Hypertension and Cholesterol

HYPERTENSION

Definition: Respondents who report they have been told by a health professional their blood pressure is high.
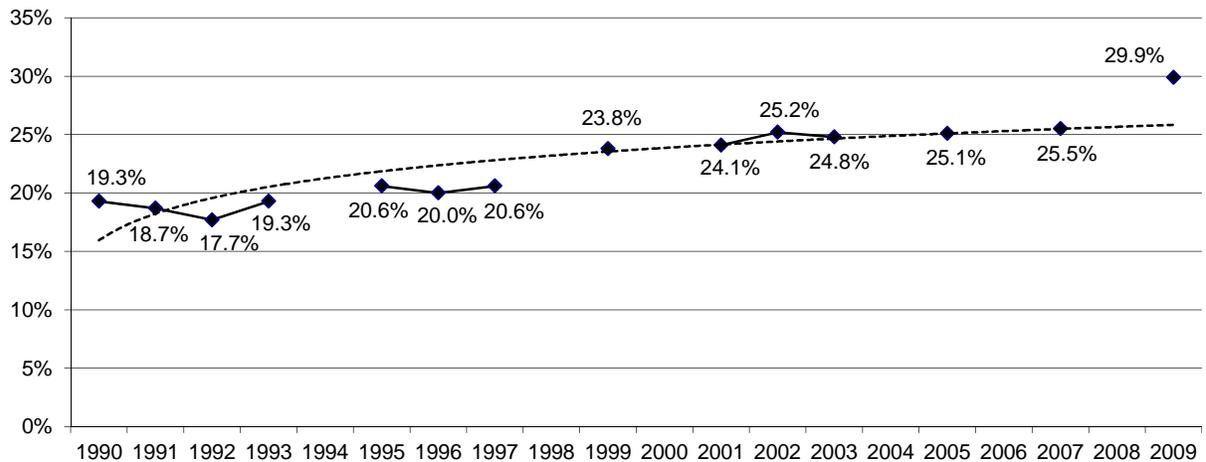
Prevalence of Hypertension

o   South Dakota 31%
o   Nationwide median 31%

Healthy People 2020 Objective

There was no comparable Healthy People 2020 Objective for adults with hypertension.

Figure 30
Percent of Respondents Who Were Told They Have Hypertension,
1990-1993, 1995-1997, 1999, 2001-2003, 2005, 2007, and 2009

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 1990-1993, 1995-1997, 1999, 2001-2003, 2005, 2007, and 2009

Figure 31
Percent of Respondents Who Were Told They Have Hypertension, 2011-2013
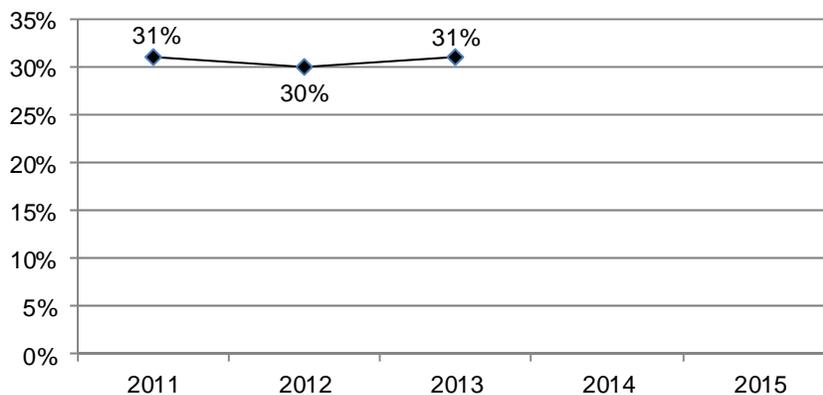
Note: Beginning in 2011, the CDC began using a different methodology to weight the data, therefore current data estimates cannot be compared to previous years.
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2013

