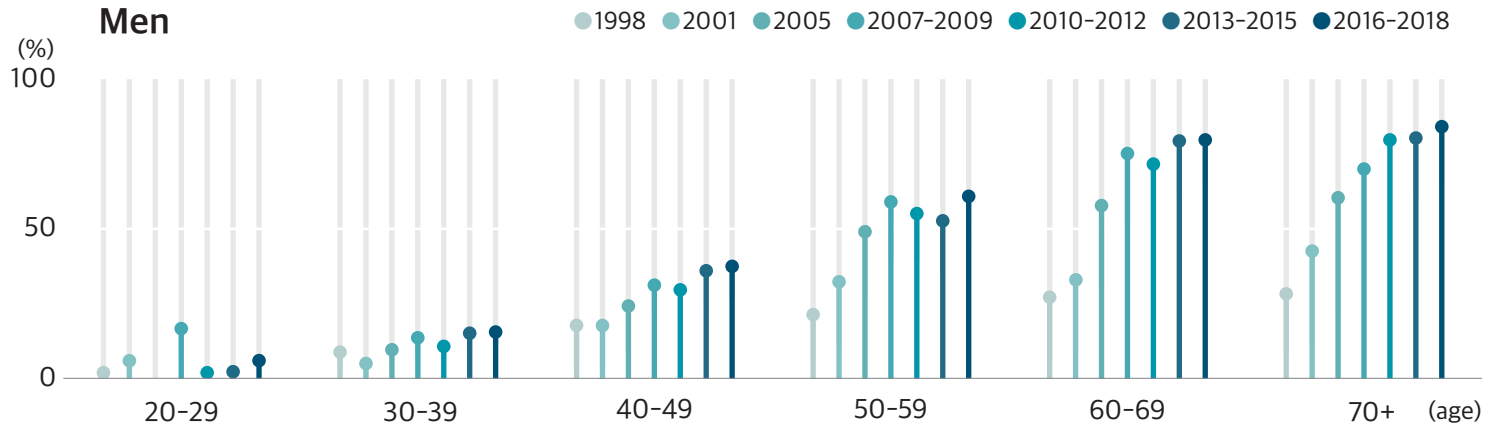
Changes in awareness rate by sex and age



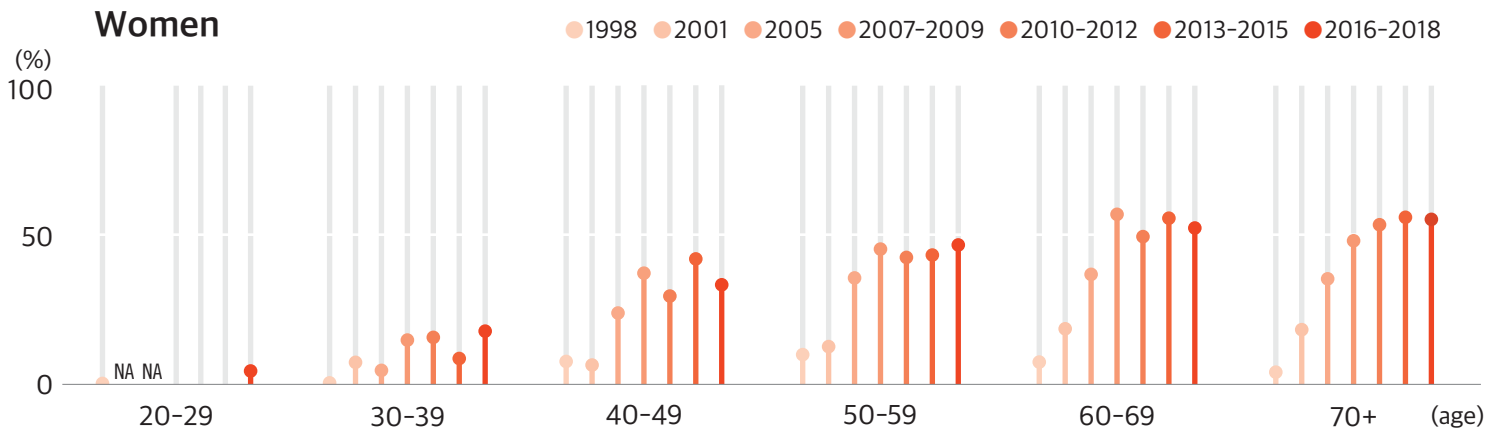
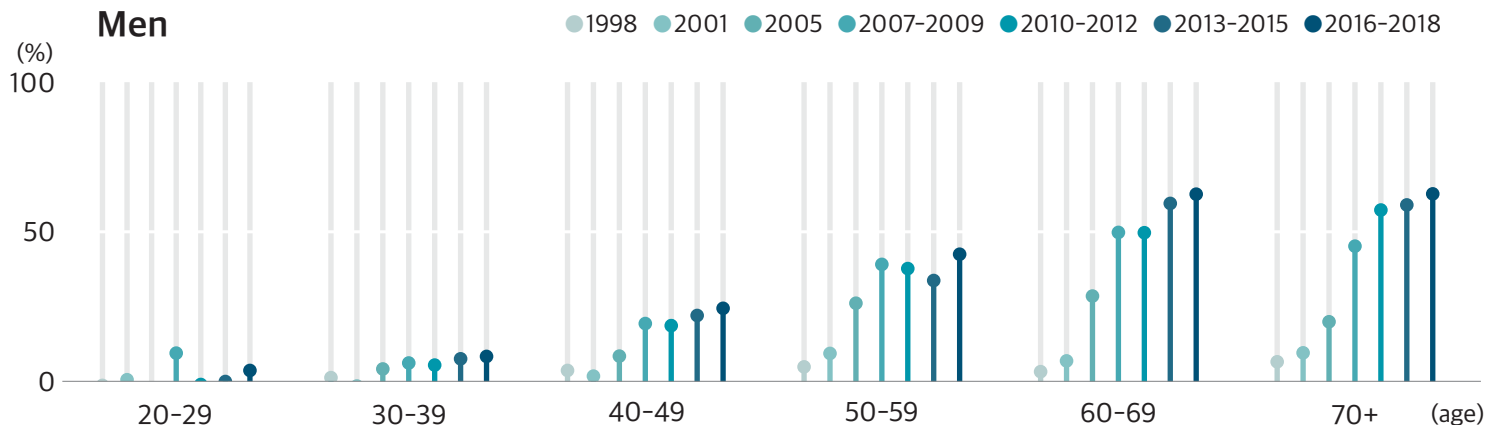
NA=Denominator less than 10

