

BRFSS Fact Sheet

High Blood Pressure



Tennessee
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One in three adults in the U.S. has high blood pressure (also called hypertension), and nearly one-third of them do not know they have it.¹ High blood pressure is called the “silent killer” because it usually has no symptoms. Yet it is a major risk factor for stroke, heart attack, heart failure and kidney failure, and when it coexists with obesity, smoking, high cholesterol or diabetes, the risk of heart attack and stroke increase several times.¹ Although the cause of high blood pressure is often unknown, certain lifestyle choices can help prevent and control it.¹ One of the Healthy People 2010 objectives is to reduce the proportion of adults with hypertension to 16%.² Reducing risk factors for high blood pressure (obesity, sedentary lifestyle, high salt diet, heavy drinking, and stress) is important for reaching this goal and for increasing the quality and years of healthy life for all Tennesseans.

- In 2005, 30.2% of adult Tennesseans reported that they had been told by a health care provider that they have high blood pressure (HBP), compared to 25.5% for the United States.³ Among all 50 states the percentage of adults with HBP ranged from 18.4% in Utah to 33.3% in Mississippi.³ Compared to other states, Tennessee had the 5th highest percentage of hypertensive adults.

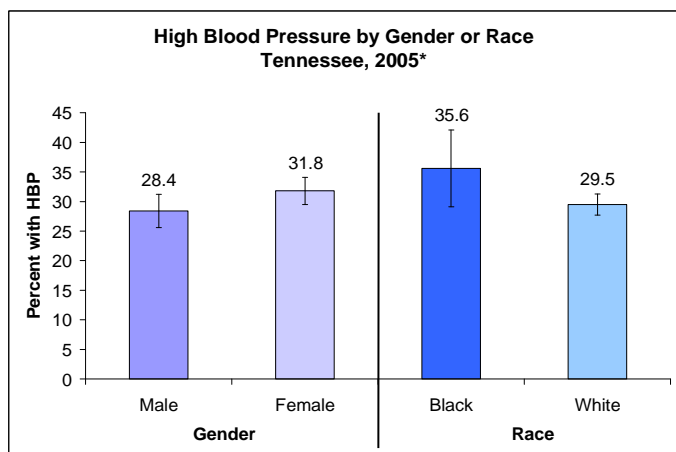
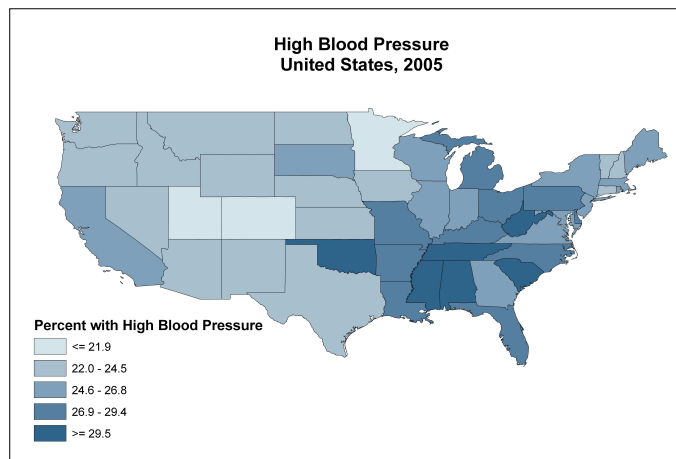
- The percentage of adult Tennesseans with HBP increased steadily from 26.8% in 1995 to 30.2% in 2005.

- The percentage of females (31.8%) with HBP was slightly higher than that of males (28.4%).

- The prevalence of HBP was higher in blacks (35.6%) than in whites (29.5%).

- The prevalence of HBP increased with increasing age. Over 50% of adults aged 65 years and older had high blood pressure.

- The percentage of persons with HBP decreased with increasing education: less than high school 44.6% (\pm 5.5), high school graduate or GED 32.2% (\pm 3.4), some post-high school 26.2% (\pm 3.2), and college graduate 25.2% (\pm 3.2).



Definition:

High blood pressure:

Blood pressure of 140/90 mmHg or higher.

References:

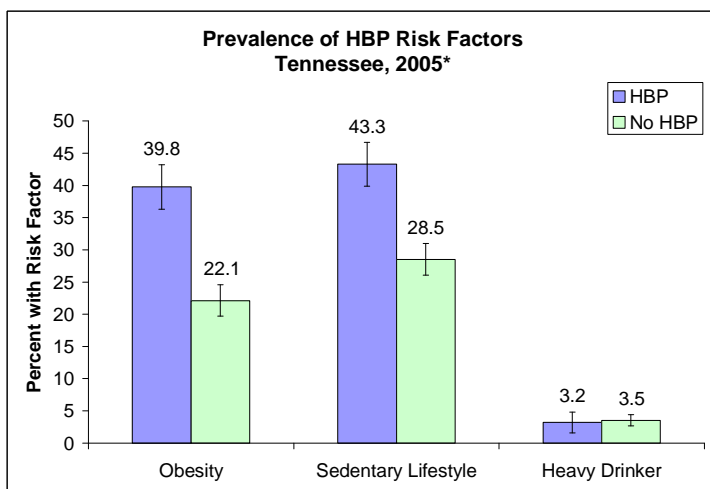
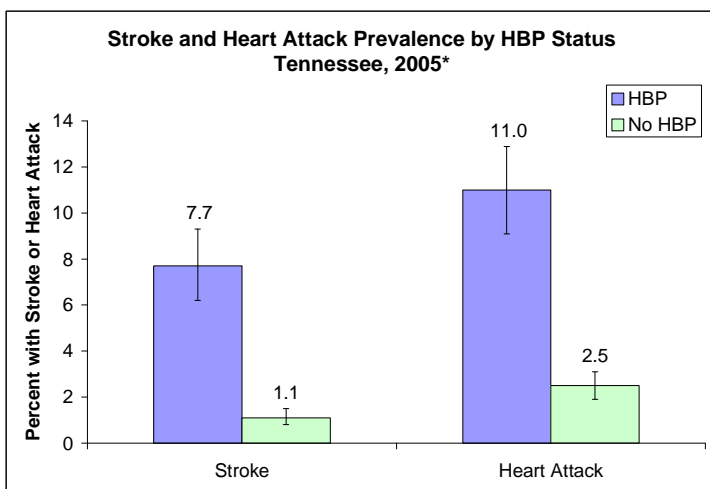
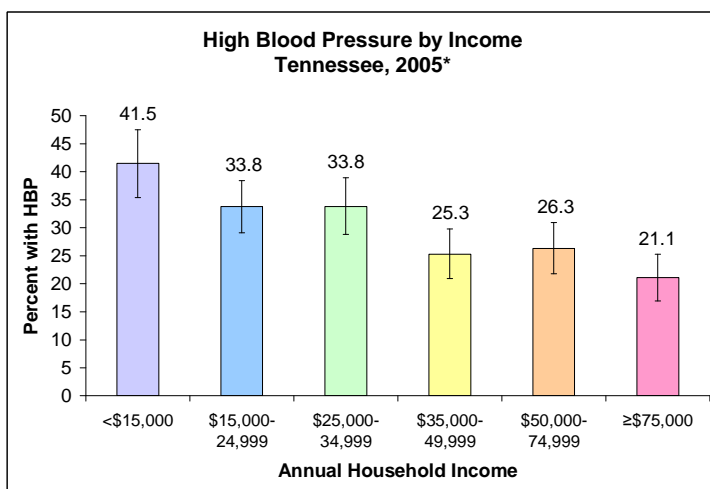
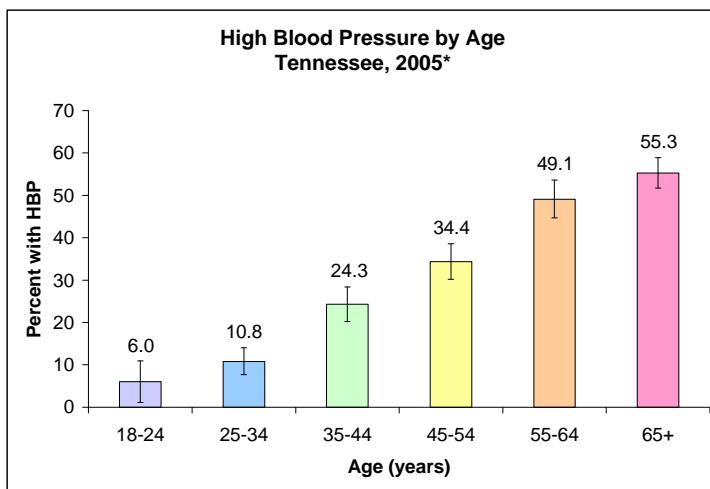
1. American Heart Assoc. (www.americanheart.org)
2. U.S. Department of Health and Human Services. *Healthy People 2010: Understanding and Improving Health*. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000.
3. Centers for Disease Control and Prevention (www.cdc.gov/brfss)
U.S. data includes DC and territories.

Prepared by the Tennessee Department of Health; Office of Policy, Planning and Assessment; Surveillance, Epidemiology and Evaluation section based on 2005 TN Behavioral Risk Factor Surveillance System data.

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- The percentage of persons with high blood pressure decreased with increasing income, from 41.5% among those with an annual household income of less than \$15,000 to 21.1% among those with an income of \$75,000 or more.
- 83.4% (\pm 3.1) of people with high blood pressure reported that they are currently taking medicine for their condition.
- A history of stroke was 6 times more common in persons with high blood pressure than in those without it. Similarly, a history of heart attack was over 3 times more common in those with high blood pressure.
- 39.8% of adults with high blood pressure were obese, compared to just 22.1% of those without HBP. Similarly, the percentage of persons who reported no physical activity or exercise in the past 30 days was higher in those with high blood pressure (43.3%) than in those without it (28.5%).



*The number above each column indicates the percent value for that column. Error bars represent 95% confidence intervals, as do ranges for percentages given in the text.