

Life Satisfaction and Blood Pressure: A Coordinated Analysis of 16 datasets

Yoobin Park

University of California, San Francisco



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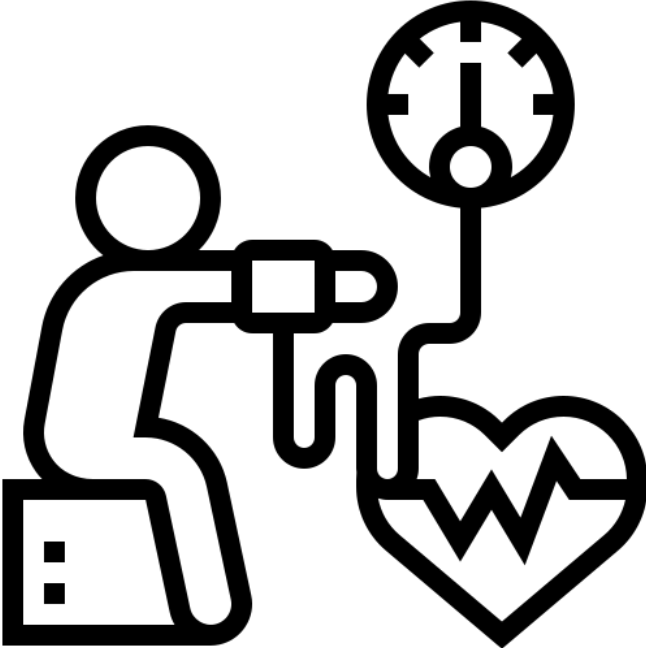
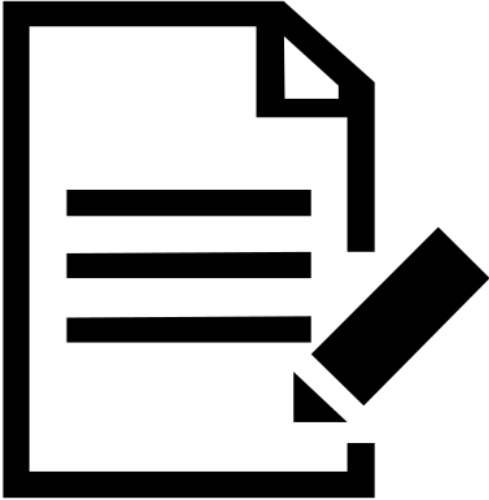