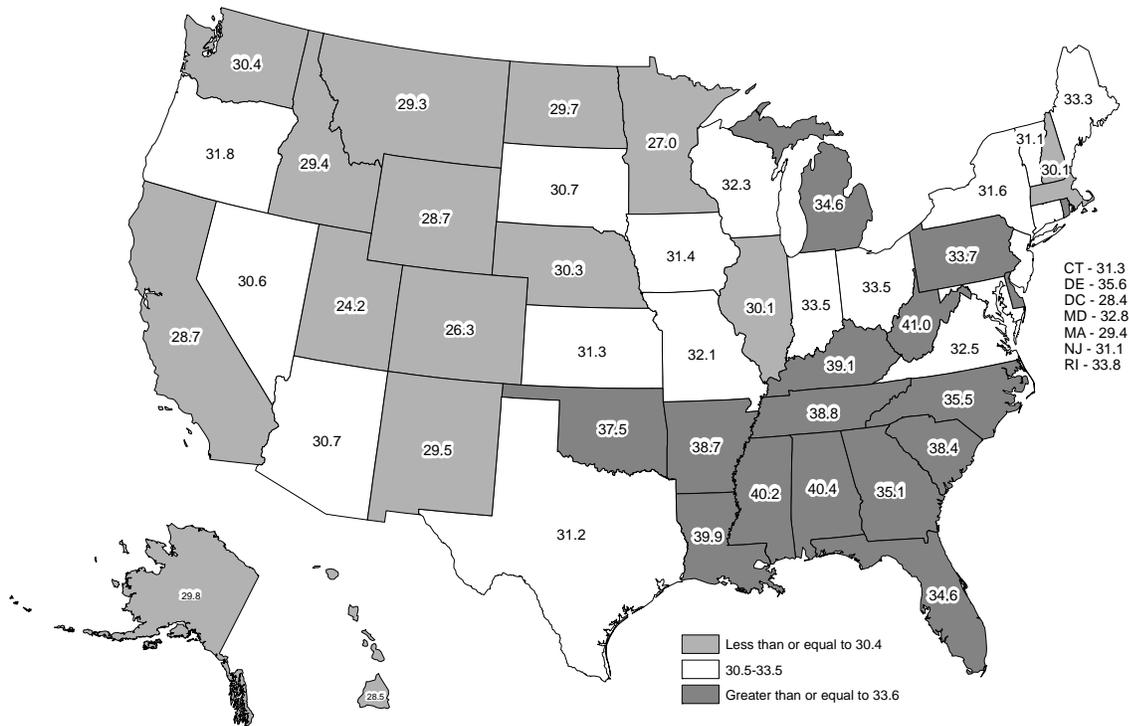| Table 30 Respondents Who Were Told They Have Hypertension, 2011-2013		2011-2013	2011	2012	2013
Total		**31%**	**31%**	**30%**	**31%**
Gender	Male	32%	33%	32%	32%
	Female	29%	29%	28%	29%
Age	18-34	9%	*	*	*
	35-44	18%	*	*	*
	45-54	30%	*	*	*
	55-64	45%	47%	42%	*
	65-74	58%	*	*	*
	75+	62%	*	*	*
Race	White	31%	31%	31%	31%
	American Indian	32%	*	*	*
Ethnicity	Hispanic	20%	*	*	*
	Non-Hispanic	31%	31%	31%	31%
Household Income	Less than $15,000	35%	*	*	*
	$15,000-$24,999	35%	*	*	*
	$25,000-$34,999	33%	*	*	*
	$35,000-$49,999	33%	*	*	*
	$50,000-$74,999	26%	*	*	*
	$75,000+	26%	25%	25%	*
Education	Less than High School, G.E.D.	39%	*	*	*
	High School, G.E.D.	33%	33%	33%	33%
	Some Post-High School	29%	29%	29%	29%
	College Graduate	25%	26%	25%	25%
Employment Status	Employed for Wages	23%	23%	23%	23%
	Self-employed	30%	*	*	*
	Unemployed	26%	*	*	*
	Homemaker	25%	*	*	*
	Student	7%	*	*	*
	Retired	58%	58%	58%	59%
	Unable to Work	53%	*	*	*
Marital Status	Married/Unmarried Couple	32%	32%	31%	32%
	Divorced/Separated	35%	*	*	*
	Widowed	57%	*	*	*
	Never Married	16%	*	*	*
Home Ownership Status	Own Home	33%	33%	33%	34%
	Rent Home	25%	28%	25%	24%
Children Status	Children in Household (Ages 18-44)	12%	13%	*	*
	No Children in Household (Ages 18-44)	13%	*	*	*
Phone Status	Landline	36%	34%	37%	39%
	Cell Phone	20%	*	19%	22%
Pregnancy Status	Pregnant (Ages 18-44)	4%	*	*	*
	Not Pregnant (Ages 18-44)	8%	*	*	*