Data source: Korea National Health and Nutrition Examination Survey 1998-2018

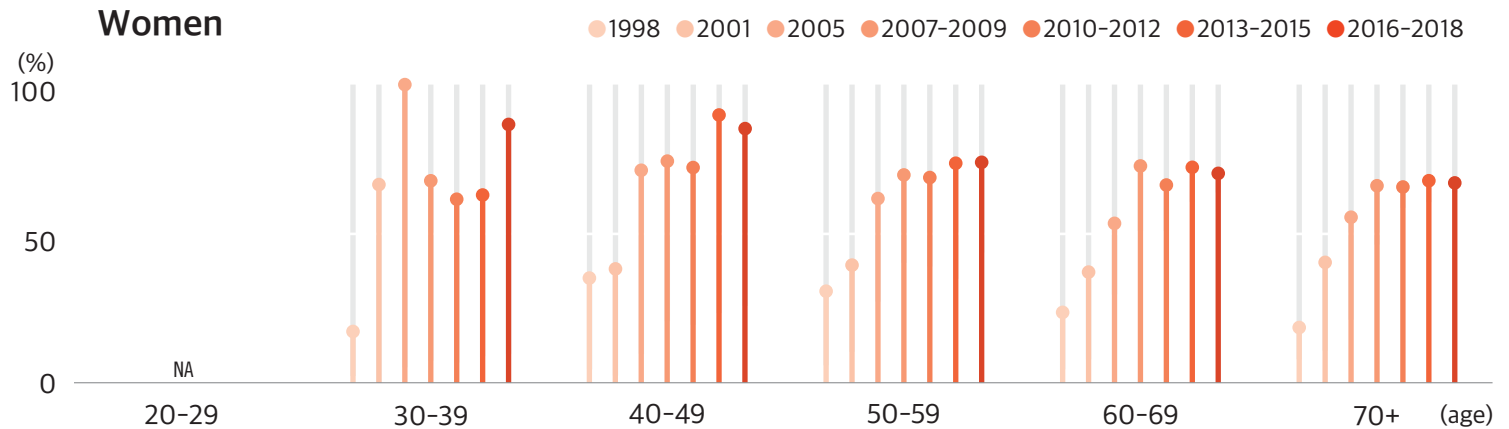
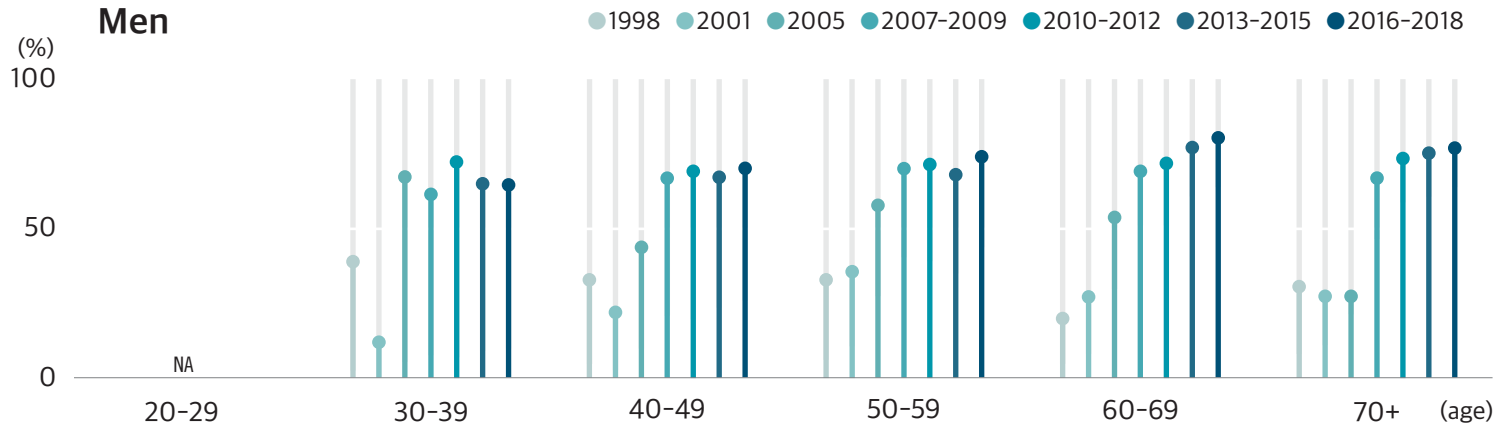
Changes in treatment rate by sex and age



Changes in control rate (among prevalent) by sex and age



Changes in control rate (among treated) by sex and age



Healthcare utilization for hypertension

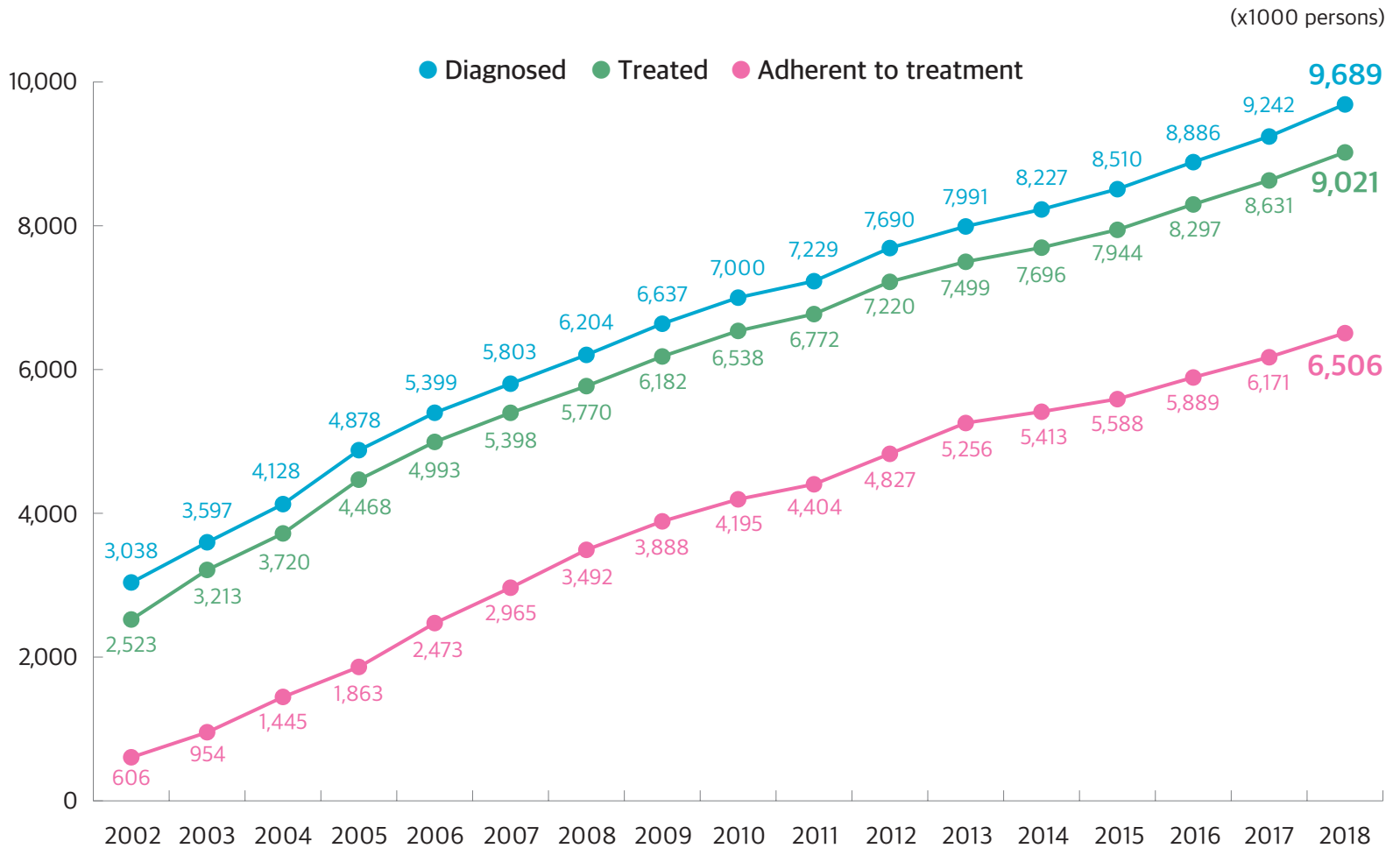
Changes in the number of healthcare users

