

Fenech G, Vallée A, Cherfan M, Kab S, Goldberg M, Zins M, Blacher J

Poor Awareness of Hypertension in France: The CONSTANCES Population-Based Study

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ABSTRACT

OBJECTIVES - We aimed to assess the hypertension (HTN) awareness and associated factors in France. **METHODS** - We conducted a cross-sectional analysis using data from the CONSTANCES population-based cohort involving 87,808 volunteer participants included between 2012 and 2018. HTN was defined as average blood pressure (BP) over 140/90 or use of BP medication, awareness as self-reported HTN. Multivariable logistic regression models were used to identify the associated factors. **RESULTS** - Overall, 27,160 hypertensive participants (men = 16,569) above 18 years old were analyzed. Hypertension awareness rate was 37.5%. In the multivariable regression model, awareness was predicted by female gender, age, prior cardiovascular disease (CVD), presence of diabetes mellitus (DM), presence of chronic kidney disease (CKD), level of education, and obesity or overweight. Older participants ($P < 0.001$), females ($P < 0.001$), participants with comorbidities ($P < 0.001$), were more likely to be aware when compared with younger participants, males and participants without comorbidities, respectively. The unawareness among participants without cardiometabolic factors (CMF, i.e., CVD, DM, CKD) was higher than participants with CMF (67% vs. 41%, respectively, $P < 0.001$). Moreover, some differences appeared in both genders in the association between awareness of HTN and health and lifestyle factors. **CONCLUSION** - Our findings show that HTN awareness is low. Particular attention should be given to young men without comorbidities as these characteristics were predictors of poor awareness. Immediate action is required to improve HTN awareness in France.

KEYWORDS: Awareness; Blood pressure; Epidemiology; France; Hypertension; Risk factors

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