High Blood Pressure

High blood pressure, also called hypertension, is when the blood puts too much pressure on the walls of blood vessels, which can lead to heart disease, stroke, and other health problems.

Jamie, your genetic result is associated with a typical likelihood of developing high blood pressure.

An estimated 65% of males with genetic results like yours develop high blood pressure by their 70s. This is based on data from 23andMe research participants of European descent.

This estimate is based on currently available data and may be updated over time.

Ways to take action

Your overall likelihood of developing high blood pressure also depends on other factors, including lifestyle. Experts agree that healthy lifestyle habits can help lower the chances of developing this condition.

- Maintain a healthy weight
- Eat a low-sodium, heart-healthy diet
- Exercise regularly
- Don’t smoke
- Limit your alcohol consumption

Since blood pressure tends to go up as people get older and there may be no symptoms, it’s also important to check your blood pressure at least every two years.

Start taking action

About high blood pressure

What is high blood pressure?

In blood pressure measurements, the top number (systolic blood pressure) is the highest pressure that blood puts on
Healthy: Less than 120 and Less than 80
Elevated: 120-129 and Less than 80
High: 130 or higher or 80 or higher

How can high blood pressure impact your health?

Though high blood pressure may have no symptoms, it puts stress on the blood vessels and the heart. This increases the risk of health problems like heart disease, stroke, and kidney disease. That means it is important to check your blood pressure regularly.

Estimate your risk for complications of heart disease, including stroke. This tool from the American Heart Association uses non-genetic factors, and is for individuals who are at least 40 years old.

Other factors that can impact your chances of developing high blood pressure

Across the general U.S. population, as many as 85-90% of people are expected to develop high blood pressure in their lifetime. Besides genetics, weight, and lifestyle, some factors that can increase a person’s chances of developing high blood pressure include:

- Age (high blood pressure becomes much more common as people get older)
- Being of African American descent
- Family history (especially if one or both parents had high blood pressure before the age of 55)
- Other health conditions (including obstructive sleep apnea, high cholesterol, chronic kidney disease, type 1 diabetes, and type 2 diabetes)

Keep in mind

This report does not diagnose high blood pressure or hypertension. Consult with a healthcare professional if you are concerned about your likelihood of developing high blood pressure, have a personal or family history of high blood pressure, or before making any major lifestyle changes.

If you have already been diagnosed with high blood pressure by a healthcare professional, it is important to continue any treatment plans, including medication and lifestyle modifications, that they prescribe.

The likelihood of developing high blood pressure also depends on other factors, including lifestyle, age, and family history.

This report does not account for every possible genetic variant that could affect your likelihood of developing high blood pressure.

This report is based on a genetic model created using data from 23andMe research participants and has not been clinically validated.

How we got your result

Methods

This report is based on a statistical model that takes into account your genetic results at more than 2,900 genetic markers, along with the ethnicity you reported in your account settings, to estimate the likelihood of having high blood pressure. We used data from 23andMe research participants to train this model.
23andMe research participants as well as data reported in the scientific literature to calculate this estimate. Results and estimates may be updated over time as the model or scientific understanding about this condition improves.

About the result
People whose result is associated with odds of having high blood pressure that are at least 1.5 times higher than average are considered to have an increased likelihood. Between 12% and 18% of individuals receive an "increased likelihood" result, depending on ethnicity. These results are based on thousands of genetic markers, and random test error at one or more of these markers can lead to a small margin of error in your estimated likelihood of developing high blood pressure. For people whose estimates are near the boundary between typical and increased likelihood, this margin of error may introduce some uncertainty about whether their estimated likelihood is considered "typical" or "increased". Your genetic result is associated with a typical likelihood. Based on the available genetic markers used to calculate your result, there is a less than 1% chance your genetic likelihood estimate could fall on the other side of the boundary and be in the range that is considered increased.

Scientific validity across ethnicities
We verified that the model meets our scientific standards for individuals of European, Hispanic/Latino, East/Southeast Asian, South Asian, Sub-Saharan African/African American, and Northern African/Central & Western Asian descent.

How we may use ethnicity and sex to customize this result
- If you indicated in your account settings that you are of European, Hispanic/Latino, East/Southeast Asian, South Asian, Sub-Saharan African/African American, or Northern African/Central & Western Asian (Middle Eastern) descent, your result is tailored based on data from individuals of that ancestry.
- Otherwise, your result may be based on data from individuals of European descent because there is not enough data from individuals of your ancestry at this time. Data from individuals of European descent is used because the most data is available for this population.
- Your High Blood Pressure result also takes into account the sex you indicated in your account settings.

See our white paper to learn more about the science behind this report.

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