Changes in co-treatment for dyslipidemia and diabetes

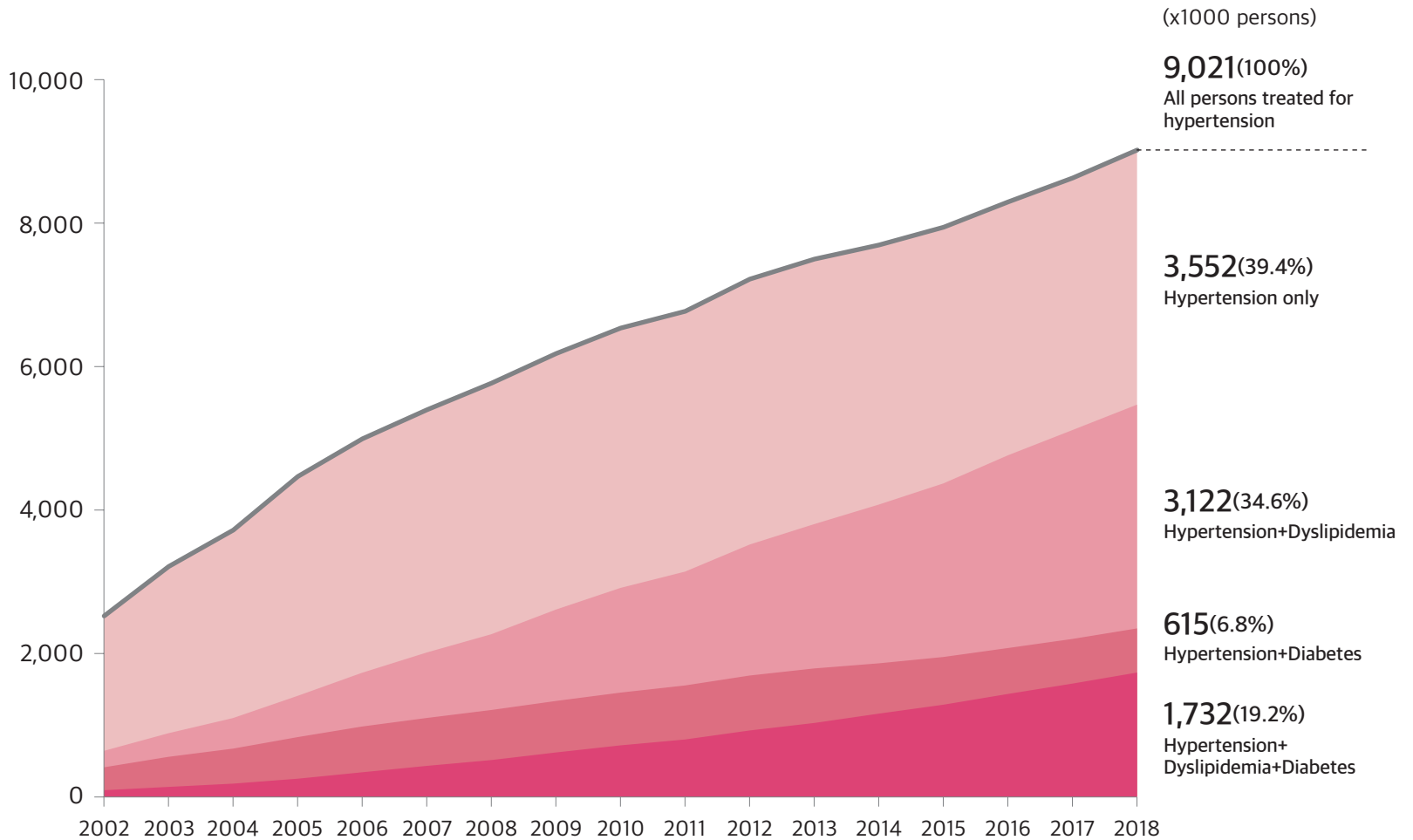
Changes in prescriptions of antihypertensive drugs

Changes in antihypertensive treatment regimen

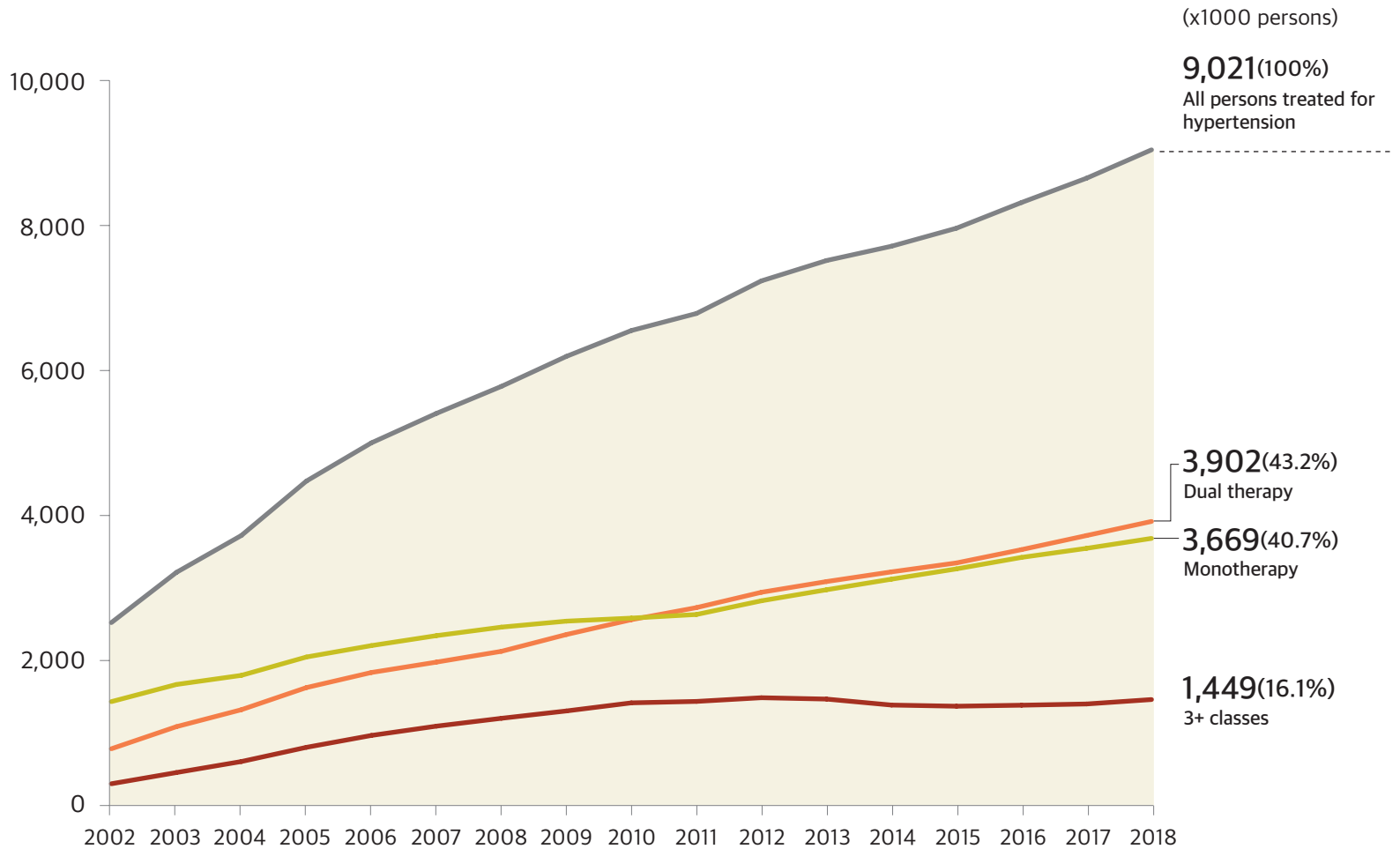
Changes in the number of healthcare users (age 20+)



Changes in co-treatment for dyslipidemia and diabetes (age 20+)