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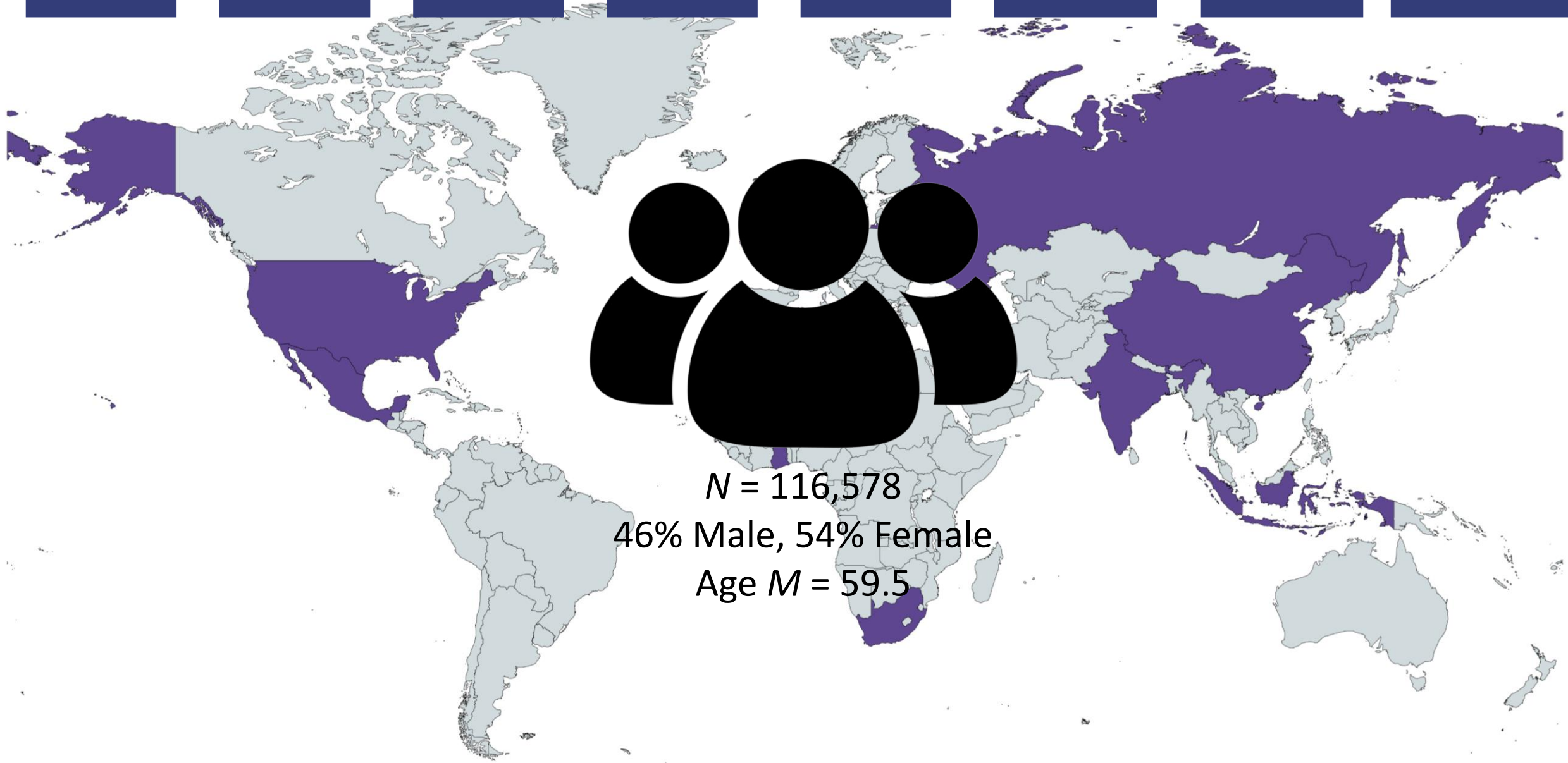
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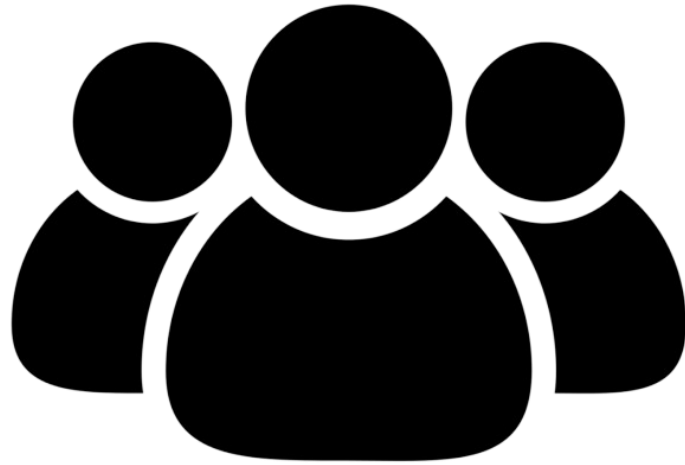
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$N = 116,578$

