## 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: $\quad \mathbf{2 6 . 2 \%}$ (95\% CI: 25.9-26.4) in 2005.
West Virginia ranked $2^{\text {nd }}$ 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)

Figure 11.1 Prevalence of hypertension awareness by year: WVBRFSS, 1984-2005


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

Table 11.1 Hypertension awareness by demographic characteristics: WVBRFSS, 2005

| Characteristic | Men |  |  | Women |  |  | Total |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | \# Resp. | \% | 95\% CI | \# Resp. | \% | 95\% CI | \# Resp. | \% | 95\% CI |
| TOTAL | 1,356 | 30.9 | 28.2-33.6 | 2,191 | 31.9 | 29.8-34.1 | 3,547 | 31.4 | 29.7-33.1 |
| Age |  |  |  |  |  |  |  |  |  |
| 18-24 | 68 | * 7.7 | 1.2-14.1 | 102 | * 3.0 | 0.0-6.5 | 170 | * 5.4 | 1.7-9.1 |
| 25-34 | 181 | 14.0 | 8.7-19.2 | 282 | 7.8 | 4.4-11.1 | 463 | 10.9 | 7.7-14.0 |
| 35-44 | 226 | 19.7 | 14.2-25.2 | 350 | 19.0 | 14.5-23.6 | 576 | 19.3 | 15.8-22.9 |
| 45-54 | 286 | 38.1 | 32.0-44.2 | 459 | 32.4 | 27.7-37.0 | 745 | 35.2 | 31.3-39.1 |
| 55-64 | 276 | 48.7 | 42.3-55.2 | 366 | 46.7 | 41.2-52.3 | 642 | 47.7 | 43.5-52.0 |
| 65+ | 317 | 51.3 | 45.4-57.2 | 623 | 61.9 | 57.7-66.0 | 940 | 57.5 | 54.0-61.0 |
| Education |  |  |  |  |  |  |  |  |  |
| Less than H.S. | 249 | 40.1 | 33.1-47.2 | 382 | 46.7 | 41.0-52.5 | 631 | 43.3 | 38.7-47.9 |
| H.S. or G.E.D. | 554 | 30.5 | 26.3-34.8 | 868 | 33.6 | 30.1-37.0 | 1,422 | 32.1 | 29.4-34.8 |
| Some Post-H.S. | 249 | 27.4 | 21.6-33.1 | 503 | 27.0 | 22.7-31.3 | 752 | 27.1 | 23.7-30.6 |
| College Graduate | 303 | 26.2 | 20.8-31.6 | 435 | 22.3 | 18.3-26.3 | 738 | 24.3 | 20.9-27.6 |
| Income |  |  |  |  |  |  |  |  |  |
| Less than \$15,000 | 167 | 41.3 | 32.7-49.9 | 435 | 42.1 | 36.9-47.3 | 602 | 41.8 | 37.2-46.4 |
| \$15,000-24,999 | 268 | 39.3 | 32.7-45.9 | 461 | 38.3 | 33.2-43.4 | 729 | 38.8 | 34.6-42.9 |
| \$25,000-34,999 | 214 | 34.6 | 27.6-41.6 | 254 | 27.7 | 21.7-33.7 | 468 | 31.5 | 26.7-36.2 |
| \$35,000-49,999 | 207 | 29.5 | 22.9-36.0 | 265 | 25.1 | 19.6-30.6 | 472 | 27.4 | 23.1-31.7 |
| \$50,000-74,999 | 209 | 21.7 | 15.5-27.9 | 262 | 23.0 | 17.8-28.3 | 471 | 22.3 | 18.2-26.4 |
| \$75,000+ | 175 | 24.7 | 17.9-31.4 | 211 | 21.4 | 15.6-27.1 | 386 | 23.1 | 18.6-27.6 |

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

Figure 11.2 Hypertension awareness by county: WVBRFSS, 2001- 2003, 2005


## 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 |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\begin{array}{c\|} \hline \# \\ \text { Resp. } \end{array}$ | \% | 95\% CI | $\begin{gathered} \# \\ \text { Resp. } \end{gathered}$ | \% | 95\% CI | $\begin{gathered} \# \\ \text { Resp. } \end{gathered}$ | \% | 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 ${ }^{\text {a }}$ | 438 | 71.5 | 66.7-76.3 | 699 | 80.5 | 77.1-83.9 | 1,137 | 76.1 | 73.2-79.1 |
| Reducing alcohol ${ }^{\text {b }}$ | 160 | 44.2 | 35.5-52.8 | 143 | 57.1 | 48.2-66.1 | 303 | 49.0 | 42.5-55.4 |
| Adults Whose <br> 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 ${ }^{\text {a }}$ | 459 | 67.8 | 63.0-72.6 | 749 | 69.7 | 66.1-73.4 | 1,208 | 68.8 | 65.8-71.8 |
| Reducing alcohol ${ }^{\text {b }}$ | 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.