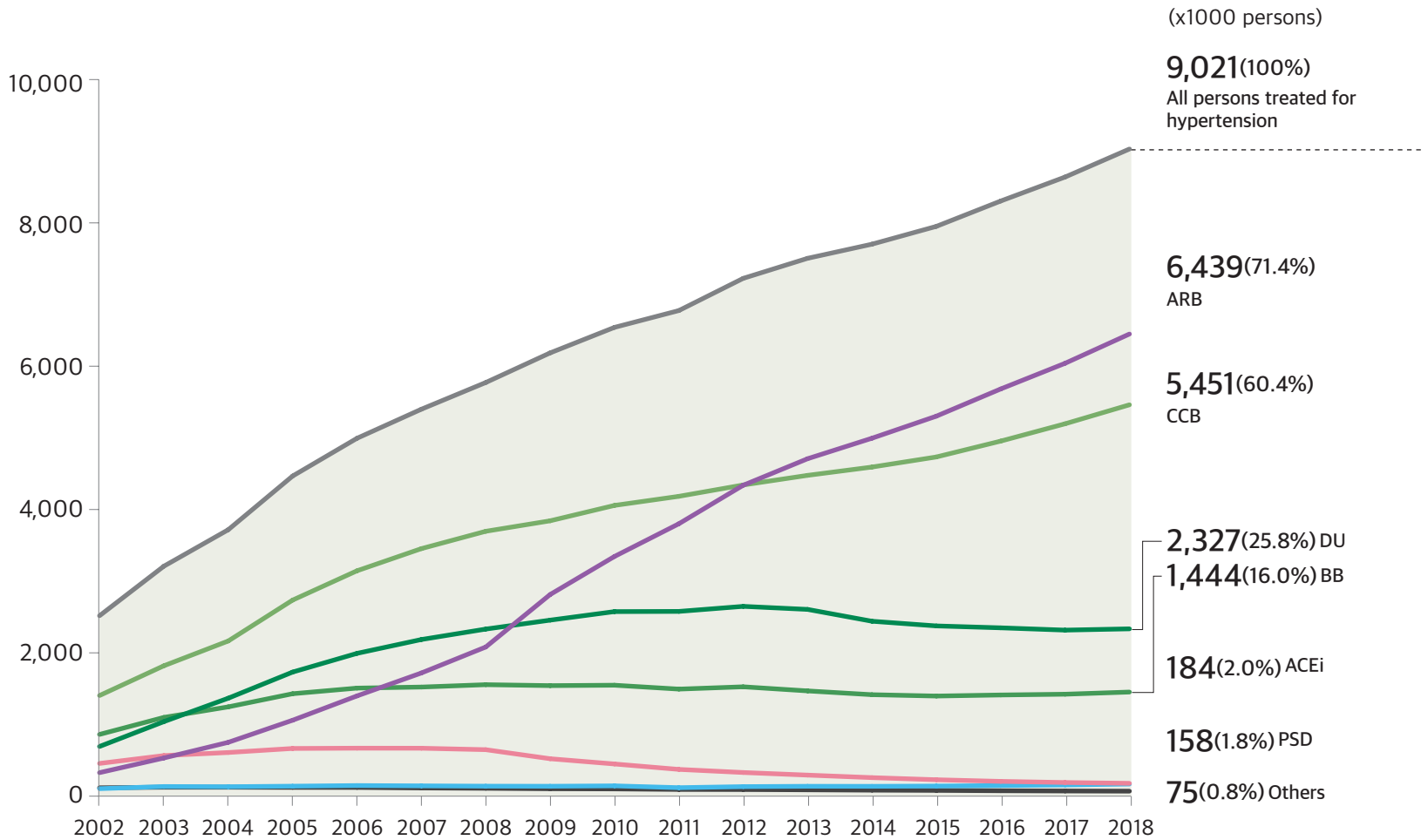


Changes in prescriptions of antihypertensive drugs (age 20+)



Data source: Korea National Health Insurance Big Data 2002-2018

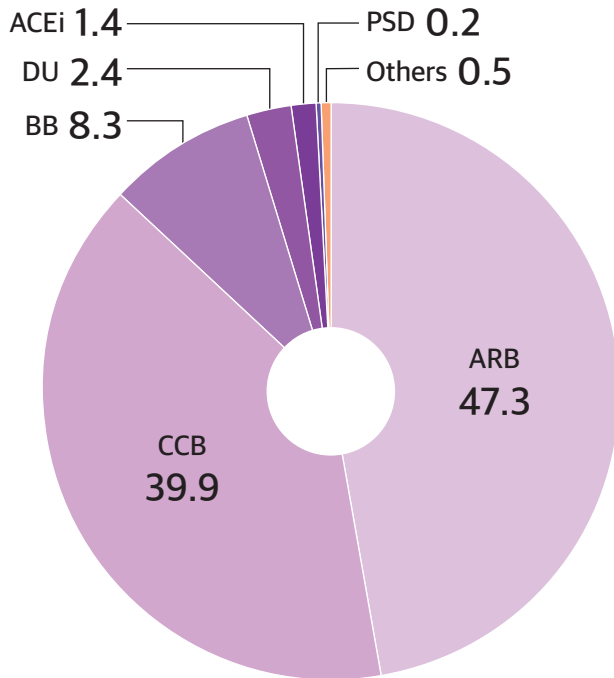
Changes in prescriptions of antihypertensive drugs (age 20+)



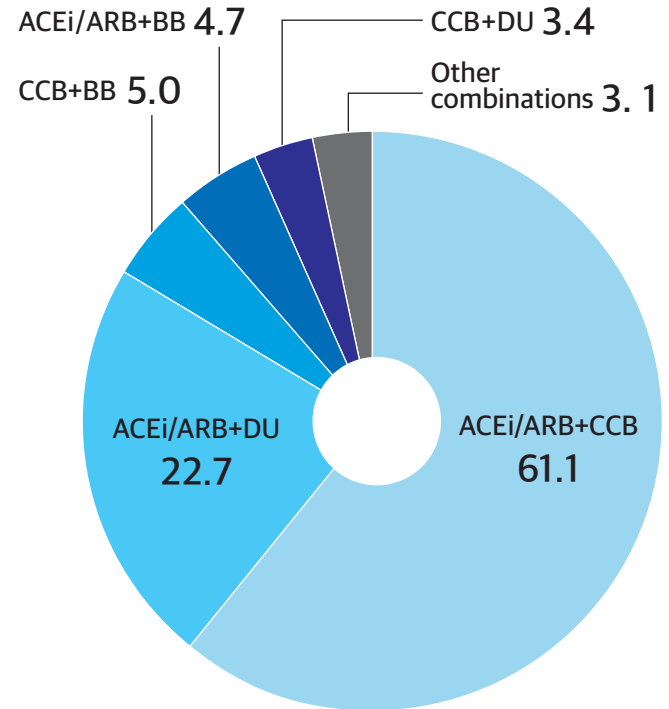
Data source: Korea National Health Insurance Big Data 2002-2018

Changes in antihypertensive treatment regimen (age 20+)