Note: *Results based on small sample sizes have been suppressed.
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2013

National Statistics

The national median for respondents who were told they have hypertension is 31.4 percent, as shown in Figure 32 on the next page. South Dakota had 30.7 percent of respondents who have hypertension. Utah had the lowest percent of respondents who have hypertension with 24.2 percent, while West Virginia had the highest with 41.0 percent.

Figure 32
Nationally, Respondents Who Were Told They Have Hypertension, 2013

CT - 31.3
DE - 35.6
DC - 28.4
MD - 32.8
MA - 29.4
NJ - 31.1
RI - 33.8

Less than or equal to 30.4
30.5-33.5
Greater than or equal to 33.6

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2013

Further Analysis

Following are data illustrating the percent of those who have hypertension for various health behaviors and conditions. For example, 50 percent of respondents who are obese with a BMI of 35.0 or more have hypertension, while 17 percent of respondents who are at the recommended weight with a BMI of 18.5 to 24.9 have hypertension.

Table 31 Hypertension for Selected Health Behaviors and Conditions, 2011-2013	
Health Behavior or Condition	**% Hypertension**
Underweight (BMI < 18.5)	19%
Recommended (BMI = 18.5-24.9)	17%
Overweight (BMI = 25.0-29.9)	32%
Obese - Class I (BMI = 30.0-34.9)	42%
Obese - Classes II & III (BMI = 35.0+)	50%
Leisure Time Exercise	28%
No Leisure Time Exercise	39%
Met Physical Activity Recommendations	29%
Did Not Meet Physical Activity Recommendations	32%
2+ Servings of Fruit per Day	32%
< 2 Servings of Fruit per Day	31%
3+ Servings of Vegetables per Day	26%
< 3 Servings of Vegetables per Day	31%
5+ Servings of Fruits and Vegetables per Day	28%
< 5 Servings of Fruits and Vegetables per Day	31%

Table 31 (continued) Hypertension for Selected Health Behaviors and Conditions, 2011-2013	
Health Behavior or Condition	**% Hypertension**
Current Smoker	26%
Former Smoker	41%
Never Smoked	27%
Smokeless Tobacco	27%
No Smokeless Tobacco	31%
Heard of "South Dakota QuitLine"	29%
Not Heard of "South Dakota QuitLine"	42%
Diabetes	71%
No Diabetes	27%
High Blood Cholesterol	58%
No High Blood Cholesterol	25%
Health Insurance (18-64)	25%
No Health Insurance (18-64)	22%
Employer Based Coverage (18-64)	23%
Private Health Plan (18-64)	22%
Medicare (18-64)	48%
Medicaid or Medical Assistance (18-64)	20%
The Military, CHAMPUS, TriCare, or the VA (18-64)	28%
The Indian Health Service (18-64)	32%
Flu Shot (65+)	64%
No Flu Shot (65+)	50%
Pneumonia Shot (65+)	65%
No Pneumonia Shot (65+)	51%
Previously Had Heart Attack	68%
Never Had Heart Attack	29%
Have Angina or Coronary Heart Disease	75%
Do Not Have Angina or Coronary Heart Disease	28%
Previously Had a Stroke	72%
Never Had a Stroke	29%
Cancer	52%
No Cancer	28%
Skin Cancer	56%
No Skin Cancer	29%
Current Asthma	37%
Former Asthma	22%
Never Had Asthma	30%
Arthritis	50%
No Arthritis	24%
COPD	57%
No COPD	29%
Depression	35%
No Depression	30%
Kidney Disease	71%
No Kidney Disease	30%
Severe Vision Impairment	55%
No Severe Vision Impairment	30%
Recent Increased Confusion/Memory Loss	42%
No Recent Increased Confusion/Memory Loss	31%
< 6 Hours of Sleep	36%
6+ Hours of Sleep	30%
Always/Almost Always Wear Seat Belt	31%
Sometimes/Seldom/Never Wear Seat Belt	31%