46% Male, 54% Female

Age $M = 59.5$

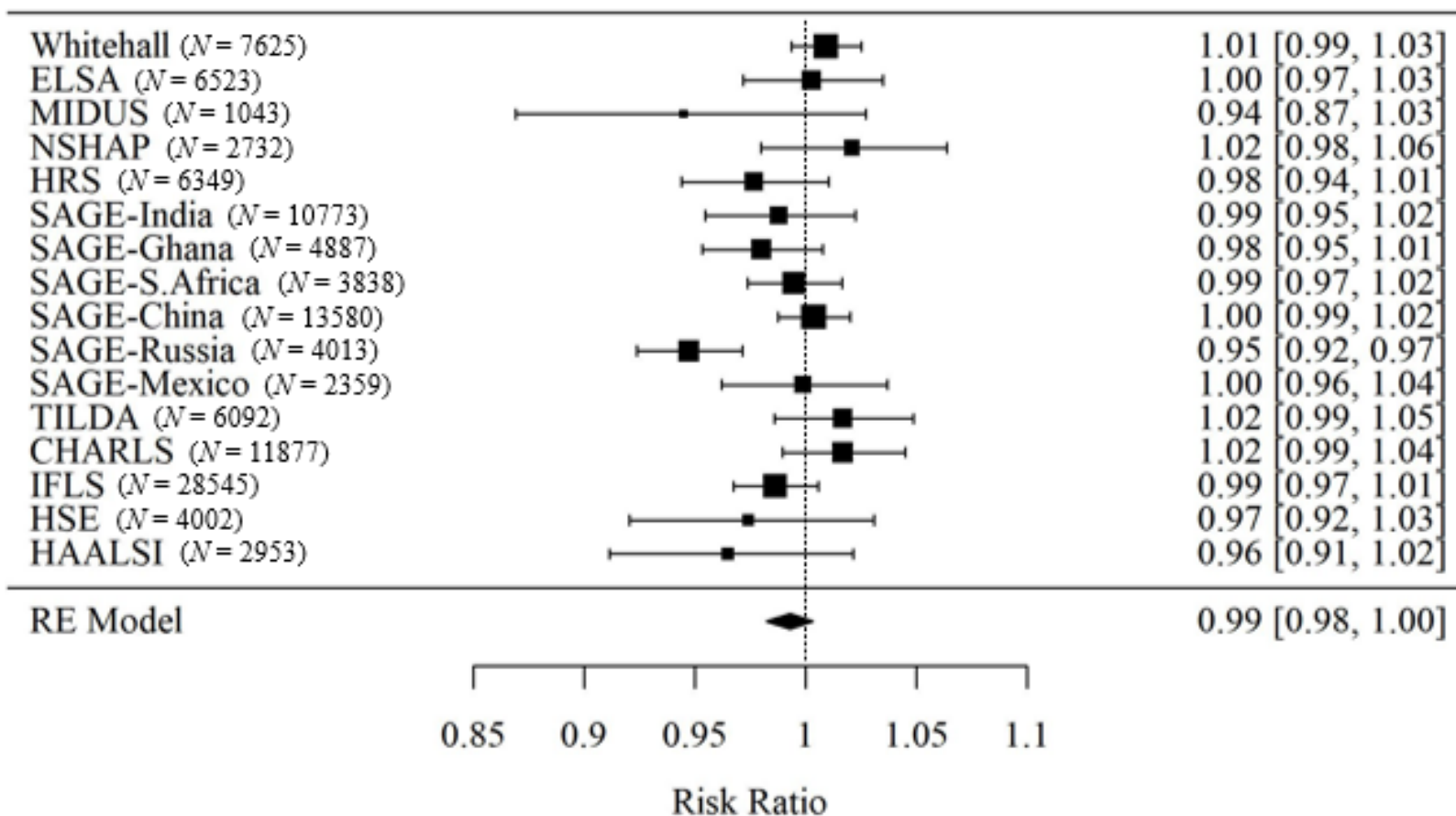


Hypertension (Yes/No)

BP \geq 140/90mmHg or currently on med.

- In each dataset:
 - Poisson model with log-link using robust standard error
 - Covariates: sex, age, education status, Body Mass Index
- Then a meta-analysis using effect sizes (risk ratio) from each dataset