Among 3.7 million adults on monotherapy, %

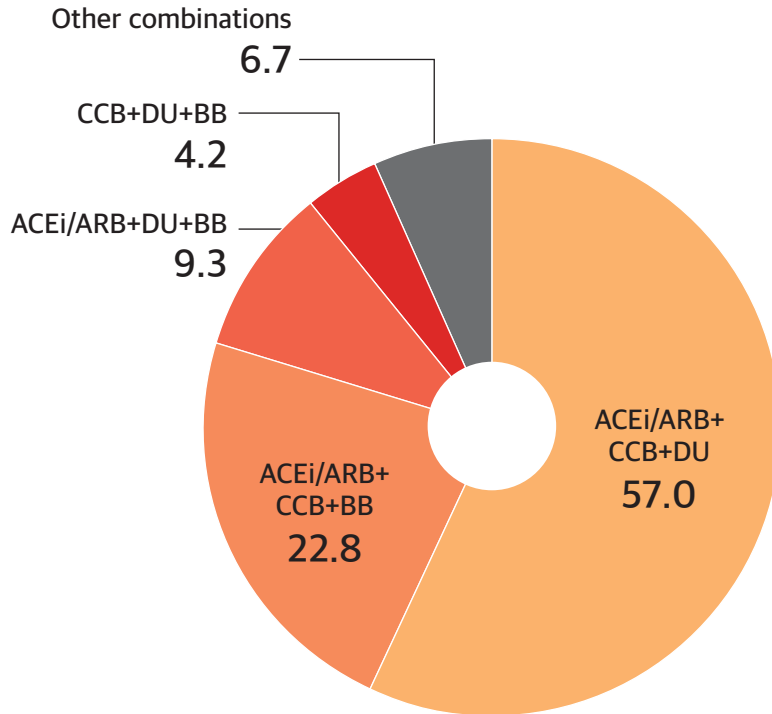


Among 3.9 million adults on dual therapy, %

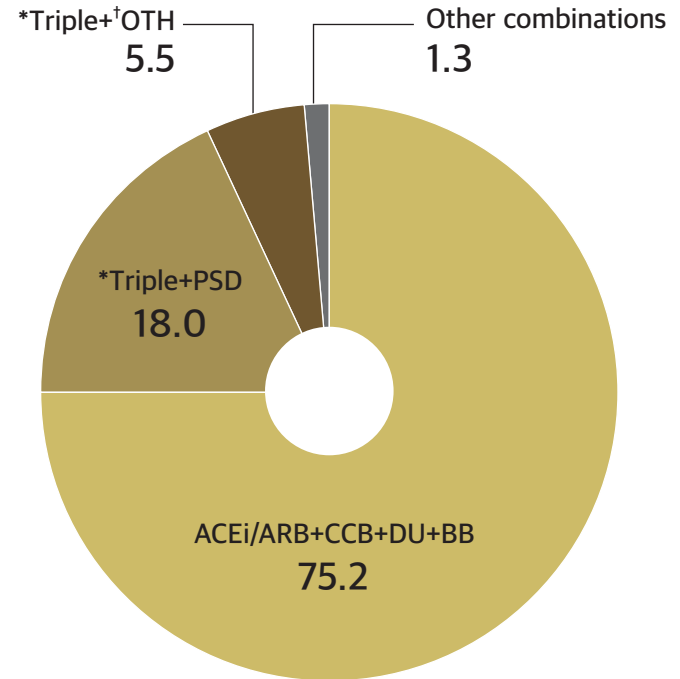


Changes in antihypertensive treatment regimen (age 20+)

Among 1.2 million adults on triple therapy, %



Among 0.2 million adults on 4 classes, %



*Triple=three of the ACEi/ARB, CCB, DU, or BB

†OTH=alpha-blockers, vasodilators, etc.

Management of hypertension in young adults

Summary of hypertension statistics in young adults

Changes in awareness rate in young adults

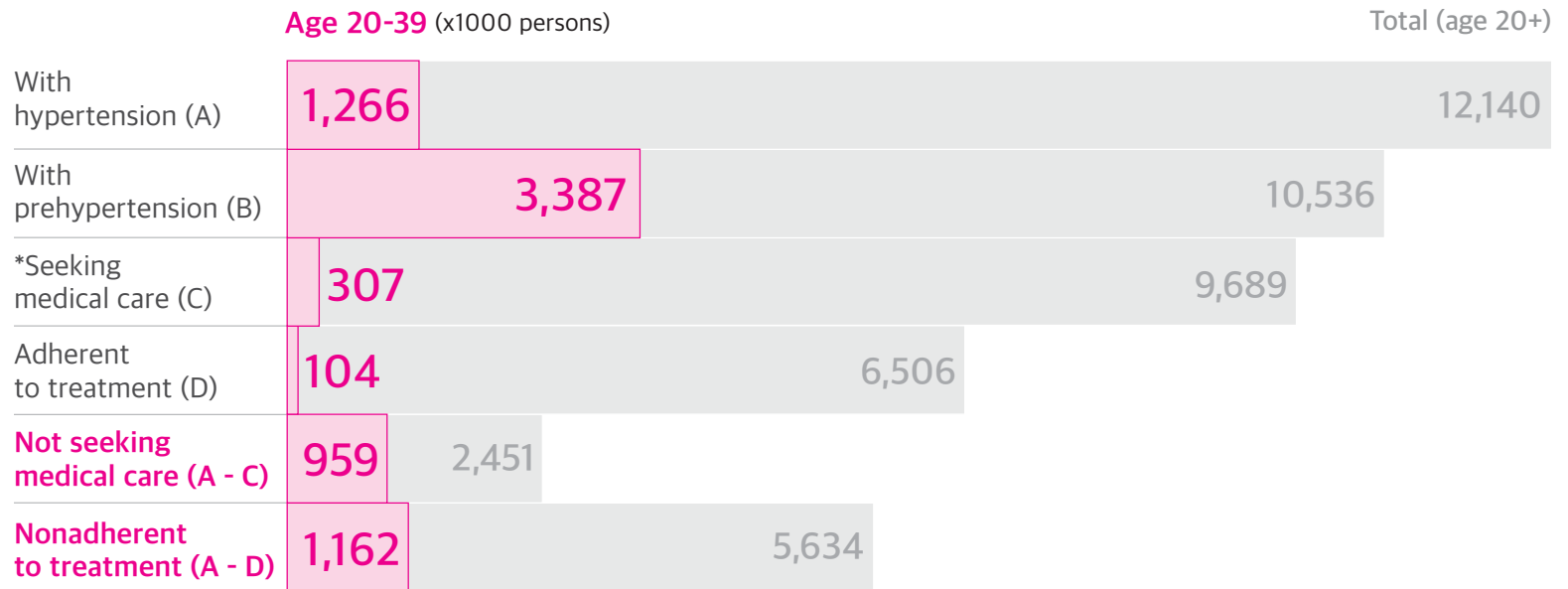
Changes in treatment rate in young adults

