

## 고혈압 유병률 추이, 2014-2023년

성인(19세 이상) 고혈압 유병률은 2023년 남자 23.4%, 여자 16.5%로, 최근 10년 동안 남자는 23-28% 수준, 여자는 큰 변화가 없었다(그림 1). 남녀 모두 연령이 높을수록 유병률이 높아, 60대는 약 50%, 70세 이상은 70% 수준이었다(그림 2).

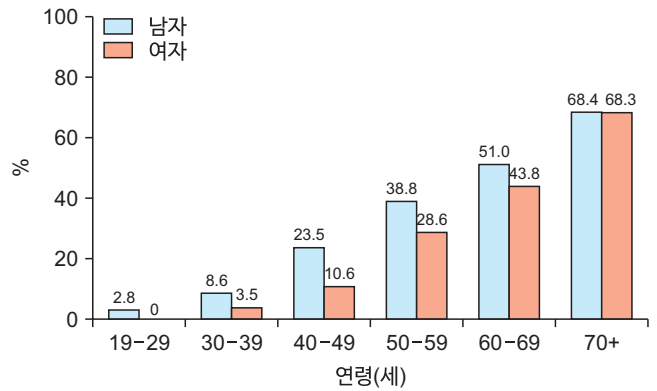
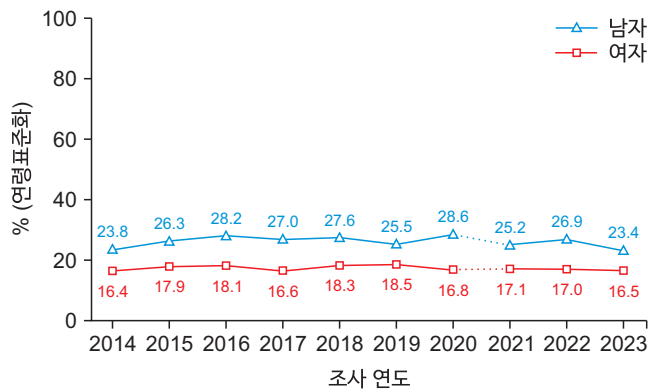


그림 1. 고혈압 유병률 추이, 2014-2023년

그림 2. 연령별 고혈압 유병률, 2023년

\*고혈압 유병률: 수축기혈압이 140 mmHg 이상이거나 이완기혈압이 90 mmHg 이상 또는 고혈압 약물을 복용하는 분율, 19세 이상

†연도별 지표값은 2005년 추계인구로 연령표준화

§혈압계 변경사항: 1998-2019년 수은혈압계, 2020년 비수는 청진형혈압계(Greenlight 300), 2021년부터 비수는 진동형혈압계(Microlife)로 변경

※혈압(수축기, 이완기) 차이가 오차범위 내이므로 전환식 없이 측정값을 사용하여 통계 산출, 추이 비교 시 유의 필요

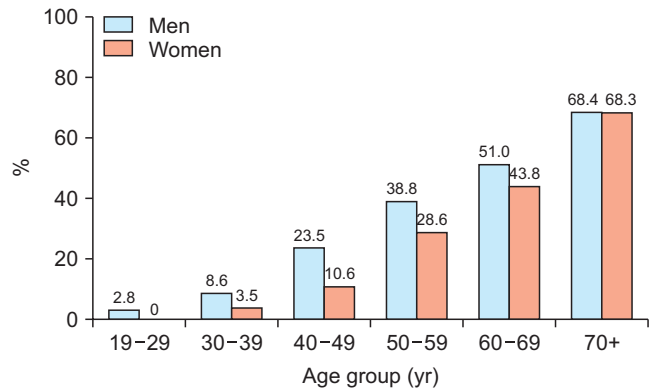
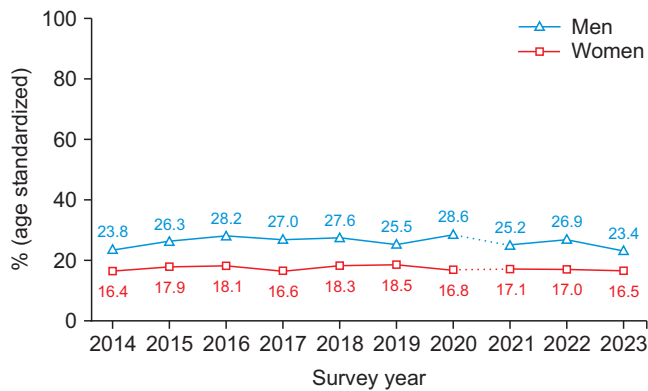
출처: 2023년 국민건강통계, <https://knhanes.kdca.go.kr/>

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QuickStats

## Trends in the Prevalence of Hypertension, 2014–2023

The age-standardized prevalence of hypertension among Korean adults aged  $\geq 19$  years was 23.4% for men and 16.5% for women in 2023 data. The prevalence among men remained between 23% and 28%, while no significant change was observed in women over the past 10 years (Figure 1). The prevalence increased with age in both sexes, it was about 50% in those aged 60s and about 70% in those aged  $\geq 70$  years (Figure 2).



**Figure 1.** Trends in the prevalence of hypertension, 2014–2023

**Figure 2.** Prevalence of hypertension by age group, 2023


\*Prevalence of hypertension: proportion of people with systolic blood pressure of 140 mmHg or more, diastolic blood pressure of 90 mmHg or more, or taking anti-hypertensive medications, among those aged 19 years and over.

†The mean was calculated using the direct standardization method based on a 2005 population projection.

§Changes in blood pressure devices: changed to mercury sphygmomanometer (MS) from 1998 to 2019, non-mercury sphygmomanometers include auscultatory device (AD, Greenlight 300) in 2020, automated oscillometric devices (OD, Microlife) from 2021.

※Systolic and diastolic blood pressure differences were within the error range, thus, statistical calculations were conducted using the measurement values without any correction formula. It is important to note the significance when comparing trends.

**Source:** Korea Health Statistics 2023, Korea National Health and Nutrition Examination Survey, <https://knhanes.kdca.go.kr/>

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