Table 31 (continued)	
Hypertension for Selected Health Behaviors and Conditions, 2011-2013	
Health Behavior or Condition	**% Hypertension**
Drank Alcohol in Past 30 Days	27%
Did Not Drink Alcohol in Past 30 Days	35%
Binge Drinker	22%
Not a Binge Drinker	33%
Heavy Drinker	29%
Not a Heavy Drinker	31%
Good/Very Good/Excellent Health Status	27%
Fair/Poor Health Status	54%
Physical Health Not Good for 0-29 Days of the Past 30	29%
Physical Health Not Good for 30 Days of the Past 30	54%
Mental Health Not Good for 0-19 Days of the Past 30	30%
Mental Health Not Good for 20-30 Days of the Past 30	34%
Usual Activities Unattainable for 0-9 Days of the Past 30	30%
Usual Activities Unattainable for 10-30 Days of the Past 30	45%
Physical, Mental, or Emotional Problems	46%
No Physical, Mental, or Emotional Problems	26%
Disability with Special Equipment Needed	57%
No Disability with Special Equipment Needed	28%
< 2 Hours of TV per Day	21%
2+ Hours of TV per Day	36%
Been Tested for HIV (18-64)	21%
Never Been Tested for HIV (18-64)	33%

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2013

HIGH BLOOD CHOLESTEROL

Definition: Respondents who report they have had their blood cholesterol checked and were told it was high by a health professional.
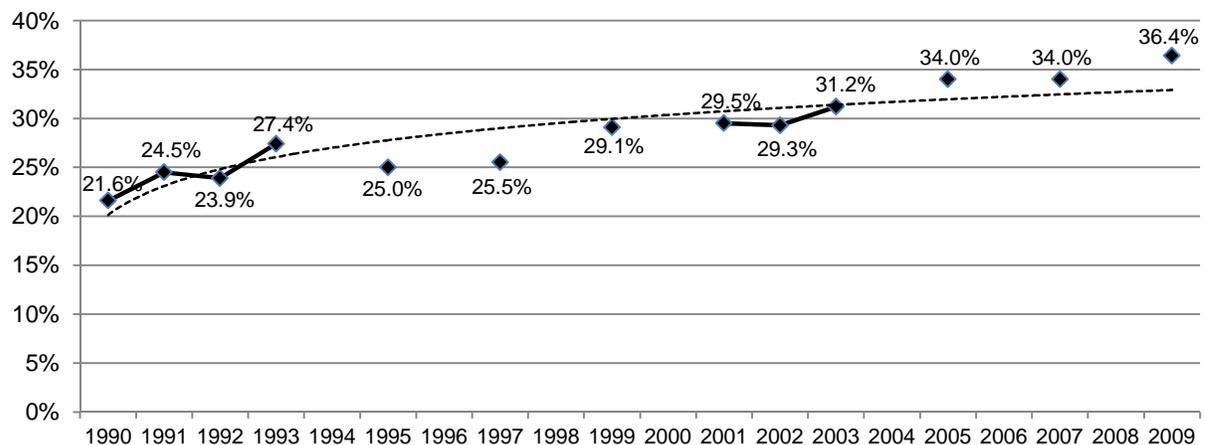
Prevalence of High Blood Cholesterol

o   South Dakota 37%
o   Nationwide median 38%

Healthy People 2020 Objective

There was no comparable Healthy People 2020 Objective for adults with high blood cholesterol.