Changes in adherence rate (among diagnosed) in young adults

Changes in adherence rate (among treated) in young adults

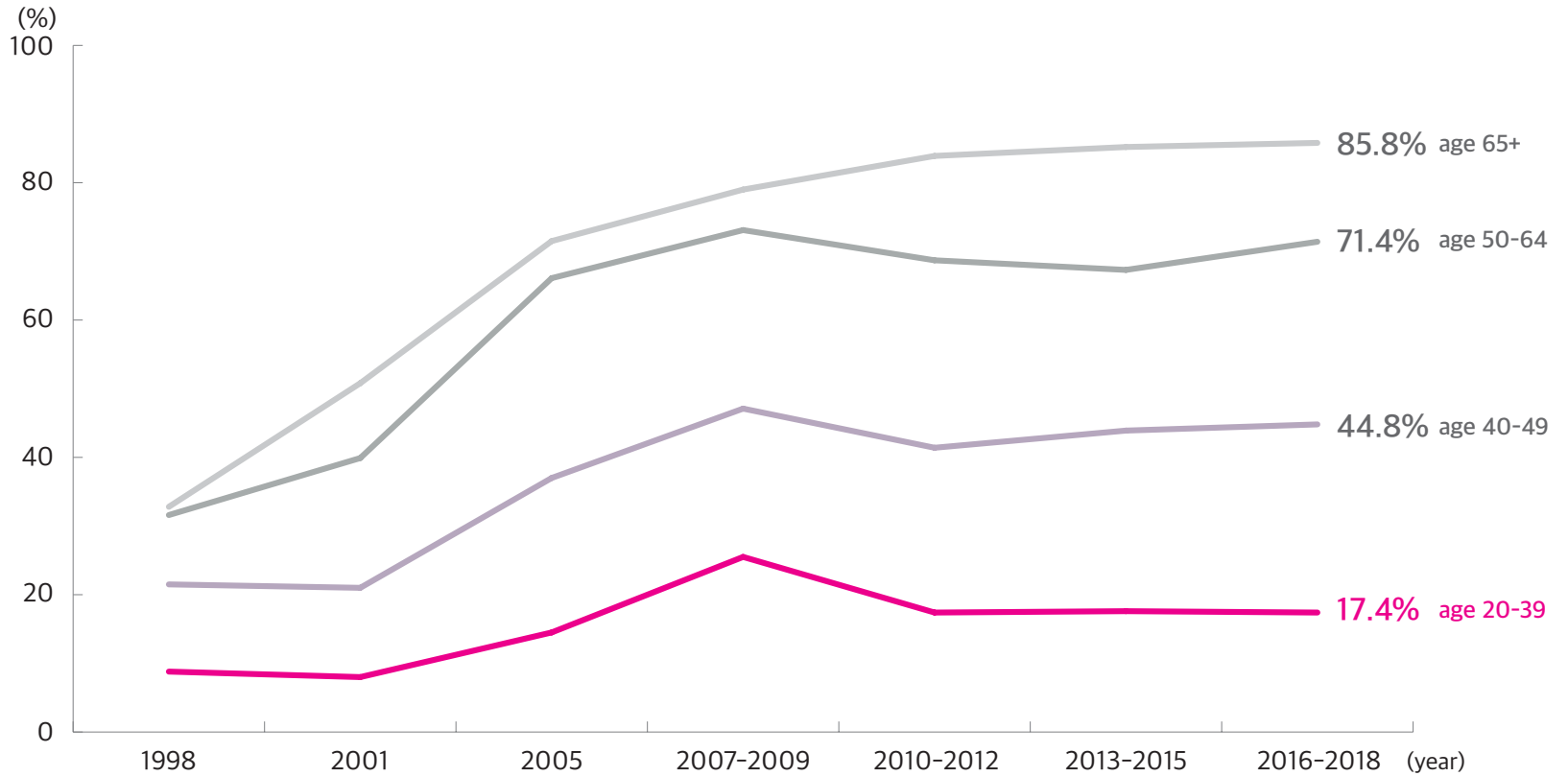
Current management status in young adults

Summary of hypertension statistics in young adults (age 20-39)

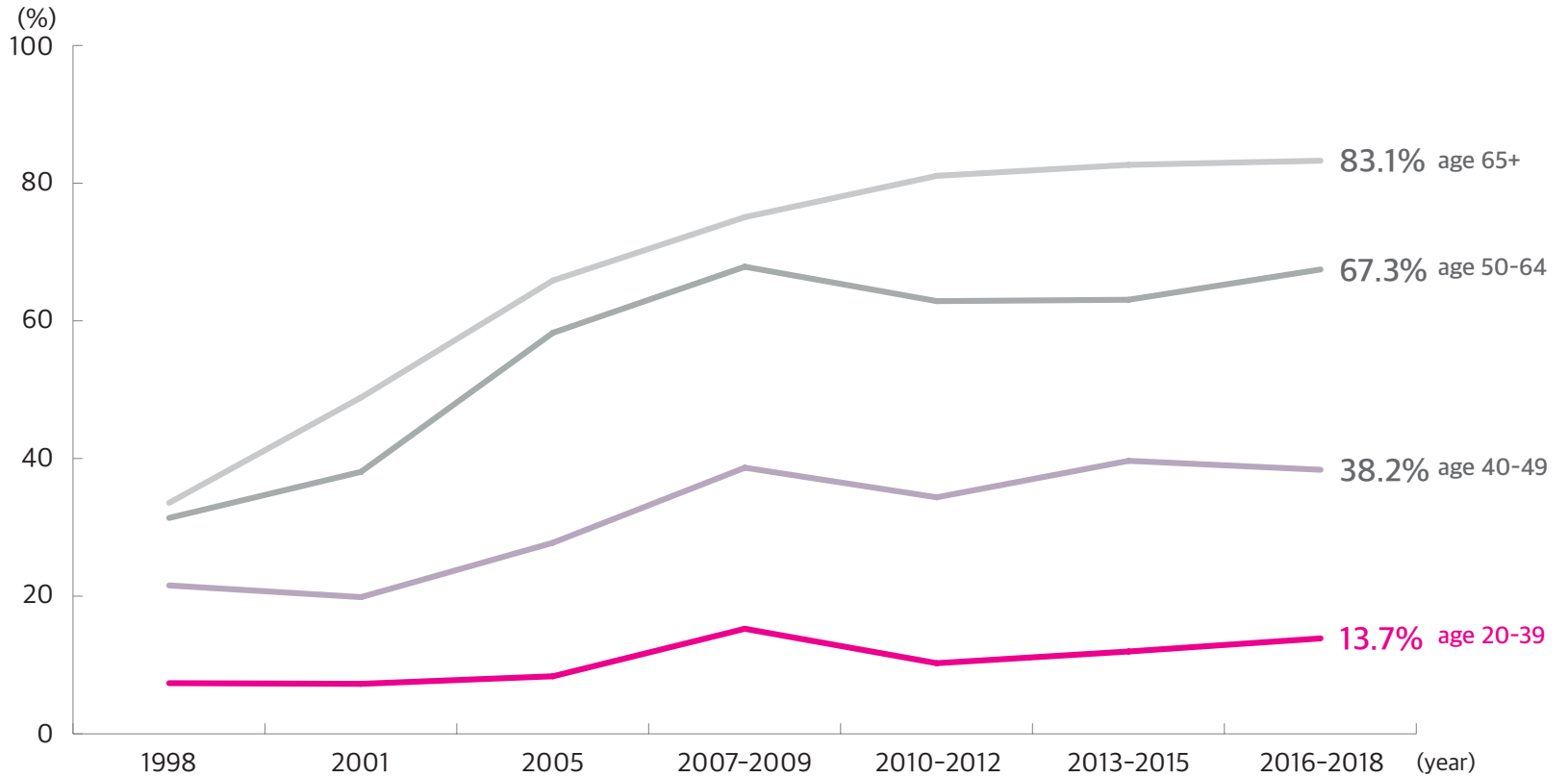


*≥1 health insurance claim for hypertension diagnosis (ICD-10: I10)