Life Satisfaction and Hypertension Status



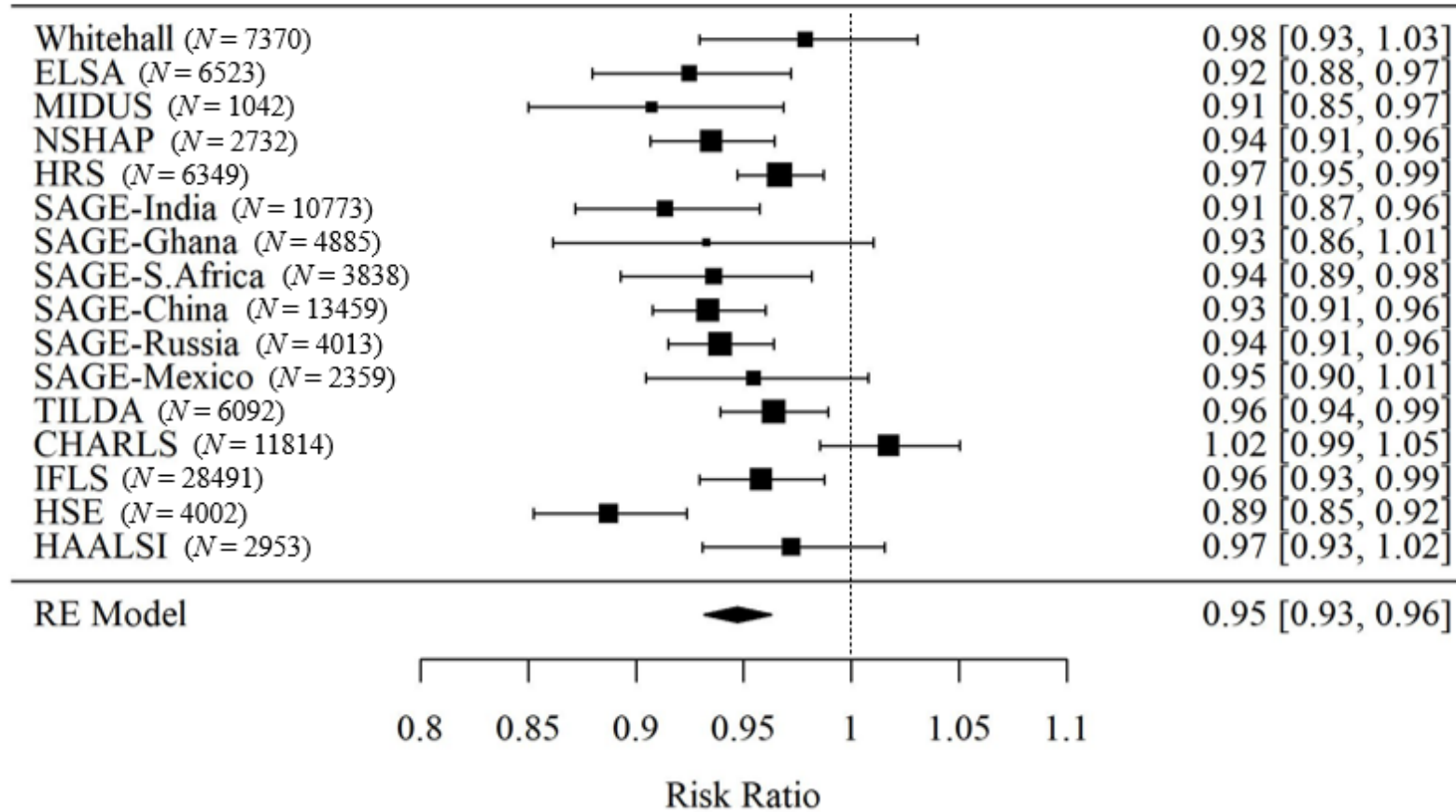
No significant moderation

- *Ever diagnosed with hypertension*
- *Taking antihypertensive medication*



On average, **52%** of individuals with BP \geq 140/90mmHg would not be coded as “hypertensive” based on self-reports

Life Satisfaction and Self-Reported Hypertension



High life satisfaction -> Lower risk of being hypertensive

We found **no meta-analytic evidence suggesting a link between life satisfaction and hypertension**. But relying exclusively on self-reports to infer hypertension yielded different results, suggesting caution in using and interpreting results based on self-reported health data.

Thank you for listening!



Dr. Wendy Berry Mendes



Dr. Laura Kubzansky