Figure 33
**Percent of Respondents Who Were Told They Have High Blood Cholesterol,
1990-1993, 1995, 1997, 1999, 2001-2003, 2005, 2007, and 2009**

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 1990-1993, 1995, 1997, 1999, 2001-2003, 2005, 2007, and 2009

Figure 34
**Percent of Respondents Who Were Told They Have High Blood
Cholesterol, 2011 and 2013**
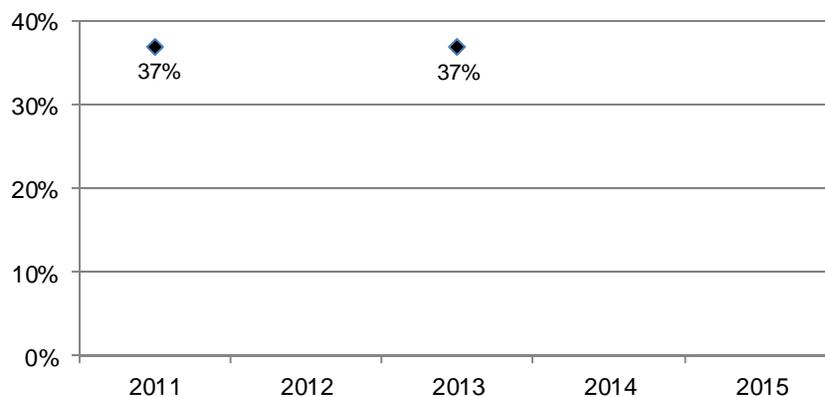
Note: Beginning in 2011, the CDC began using a different methodology to weight the data, therefore current data estimates cannot be compared to previous years.
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011 and 2013

| Table 32 Respondents Who Were Told They Have High Blood Cholesterol, 2011 and 2013				
		2011-2013	**2011**	**2013**
Total		**37%**	**37%**	**37%**
Gender	Male	38%	39%	38%
	Female	35%	35%	35%
Age	18-34	11%	*	*
	35-44	24%	*	*
	45-54	35%	*	*
	55-64	47%	48%	*
	65-74	58%	*	*
	75+	53%	*	*
Race	White	37%	37%	37%
	American Indian	36%	*	*
Ethnicity	Hispanic	33%	*	*
	Non-Hispanic	37%	37%	37%
Household Income	Less than $15,000	43%	*	*
	$15,000-$24,999	39%	*	*
	$25,000-$34,999	37%	*	*
	$35,000-$49,999	39%	*	*
	$50,000-$74,999	32%	*	*
	$75,000+	34%	*	*
Education	Less than High School, G.E.D.	45%	*	*
	High School, G.E.D.	40%	43%	37%
	Some Post-High School	35%	33%	36%
	College Graduate	32%	31%	33%
Employment Status	Employed for Wages	31%	31%	32%
	Self-employed	33%	*	*
	Unemployed	32%	*	*
	Homemaker	29%	*	*
	Student	11%	*	*
	Retired	53%	52%	53%
	Unable to Work	51%	*	*
Marital Status	Married/Unmarried Couple	37%	36%	38%
	Divorced/Separated	41%	*	*
	Widowed	50%	*	*
	Never Married	23%	*	*
Home Ownership Status	Own Home	38%	37%	39%
	Rent Home	32%	*	*
Children Status	Children in Household (Ages 18-44)	19%	*	*
	No Children in Household (Ages 18-44)	14%	*	*
Phone Status	Landline	40%	38%	43%
	Cell Phone	28%	*	29%
Pregnancy Status	Pregnant (Ages 18-44)	*	*	*
	Not Pregnant (Ages 18-44)	14%	*	*

Note: *Results based on small sample sizes have been suppressed.
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011 and 2013

National Statistics

The national median for respondents who have high blood cholesterol is 38.4 percent, as shown in Figure 35 on the next page. South Dakota had 36.6 percent of respondents who have high blood cholesterol. Utah had the lowest percent of respondents who have high blood cholesterol with 33.4 percent, while Alabama had the highest with 44.4 percent.