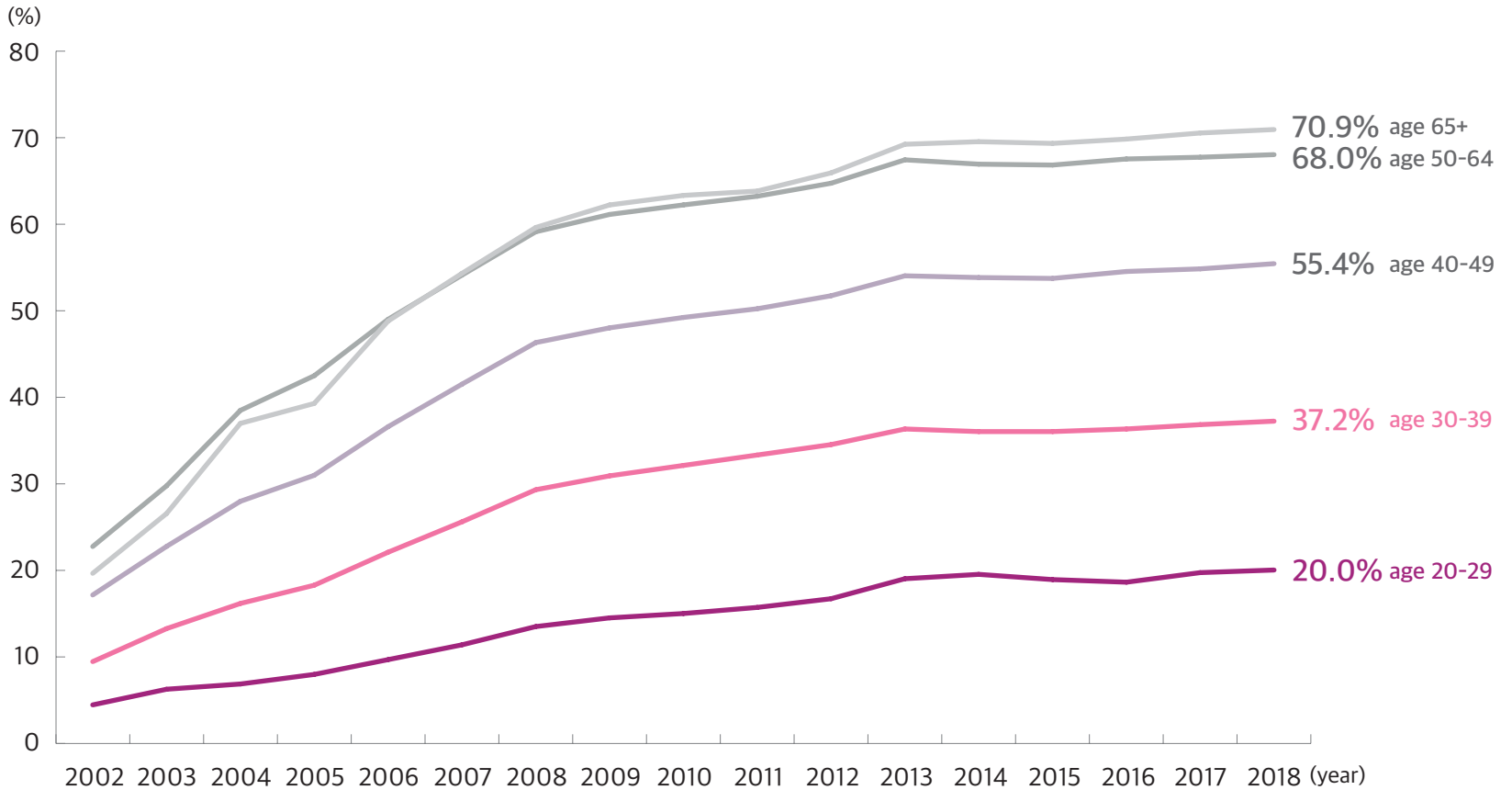
Changes in awareness rate in young adults



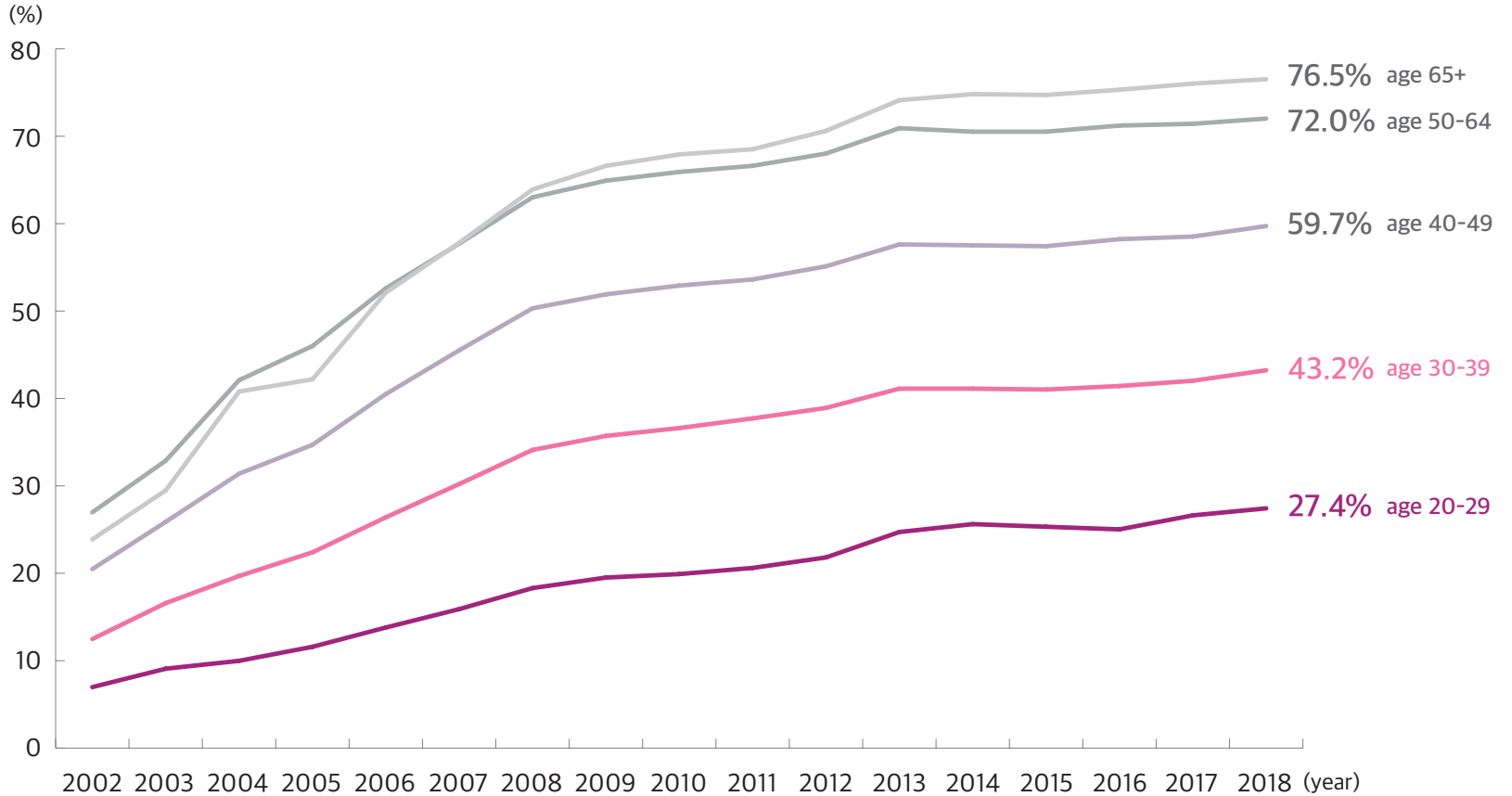
Changes in treatment rate in young adults



