1.a. Full Title: Impact of new obesity guidelines in the management of hypertensive patients

1b. Abbreviated Title: Hypertension and obesity

2. Writing Group:

Lead: Daniel W. Jones, M.D.

Address: The University of Mississippi Medical Center
2500 North State Street
Jackson, MS 39216-4505

Phone: (601) 984-6850 Fax: (601) 984-6853

Electronic Mail Address: djones@medicine.umsmed.edu

June Stevens Sharon Wyatt Debbie King Marion Wofford Andy Brown
Drew Pickett Coordinating Center Representative

3. Timeline:

Preliminary analysis must be complete in time for the American Society of Hypertension Meeting in early May, 1999.

4. Rationale:

The lead author has been invited to give a presentation at the American Society of Hypertension on how to treat obesity in hypertensive patients. As part of this presentation, the lead author will discuss the impact that the new NHLBI obesity guidelines will have on the management of hypertensive patients. The new guidelines call for lifestyle interventions for those with a BMI>25 and call for the potential use of pharmacologic therapy in patients with hypertension who have a BMI≥27. The purpose of this analysis will be to make clinicians and healthcare planners aware of the potential large impact of this recommendation.
5. **Main Hypothesis:**

This analysis is done to determine the number of hypertensive persons who will be eligible for pharmacotherapy under the new NHLBI Obesity Management Guidelines.

6. **Data:**

Time window: Visit 2 or Visit 3 cross-sectional analysis

Variables: BMI (as calculated from height and weight), hypertension (as previously defined as a blood pressure $\geq 140/90$ (either systolic or diastolic) or on blood pressure medication

Others: The data will be reported by center, ethnicity, gender, age