Figure 35
Nationally, Respondents Who Were Told They Have High Blood Cholesterol, 2013
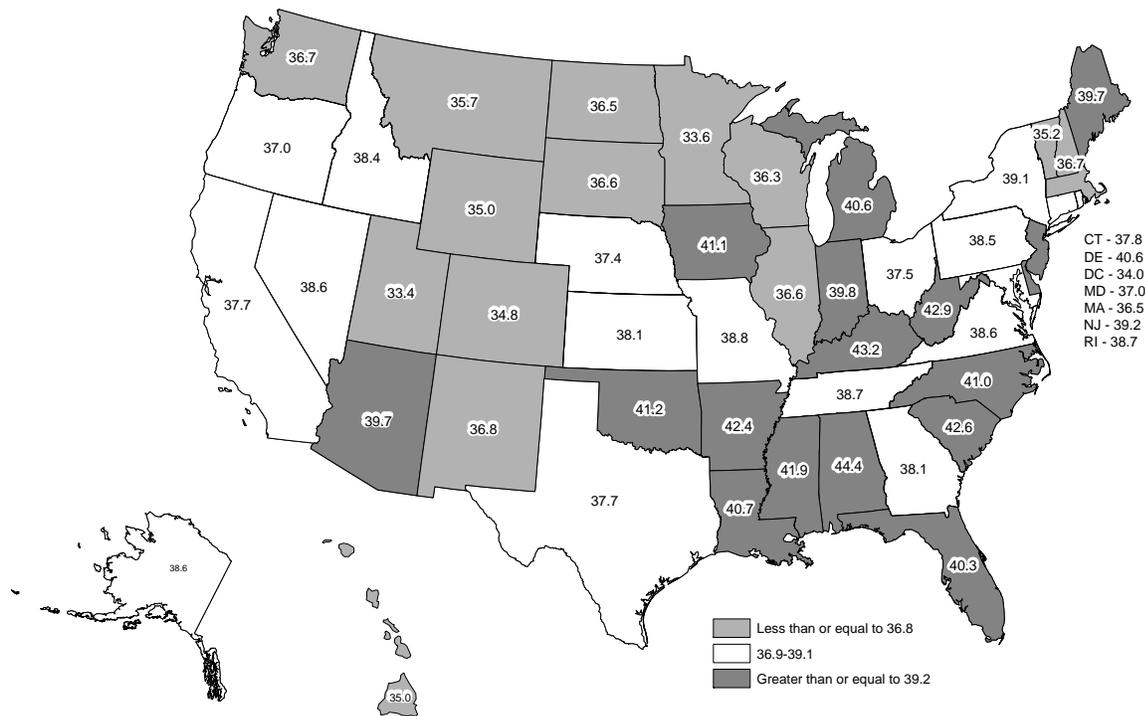
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2013

Further Analysis

Following are data illustrating the percent of those who have high blood cholesterol for various health behaviors and conditions. For example, 74 percent of respondents who have angina or coronary heart disease have high blood cholesterol, while 34 percent of respondents who do not have angina or coronary heart disease have high blood cholesterol.

