

# Top U.S. Hypertension Hot Spots Revealed

Bio-Medicine.Org

DEERFIELD, Ill., July 12, 2011 /PRNewswire/ -- A national analysis conducted by Sperling's BestPlaces, sponsored by Takeda Pharmaceuticals North America, Inc., identifies the nation's Hypertension Hot Spots, or cities that face the most challenges due to hypertension risk factors and complications. Although hypertension is the second-leading preventable risk factor for death in the United States, it typically has no symptoms, and more than half of diagnosed patients with hypertension still do not have their blood pressures under control.

The Hypertension Hot Spots were identified as a way to educate Americans about the high prevalence of hypertension and the risk factors associated with it. Identification of these Hot Spots are part of a larger Takeda-sponsored hypertension awareness program called *Commit to Control*, which educates Americans about hypertension and also challenges patients to do all they can to get their blood pressure under control. Patients can visit [www.CommitToControl.com](http://www.CommitToControl.com) [1] for tools and resources for managing hypertension, the chance to make a virtual pledge to better control it and more information on a traveling exhibit with free blood pressure screenings and an animated 3-D hypertension simulator.

Criteria used to determine the Hot Spots included prevalence rates of hypertension and hypertension prescriptions per capita, as well as the prevalence of several lifestyle factors that may lead to the development of hypertension. According to the analysis, the 10 metropolitan areas facing the most challenges due to hypertension are:

1. Memphis, Tenn./Miss./Ark.
2. Detroit-Livonia-Dearborn, Mich.
3. Louisville-Jefferson County, Ky./Ind.
4. Birmingham-Hoover, Ala.
5. Dayton, Ohio
6. Pittsburgh, Pa.
7. Buffalo-Niagara Falls, N.Y.
8. St. Louis, Mo./Ill.
9. Oklahoma City, Okla.
10. Tampa-St.

[SOURCE](#) [2]

**Source URL (retrieved on 12/20/2014 - 11:15am):**

<http://www.mdtmag.com/news/2011/07/top-us-hypertension-hot-spots-revealed>

## **Top U.S. Hypertension Hot Spots Revealed**

Published on Medical Design Technology (<http://www.mdtmag.com>)

---

### **Links:**

[1] <http://www.CommitToControl.com>

[2] <http://www.bio-medicine.org/medicine-technology-1/Top-U-S--Hypertension-Hot-Spots-Revealed-18719-1/>