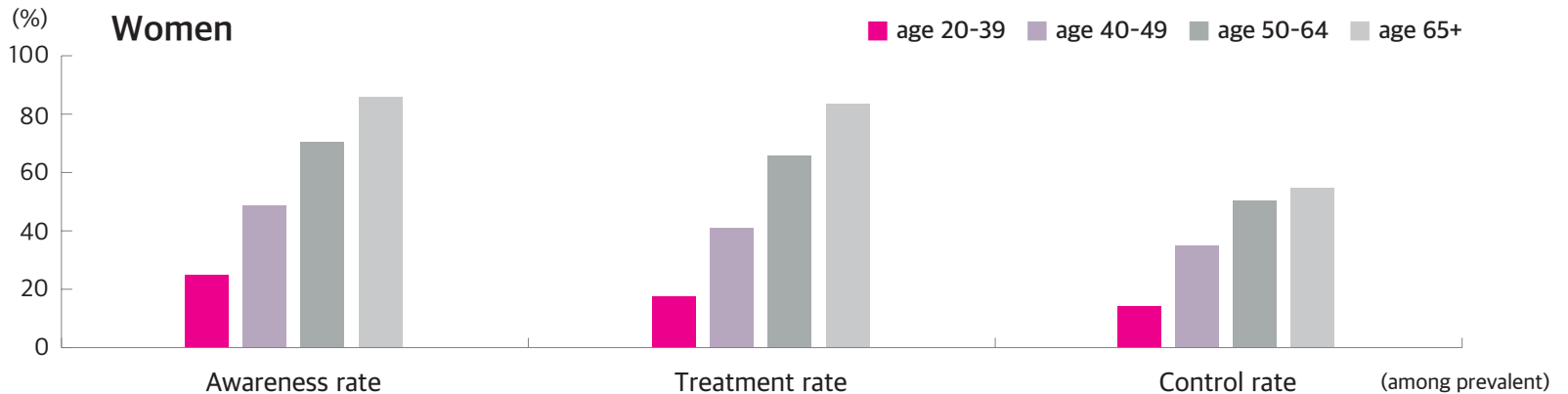
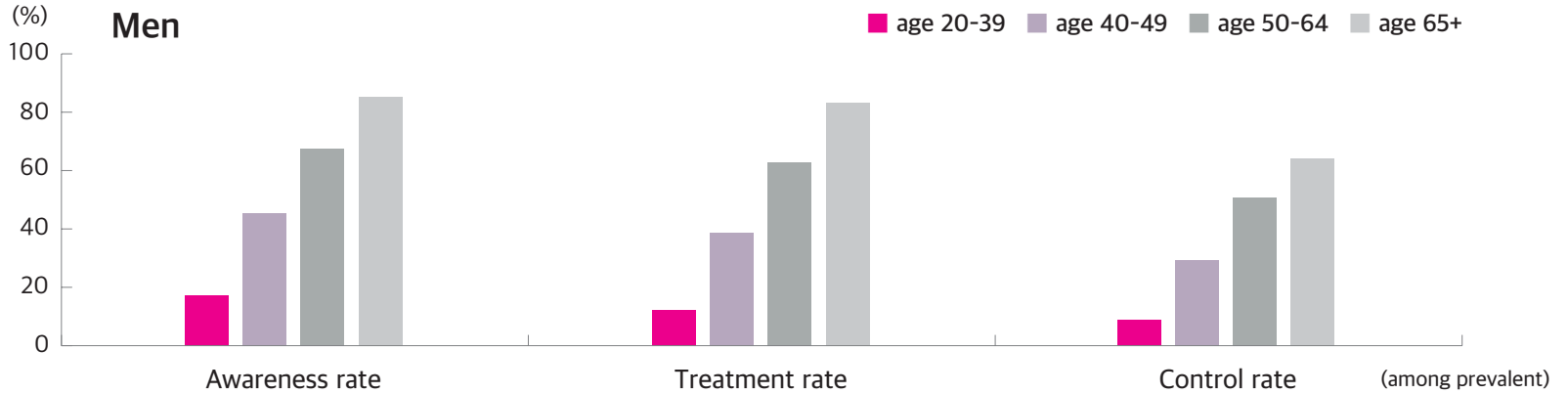
Changes in adherence rate (among diagnosed) in young adults



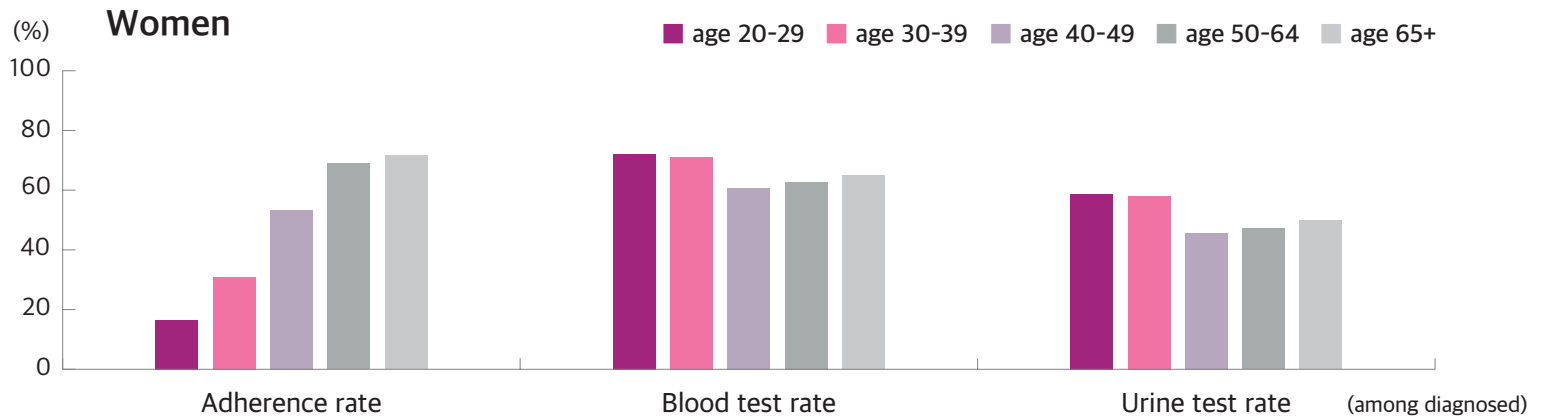
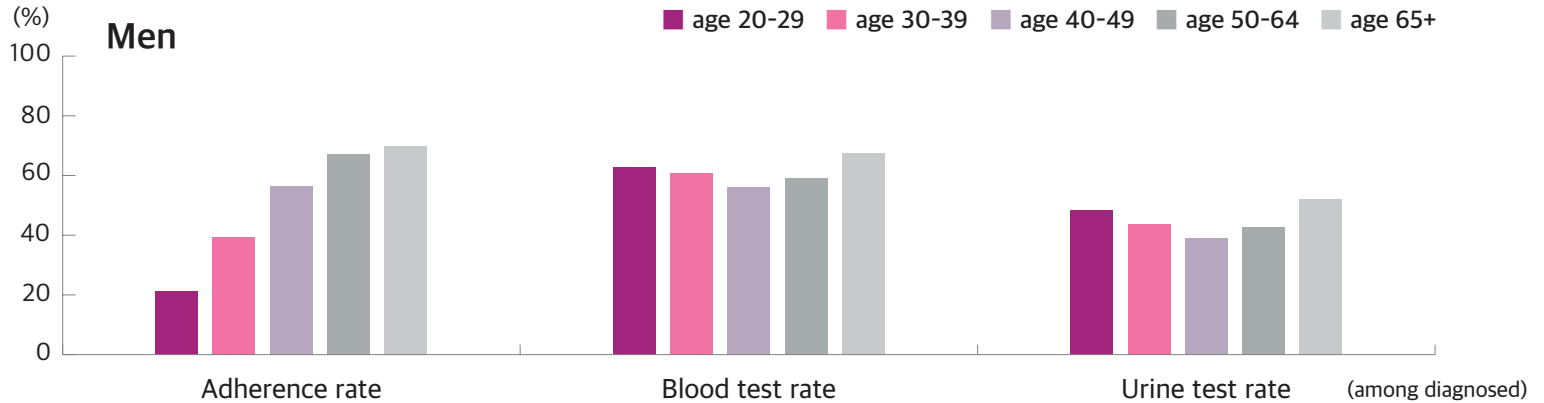
Changes in adherence rate (among treated) in young adults



Current management status in young adults



Current management status in young adults





This fact sheet will be published on *Clinical Hypertension*,
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