Table 33 High Blood Cholesterol for Selected Health Behaviors and Conditions, 2011 and 2013	
Health Behavior or Condition	**% High Cholesterol**
Underweight (BMI < 18.5)	23%
Recommended (BMI = 18.5-24.9)	26%
Overweight (BMI = 25.0-29.9)	40%
Obese - Class I (BMI = 30.0-34.9)	44%
Obese - Classes II & III (BMI = 35.0+)	44%
Leisure Time Exercise	34%
No Leisure Time Exercise	45%
Met Physical Activity Recommendations	34%
Did Not Meet Physical Activity Recommendations	39%
2+ Servings of Fruit per Day	34%
< 2 Servings of Fruit per Day	38%
3+ Servings of Vegetables per Day	31%
< 3 Servings of Vegetables per Day	37%
5+ Servings of Fruits and Vegetables per Day	33%
< 5 Servings of Fruits and Vegetables per Day	37%

Table 33 (continued) High Blood Cholesterol for Selected Health Behaviors and Conditions, 2011 and 2013	
Health Behavior or Condition	**% High Cholesterol**
Current Smoker	36%
Former Smoker	44%
Never Smoked	33%
Smokeless Tobacco	31%
No Smokeless Tobacco	37%
Heard of "South Dakota QuitLine"	36%
Not Heard of "South Dakota QuitLine"	41%
Diabetes	64%
No Diabetes	33%
High Blood Pressure	57%
No High Blood Pressure	24%
Health Insurance (18-64)	32%
No Health Insurance (18-64)	25%
Employer Based Coverage (18-64)	31%
Private Health Plan (18-64)	27%
Medicare (18-64)	55%
Medicaid or Medical Assistance (18-64)	24%
The Military, CHAMPUS, TriCare, or the VA (18-64)	42%
The Indian Health Service (18-64)	30%
Flu Shot (65+)	57%
No Flu Shot (65+)	52%
Pneumonia Shot (65+)	57%
No Pneumonia Shot (65+)	53%
Previously Had Heart Attack	63%
Never Had Heart Attack	35%
Have Angina or Coronary Heart Disease	74%
Do Not Have Angina or Coronary Heart Disease	34%
Previously Had a Stroke	61%
Never Had a Stroke	36%
Cancer	48%
No Cancer	35%
Skin Cancer	51%
No Skin Cancer	35%
Current Asthma	42%
Former Asthma	28%
Never Had Asthma	36%
Arthritis	53%
No Arthritis	30%
COPD	54%
No COPD	36%
Depression	44%
No Depression	35%
Kidney Disease	60%
No Kidney Disease	36%
Severe Vision Impairment	59%
No Severe Vision Impairment	36%
Recent Increased Confusion/Memory Loss	50%
No Recent Increased Confusion/Memory Loss	37%
< 6 Hours of Sleep	39%
6+ Hours of Sleep	36%

Table 33 (continued) High Blood Cholesterol for Selected Health Behaviors and Conditions, 2011 and 2013	
Health Behavior or Condition	**% High Cholesterol**
Always/Almost Always Wear Seat Belt	37%
Sometimes/Seldom/Never Wear Seat Belt	36%
Drank Alcohol in Past 30 Days	34%
Did Not Drink Alcohol in Past 30 Days	41%
Binge Drinker	28%
Not a Binge Drinker	38%
Heavy Drinker	35%
Not a Heavy Drinker	37%
Good/Very Good/Excellent Health Status	33%
Fair/Poor Health Status	55%
Physical Health Not Good for 0-29 Days of the Past 30	36%
Physical Health Not Good for 30 Days of the Past 30	49%
Mental Health Not Good for 0-19 Days of the Past 30	36%
Mental Health Not Good for 20-30 Days of the Past 30	43%
Usual Activities Unattainable for 0-9 Days of the Past 30	36%
Usual Activities Unattainable for 10-30 Days of the Past 30	49%
Physical, Mental, or Emotional Problems	49%
No Physical, Mental, or Emotional Problems	33%
Disability with Special Equipment Needed	48%
No Disability with Special Equipment Needed	36%
< 2 Hours of TV per Day	27%
2+ Hours of TV per Day	41%
Been Tested for HIV (18-64)	29%
Never Been Tested for HIV (18-64)	39%

Note: *Results based on sample sizes less than 100 have been suppressed.
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011 and 2013