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## **Social Disparities in Hypertension Control Among Whites and Blacks: The Atherosclerosis Risk in Communities (ARIC) Study**

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Racial and socioeconomic status (SES) disparities in hypertension (HTN) persist. Despite overall population improvements, differences by gender and race in HTN treatment and control are documented in recent surveys. We examined the role of childhood and adulthood SES on the control of treated HTN among 5,229 ARIC participants aged 45-64 at baseline. Lifecourse SES measures were obtained on a subset of 3,915 persons. SES indicators included participants' education, income, and class (defined a priori by occupational role, self-employment, and education) as well as childhood SES (based on parents' education). HTN was defined as SBP  $\geq$  140 or DBP  $\geq$  90 mmHg or use of antihypertensive medications; and HTN control was defined as SBP  $<$  140 and DBP  $<$  90 mmHg and use of antihypertensive medications. Race stratified logistic regression was used to estimate odds ratios (OR) and 95% confidence intervals (CI) of HTN control associated with SES. These estimates were adjusted for age, gender, center, BMI, diabetes, prevalent CHD, alcohol, smoking, physical activity and health insurance. Overall, 27% (3121/11,478) of Whites and 57% (2108/3728) of Blacks were hypertensive. The proportion of persons with controlled HTN was more common in Whites (54% [1668/3121]) than in Blacks (43% [906/2108]). We found no association between childhood SES and HTN control. The associations of adult SES with HTN control are presented in the table. Our results indicate that adult measures of SES are associated with increased odds of HTN control among Whites and Blacks. Furthermore, we observed that education and class were more important predictors of HTN control in Whites while income was a more important predictor of HTN control in Blacks. These results suggest that SES in adulthood may play a role in efforts to reach desirable levels of HTN control that are different for Whites and Blacks.

**TABLE: Associations (ORs [95% CI]) of Adult SES with HTN Control, by Race\***

	Education <HS vs. $\geq$ HS	Income <\$16,000 vs. $\geq$ \$16,000	Class Working vs. Non-working
Whites	0.75 (0.62, 0.90)	0.95 (0.76, 1.18)	0.80 (0.65, 0.97)
Blacks	0.93 (0.77, 1.13)	0.83 (0.67, 1.03)	1.10 (0.88, 1.38)

\*Adjusted for age, gender, center, body mass index, diabetes, prevalent CHD, alcohol, smoking, physical activity and health insurance.