

Telehealth Use Among U.S. Female Adults with Chronic Hypertension: Findings from the Medical Expenditure Panel Survey

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Results

Table 1: Odds Ratio by telehealth access of socioeconomic variables (weighted, N=71,351,748)

| Variable | Odds Ratio (OR) | P Value |
|------------------------------------|-----------------|------------------|
| Region | | |
| Midwest | 0.367 | 0.0281 |
| Northeast | 0.457 | |
| South | 0.408 | |
| West (Ref) | - | |
| Race | | |
| Hispanic | 3.172 | 0.0829 |
| Non-Hispanic White | 1.402 | |
| Non-Hispanic Black | 2.239 | |
| Non-Hispanic Other (Ref) | - | |
| Total Persons Income | | |
| 0-14,999 | 0.681 | 0.2456 |
| 15,000-39,999 | 0.541 | |
| 40,000-64,999 | 0.540 | |
| 65,000-99,999 (Ref) | - | |
| 100,000+ | 0.656 | |
| Age | | |
| 18-24 | 5.765 | <.0001 |
| 25-44 | 3.345 | |
| 45-64 | 2.946 | |
| 65-85 (Ref) | - | |
| Highest Degree of Education | | |
| No Degree | 0.400 | 0.0718 |
| GED | 0.635 | |
| High School Diploma | 1.571 | |
| Bachelor's Degree | 1.018 | |
| Master's Degree | 2.211 | |
| Doctorate Degree | 1.288 | |
| Other Degree (Ref) | - | |

Introduction

- Telemedicine, the use of online technologies to provide medical care, is a rapidly expanding sector of health care that has significant potential to improve outcomes for patients with chronic illness.
- Social determinants such as age, sex and race can affect telemedicine use, specifically the accessibility of telemedicine care.
- One part of the population that feels these effects is female adults with chronic hypertension. Nearly half the population of women in the US experience chronic hypertension (Fryar, Kit, Carroll, & Afful, 2024)
- The results from this research can highlight strategies that can improve the effectiveness of telehealth in managing chronic illness.

