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France during May Measurement Month: results of hypertension screening under the auspices of the French Society of Hypertension (SFHTA)

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Introduction :

Launched by the International Society of Hypertension and supported by the World League Against Hypertension, May Measurement Month (MMM) is a worldwide campaign to screen for hypertension. The objective of this study is to identify, valorize, and publicize the data obtained in France and Monaco the occasion of MMM 2022 under the auspices of the French Society of Hypertension (SFHTA).

Material and methods:

The SFHTA proposed "an MMM protocol kit" adapted in French and declared to the Committee for the Protection of Persons with the support of the French Society of Cardiology. A blood pressure monitor (Omron HEM-FL31/M3 Comfort) was sent to the centers that had requested it. 12 centers participated from June to October.



Variables	Participants
Total participants (n)	1187
Age (years) (*)	51±5
Sex (F/M)	760/423
3 BP measurements (*)	
SBP mean ± SD (mm Hg)	128±19
DBP mean ± SD (mm Hg)	82±12
HR mean ± SD (bpm)	76±13
SBP/DBP mm Hg ranges (n)	
70-90/40-60	3/22
90-120/60-80	432/524
120-140/80-90	451/390
140-200/90-100	294/179
>200/>100	2/67
Last BP measurement that was taken in Less than 1 year ago (%)	79.7
History of hypertension (n/%)	405/34.1
Age at diagnosis (years)(*)	49
Mono/bi/tritherapy drug classes reported (n)	131/75/17
Unawareness of number of antihypertensive drugs (n)	112
Participants with known history of (n):	
Diabetes	167
MI	44
HDP (DK)	76 (423)
Stroke	36
HF	36
Arrhythmia	72
COVID	
Reported positive (%)	68.4
Not vaccinated (%)	9.9
(*) mean, n=number, F=female, H=male, BP=blood pressure, SBP=systolic blood pressure, DBP=diastolic blood pressure, HR=heart rate, bpm=beats per minute, MI=myocardial infarction, HDP=hypertensive disorders of pregnancy, DK=don't know, HF=heart failure.	

Results:

Are summarized in the table.

In this population of 1187 subjects, women were in the majority. Eight out of 10 screened subjects measured their BP at least once a year. 34% declared themselves to be hypertensive, and among the treated hypertensives, 32% reported being on monotherapy. 10% of the screened individuals are not vaccinated against COVID.

Conclusion

The SFHTA, which is positively involved with European and International bodies to raise awareness of hypertension screening, has encouraged its members to participate collectively. Our MMM data collected remain limited about interpretation in public health and at the level of the French population. Nevertheless, the MMM approach could help to alert the public, health professionals, and government authorities to reduce the burden of hypertension.

Thanks to all the teams of each site who participated in this campaign.