

CHAPTER 11: HYPERTENSION

Hypertension Awareness in 2005

Definition	Responding “Yes” to the following question: “Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?”
Prevalence	WV: 31.4% (95% CI: 29.7-33.1) in 2005. US: 26.2% (95% CI: 25.9-26.4) in 2005. West Virginia ranked 2 nd highest among 53 BRFSS participants in 2005.
Time Trends	From 1995 through 2003, hypertension awareness grew steadily. The prevalence declined slightly between 2003 and 2005, however.
Gender	Men: 30.9% (95% CI: 28.2-33.6) in 2005. Women: 31.9% (95% CI: 29.8-34.1) in 2005. There was little difference in how frequently men and women reported having been diagnosed with high blood pressure.
Age	Hypertension awareness increased steeply and significantly with increasing age, a well-known phenomenon. The prevalence ranged from a low of 10.9% among young adults (25-34) to a high of 57.5% among older adults (age 65 and older).
Education and Household Income	Adults without a high school diploma reported hypertension significantly more often than those with more education. Those with incomes of less than \$15,000 were more likely than those with incomes of \$25,000 or more to have hypertension.

WV 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: 31.4% in 2005)
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Figure 11.1 Prevalence of hypertension awareness by year: WVBRFSS, 1984-2005



NOTE: Data not available for the years 1998, 2000, 2004.

Actions and Medical Advice among Adults with Hypertension in 2005

Table 11.2 Exercise activity in order to help lower or control high blood pressure among adults with hypertension: WVBRFSS, 2005

Characteristic	Adults who are exercising to help lower or control high blood pressure			Adults ever advised by a health professional to exercise to help lower or control high blood pressure		
	# Resp.	%	95% CI	# Resp.	%	95% CI
TOTAL	1,260	58.1	55.0-61.2	1,253	66.5	63.5-69.5
Males	474	58.0	53.0-62.9	469	67.1	62.3-71.9
Females	786	58.2	54.4-62.0	784	65.9	62.3-69.5
Age						
18-24	9	na	na	9	na	na
25-34	45	* 71.3	57.1-85.4	45	* 75.7	62.5-88.8
35-44	110	* 60.6	50.4-70.9	110	76.4	67.6-85.3
45-54	250	58.2	51.5-64.9	248	71.3	65.0-77.5
55-64	301	60.1	54.0-66.2	301	71.6	66.2-77.1
65+	538	54.8	50.1-59.5	533	58.7	54.1-63.4
Education						
Less than H.S.	321	49.9	43.6-56.2	318	59.1	52.9-65.3
H.S. or G.E.D.	509	57.9	53.0-62.8	506	66.9	62.2-71.7
Some Post-H.S.	234	59.6	52.5-66.6	233	70.5	64.2-76.8
College Graduate	193	70.1	63.1-77.1	193	72.7	65.7-79.7
Income						
Less than \$15,000	287	49.0	42.3-55.6	285	64.9	58.6-71.2
\$15,000- 24,999	300	54.0	47.5-60.5	298	61.8	55.5-68.1
\$25,000- 34,999	149	61.3	52.4-70.2	147	69.3	61.0-77.7
\$35,000-49,999	140	59.8	51.0-68.6	141	71.6	63.9-79.3
\$50,000-74,000	117	64.4	54.0-74.8	117	* 68.9	58.3-79.5
\$75,000+	95	73.9	64.6-83.2	94	87.0	80.4-93.6

* Use caution when interpreting and reporting this estimate. See discussion of unstable estimates on page 9.

Table 11.3 Other activity and related medical advice to help lower or control high blood pressure among adults with hypertension: WVBRFSS, 2005

	Men			Women			Total		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
Adults Who Are...									
Taking medicine	479	77.3	72.8-81.9	800	88.2	85.6-90.9	1,279	83.1	80.5-85.7
Changing eating habits	472	67.2	62.4-72.0	786	72.6	69.1-76.1	1,258	70.1	67.1-73.0
Cutting down on salt ^a	438	71.5	66.7-76.3	699	80.5	77.1-83.9	1,137	76.1	73.2-79.1
Reducing alcohol ^b	160	44.2	35.5-52.8	143	57.1	48.2-66.1	303	49.0	42.5-55.4
Adults Whose Health Professional Advised...									
Taking medicine	475	85.1	81.0-89.2	788	93.6	91.6-95.6	1,263	89.6	87.3-91.8
Changing eating habits	475	68.4	63.6-73.1	786	60.9	57.1-64.7	1,261	64.4	61.4-67.4
Cutting down on salt ^a	459	67.8	63.0-72.6	749	69.7	66.1-73.4	1,208	68.8	65.8-71.8
Reducing alcohol ^b	209	43.1	35.6-50.6	195	38.6	30.9-46.2	404	41.4	35.9-46.9

- a. This response group excludes those who reported never using salt.
b. This response group excludes those who reported never drinking alcohol.