Figure 1
Telehealth Use Based on Region

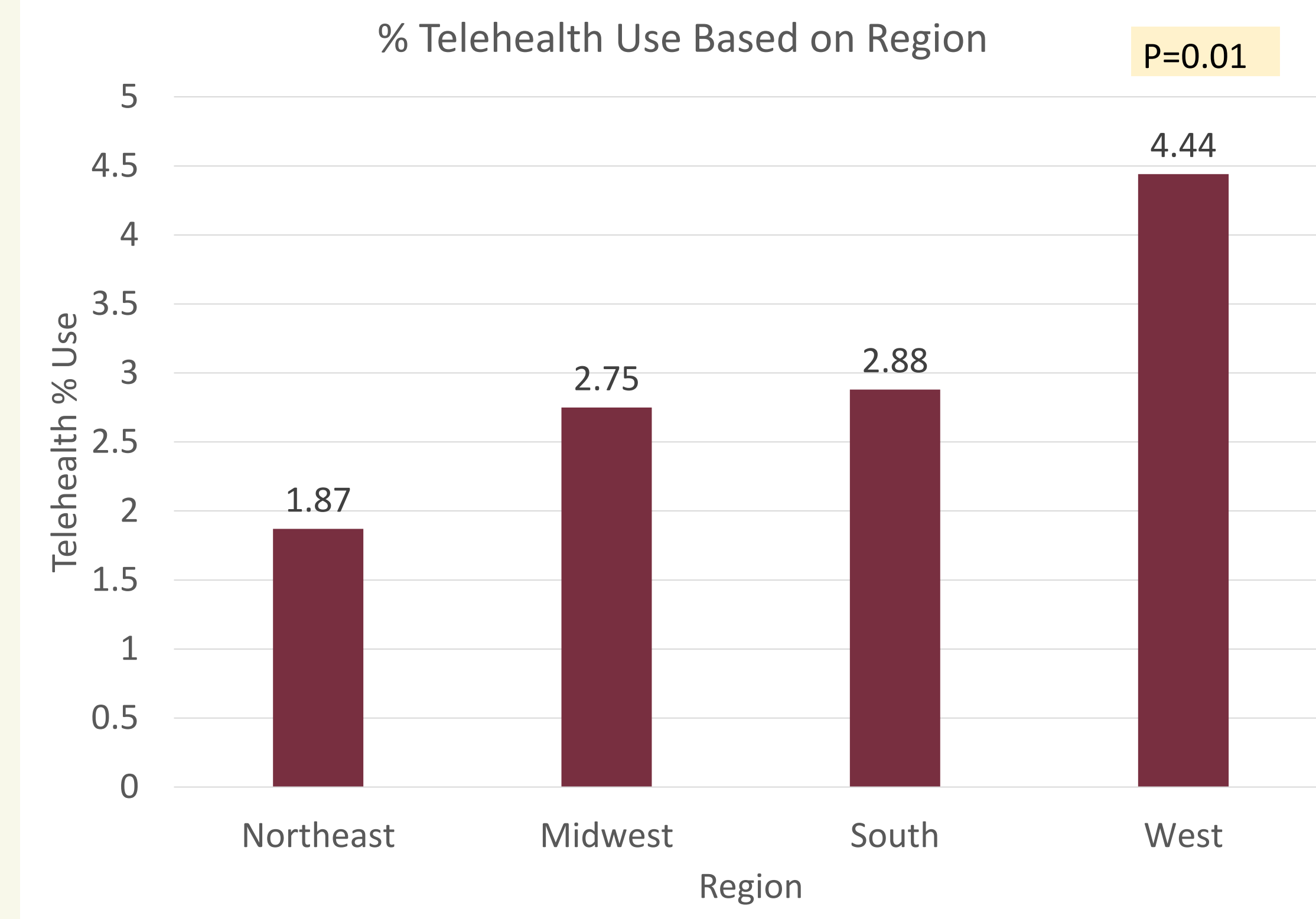


Figure 2
Telehealth Use Based on Highest Degree of Education

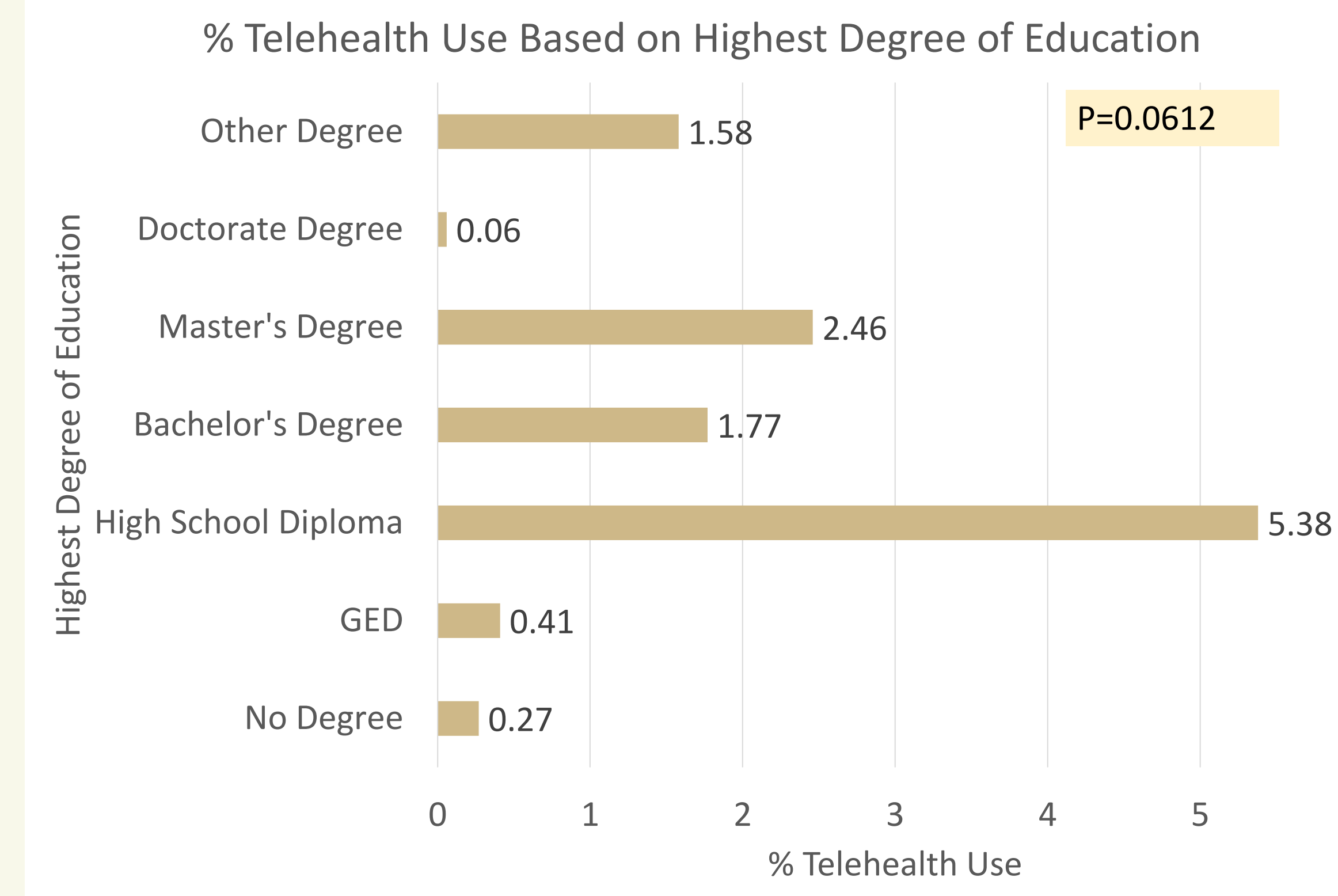


Figure 3
Telehealth Use Based on Person's Total Income

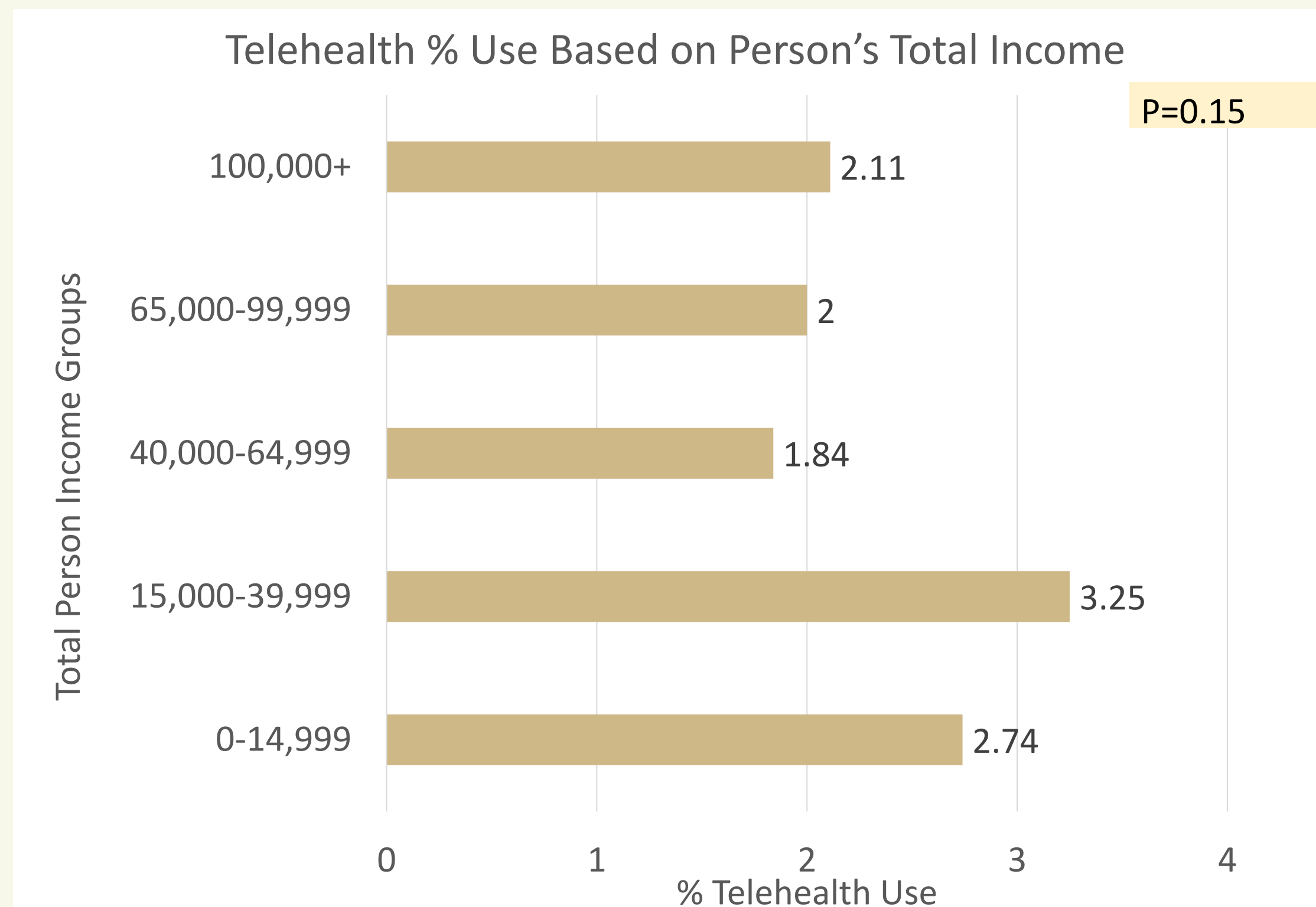


Figure 4
Telehealth Use Based on Age Group

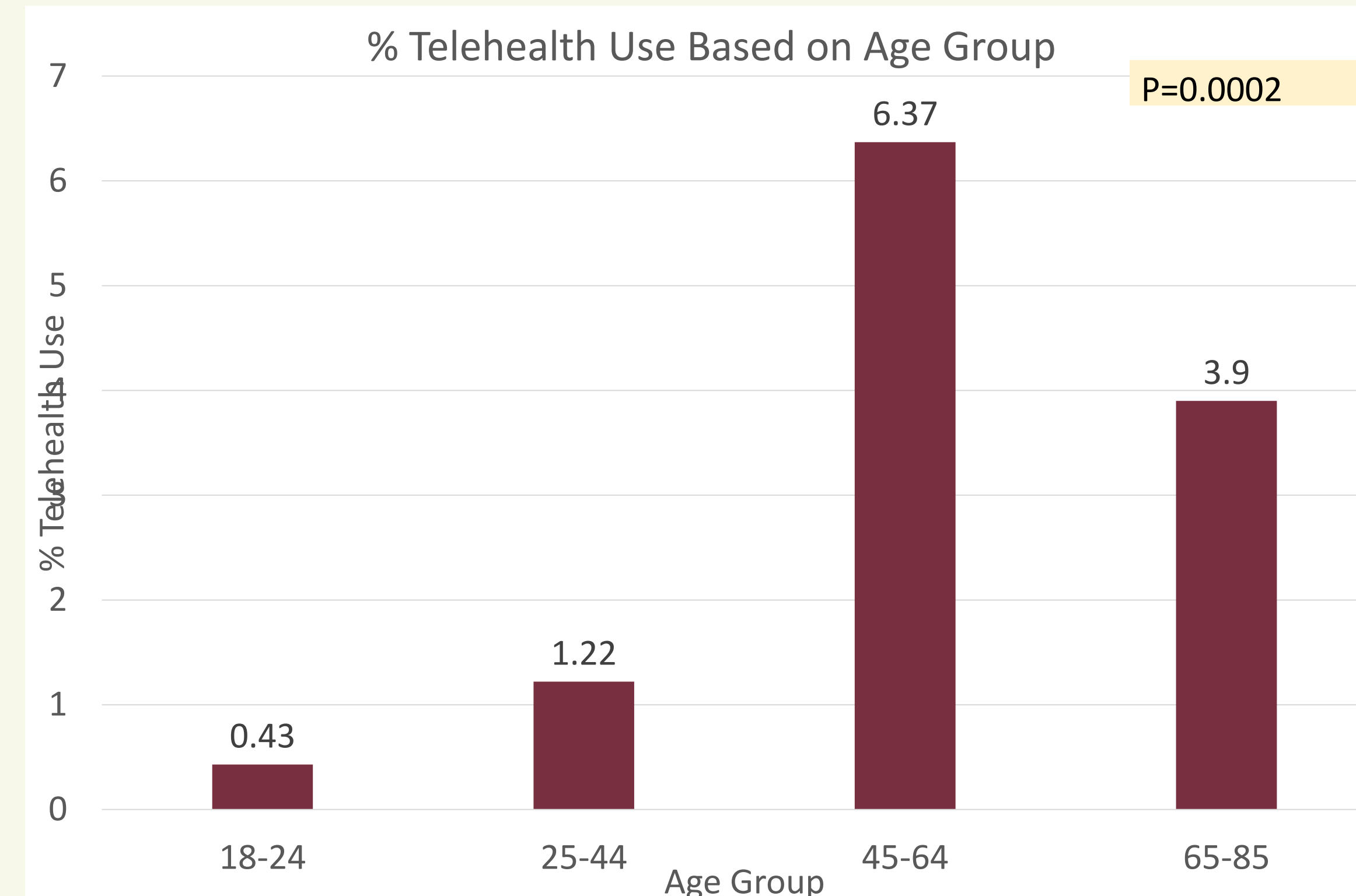
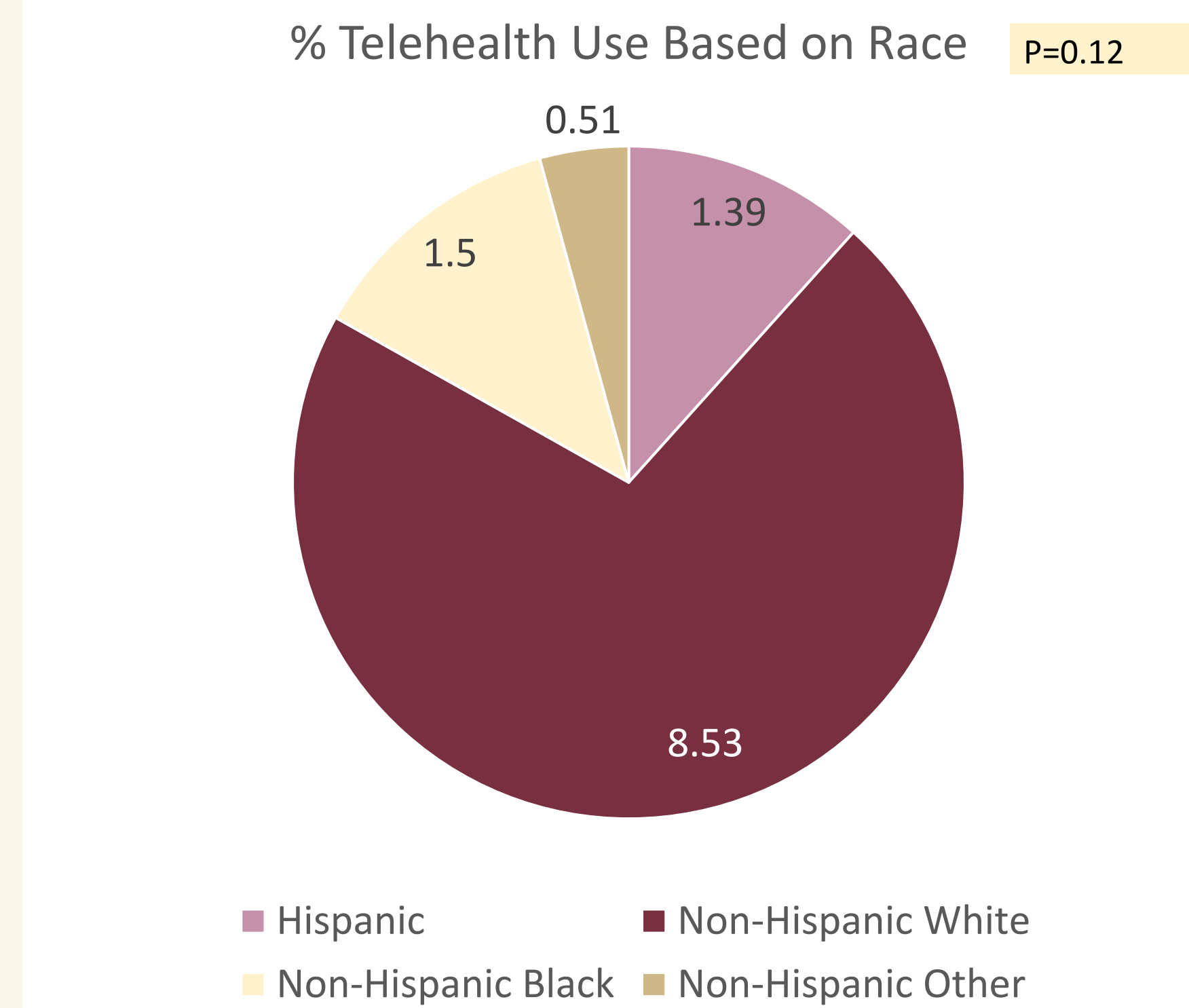


Figure 5
Telehealth Use Based on Race



Methods

- A systematic literature search was conducted in November 2025 using three major databases: the National Library of Medicine, JSTOR, and the FSU Library, focusing on identifying peer-reviewed studies examining telehealth use among adults with chronic conditions. Search terms included (*telehealth and access to care*) AND (*telemedicine use and access to care for chronic illness*), and articles were included if they (1) were published in English, (2) were peer-reviewed, (3) focused on the United States, (4) examined adult populations, (5) and were published between the 2015–2026 time frame.
- All identified articles were compiled and annotated using Mendeley. Descriptive statistical analyses were performed on collected MEPS 2023 data using SAS ODA, and associations between telehealth use and covariates were evaluated using both unadjusted and adjusted multivariable logistic regression models.

Resources



Discussion

- The covariates of age and region were statistically significant predictors of telehealth use among adult females with chronic hypertension. Younger adults demonstrated the lowest levels of telehealth engagement across age groups, while individuals residing in the Northeast reported the lowest utilization among all regions.
- These findings underscore the need for targeted policies and interventions to address geographic and age-related disparities.
- Future research should examine whether similar patterns in telehealth use are observed among women with other chronic conditions to determine whether these disparities are unique to hypertension or reflect broader trends across chronically ill populations.