

CHAPTER 13: HYPERTENSION

Hypertension Awareness: Have ever been told by a doctor or other health professional that they have high blood pressure. Women told they had hypertension only during pregnancy are treated as an answer of “no”.

State Prevalence **33.6%** (95% CI: 31.8-35.3); 1st among 54 BRFSS participants.
National prevalence: 25.8% (95% CI: 25.4-26.1).

Time Trends The prevalence of hypertension decreased in the late 1980s and early 1990s. Since 1995 the rate has gradually increased to a high of 33.6% in 2003. West Virginia has reported one of the six highest hypertension rates all 13 times that the prevalence has been measured by all BRFSS participants.

Gender **Men 35.0%** (95% CI: 32.2-37.8); **Women 32.3%** (95% CI: 30.0-34.5).
There was no significant gender difference in the prevalence of hypertension.

Age The prevalence of hypertension significantly increased at ages 35 to 44 and every age grouping thereafter. Elderly adults (59.9%) were more than two times as likely as adults aged 35 to 44 (25.4%) to have hypertension and eight times as likely as those aged 18 to 24 (7.5%). Men had a significantly higher prevalence of hypertension than women at ages 35 to 44 (32.2% versus 18.9%).

Education The risk of hypertension significantly decreased as educational attainment increased. Adults without a high school diploma had a significantly higher rate of hypertension than those at every other level of education. Nearly half of them had ever had hypertension, compared with approximately one-fourth of college graduates. The decline in risk at increasing levels of education was greater among women than men.

Household Income There was also a significant inverse relationship between hypertension awareness and household income. Adults living in households with less than \$15,000 annual income had a significantly higher rate of hypertension than those with an income of \$25,000 or more. Women had a significantly lower prevalence of hypertension than men when household income was \$35,000 to \$49,999 and \$75,000 or more.

Quick Stats

- 77.7% of adults with hypertension were currently taking medication to reduce their high blood pressure. Women were significantly more likely to be taking medication than men (83.2% versus 72.1%).
- Adults who had ever been told they had high blood pressure were significantly more likely than adults who had never had hypertension to have experienced heart attack, heart disease, and stroke (see Figure 13.3).

West Virginia Healthy People 2010 Objectives

Objective 12.3 Decrease the proportion of adults who have high blood pressure to no more than 22%. (Baseline: 28.3% in 1997; Current: 33.6% in 2003)

Table 13.1: Prevalence of hypertension awareness: WVBRFSS, 2003

Characteristic	Men			Women			Total		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
TOTAL	1,319	35.0	(32.2-37.8)	2,023	32.3	(30.0-34.5)	3,342	33.6	(31.8-35.3)
Age									
18-24	92	7.2	(2.2-12.2)	111	7.8	(2.4-13.1)	203	7.5	(3.8-11.1)
25-34	187	16.8	(11.1-22.6)	267	9.3	(5.6-13.0)	454	13.1	(9.6-16.5)
35-44	234	32.2	(25.6-38.7)	321	18.9	(14.0-23.8)	555	25.4	(21.3-29.5)
45-54	284	38.2	(32.1-44.2)	388	29.2	(24.4-34.1)	672	33.7	(29.8-37.6)
55-64	249	50.9	(44.3-57.5)	397	50.5	(45.1-55.8)	646	50.7	(46.4-54.9)
65+	272	59.4	(53.1-65.7)	528	60.3	(55.8-64.8)	800	59.9	(56.2-63.6)
Education									
Less than H.S.	245	44.0	(36.9-51.1)	390	50.9	(45.4-56.5)	635	47.5	(43.0-52.1)
H.S. or G.E.D.	526	33.9	(29.6-38.2)	790	33.2	(29.6-36.8)	1,316	33.5	(30.7-36.3)
Some Post-H.S.	264	34.0	(27.9-40.2)	476	25.7	(21.6-29.8)	740	29.3	(25.8-32.9)
College Graduate	281	29.3	(23.6-34.9)	366	19.7	(15.4-24.0)	647	24.6	(21.1-28.2)
Income									
Less than \$15,000	170	48.2	(39.5-57.0)	355	43.6	(37.8-49.4)	525	45.5	(40.5-50.5)
\$15,000- 24,999	261	38.9	(32.6-45.2)	460	38.3	(33.5-43.2)	721	38.6	(34.7-42.5)
\$25,000- 34,999	194	34.6	(27.4-41.9)	269	34.3	(28.2-40.4)	463	34.5	(29.8-39.2)
\$35,000- 49,999	211	37.2	(30.2-44.3)	267	23.4	(18.1-28.7)	478	30.7	(26.2-35.2)
\$50,000- 74,999	168	26.1	(19.3-32.9)	225	22.8	(17.1-28.6)	393	24.5	(20.0-28.9)
\$75,000+	183	26.2	(19.5-33.0)	146	11.9	(6.1-17.6)	329	21.2	(16.3-26.0)

Figure 13.1: Prevalence of hypertension awareness by year: WVBRFSS, 1984-2003



----- Trend Line

NOTE: Data not available for the years 1998 and 2000.

Figure 13.2: Hypertension awareness by county: WVBRFSS, 1999, 2001-2003

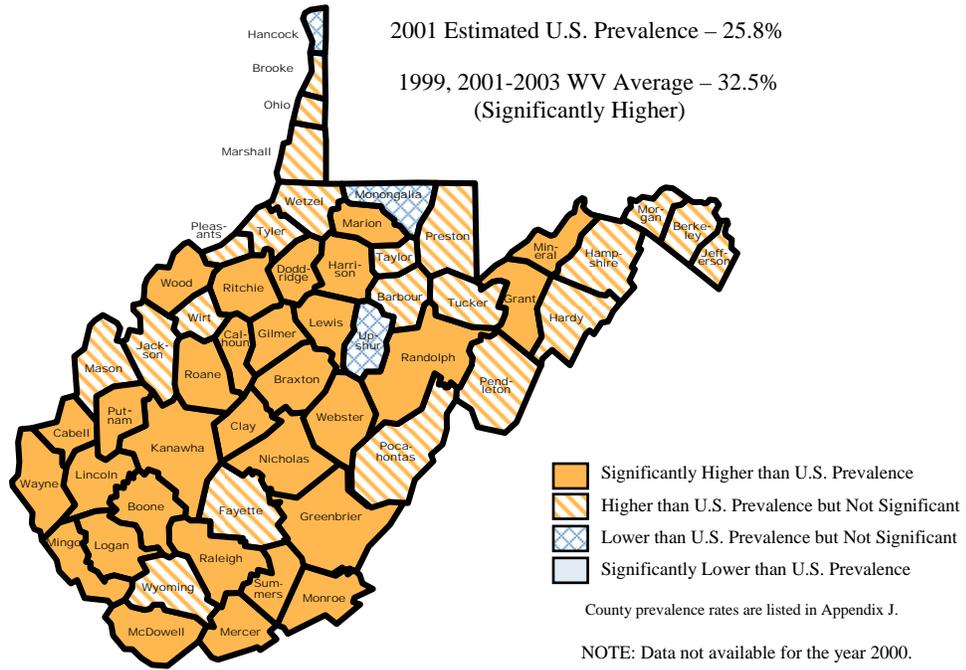


Figure 13.3: Hypertension awareness by diagnosis of cardiovascular diseases: WVBRFSS 2003

