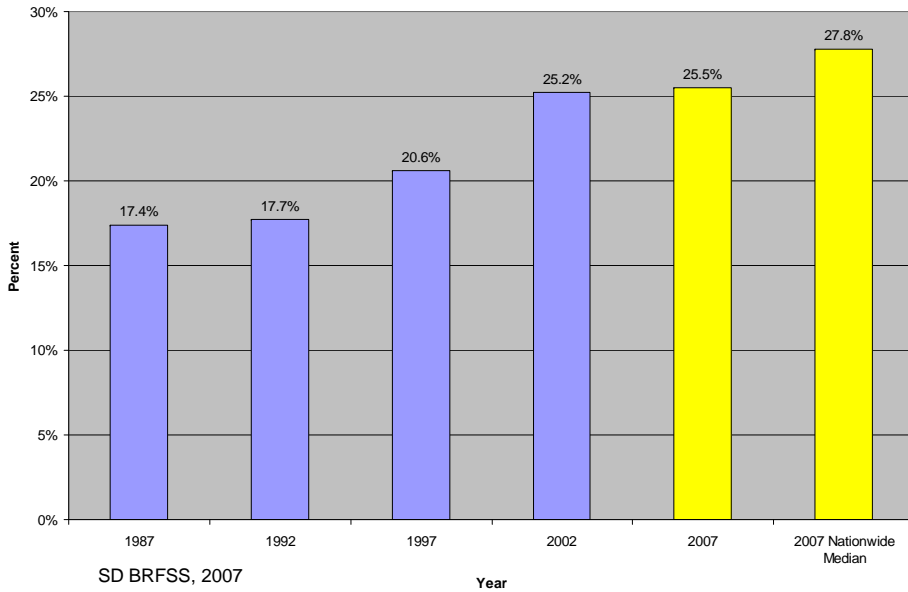
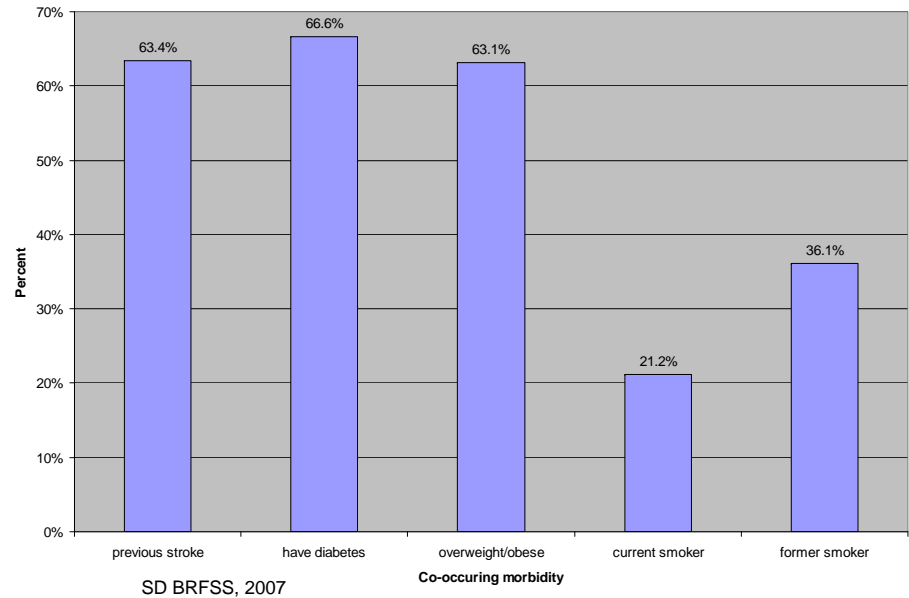


# Hypertension Among South Dakotans, 2007

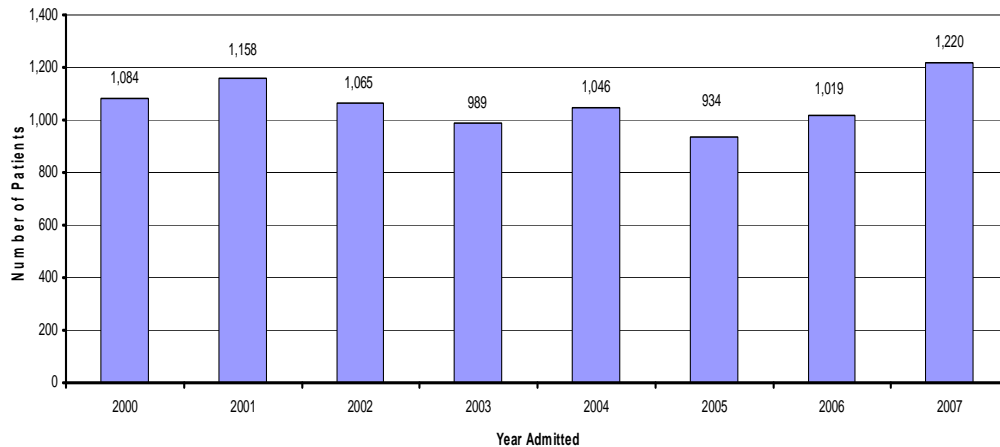
South Dakota BRFSS respondents who report they have been told by a health professional their blood pressure is high, 1987, 1992, 1997, 2002, 2007.



Of the 25.5% of South Dakotans that were told they had high blood pressure in 2007, they also had these co-occurring morbidities:



South Dakota Resident Hospital Discharge Data with Principal Diagnosis of Cerebrovascular Disease (ICD-9-CM 430-438 and Secondary Diagnosis of Hypertensive Disease (ICD-9-CM 401-405) (VA and IHS Hospital Discharge Data not Included)



Source: SDAHO

Lifestyle changes can help you prevent high blood pressure. These changes are especially important for people who have risk factors for high blood pressure that cannot be changed, including family history, race, or age.

Lifestyle changes include:

- Maintaining a normal weight, with a body mass index (BMI) of 18.5 to 24.9.
- Quit tobacco use
- Reducing sodium in your diet to less than 2,300 mg a day, which is about 1 teaspoon of salt. If you already have high blood pressure or are over 40, sodium should be reduced to 1,500 mg a day or less
- Exercising—such as brisk walking—that raises your heart rate for at least 30 minutes a day on most, preferably all, days of the week.
- Limiting alcoholic drinks to 2 drinks a day for men, and 1 drink a day for women.
- Following the Dietary Approaches to Stop Hypertension (DASH) eating plan, a diet that is rich in fruits, vegetables, and low-fat dairy products, with reduced amounts of saturated and total fats.

For more information go to the SD DOH Heart Disease and Stroke Prevention Program website at <http://doh.sd.gov/HDS/default.aspx>