
Hypertension and Cholesterol

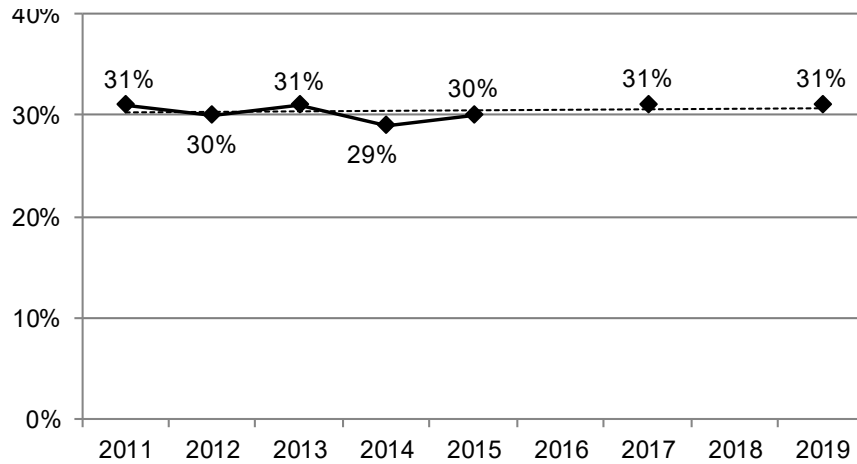
HYPERTENSION

Definition: South Dakotans who report they have been told by a health professional their blood pressure is high.

Prevalence of Hypertension

- South Dakota 31%
- Nationwide median 32%

Figure 26
Percentage of South Dakotans Who Were Told They Have Hypertension, 2011-2019



Note: This question was not asked in 2016 or 2018.

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2019

Table 27
South Dakotans Who Were Told They Have Hypertension, 2015-2019

		2015-2019	95% Confidence Interval	
			Low	High
Gender	Male	33%	31.7%	35.2%
	Female	28%	26.3%	29.2%
Age	18-29	8%	6.2%	9.8%
	30-39	15%	12.5%	17.4%
	40-49	25%	21.7%	27.6%
	50-59	35%	32.8%	38.1%
	60-69	50%	46.9%	52.1%
	70-79	60%	56.7%	63.0%
	80+	61%	56.3%	65.1%
Race/Ethnicity	White, Non-Hispanic	31%	30.0%	32.3%
	American Indian, Non-Hispanic	32%	28.3%	36.5%
	American Indian/White, Non-Hispanic	23%	15.4%	34.0%
	Hispanic	22%	14.9%	32.3%
Household Income	Less than \$35,000	34%	32.0%	36.6%
	\$35,000-\$74,999	32%	29.9%	34.1%
	\$75,000+	25%	22.7%	26.7%
Education	Less than High School, G.E.D.	35%	30.8%	40.4%
	High School, G.E.D.	33%	30.9%	35.0%
	Some Post-High School	29%	27.6%	31.5%
	College Graduate	27%	25.6%	29.1%
Employment Status	Employed for Wages	24%	22.3%	25.3%
	Self-employed	26%	23.3%	29.6%
	Unemployed	28%	21.8%	34.1%
	Homemaker	23%	18.8%	28.4%
	Student	6%	3.0%	10.0%
	Retired	58%	56.1%	60.6%
	Unable to Work	44%	39.1%	49.6%
Marital Status	Married/Unmarried Couple	32%	30.2%	33.1%
	Divorced/Separated	36%	33.2%	39.8%
	Widowed	58%	54.5%	61.7%
	Never Married	17%	14.5%	18.8%
Home Ownership Status	Own Home	35%	33.2%	35.9%
	Rent Home	22%	19.6%	23.8%
Children Status	Children in Household (Ages 18-44)	14%	12.1%	16.2%
	No Children in Household (Ages 18-44)	11%	8.9%	13.0%
Phone Status	Landline	41%	38.8%	42.6%
	Cell Phone	26%	24.9%	27.6%
Pregnancy Status	Pregnant (Ages 18-44)	5%	2.4%	12.1%
	Not Pregnant (Ages 18-44)	8%	6.6%	9.8%
County	Minnehaha	28%	25.4%	31.1%
	Pennington	33%	30.4%	36.1%
	Lincoln	30%	24.1%	35.8%
	Brown	30%	27.0%	33.6%
	Brookings	20%	17.0%	23.0%
	Codington	30%	26.8%	34.4%
	Meade	32%	27.1%	37.3%
	Lawrence	32%	26.8%	37.8%

Note: *Results based on small sample sizes have been suppressed. This question was not asked in 2016 or 2018.
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2015-2019

Demographics

Gender	Males exhibit a significantly higher prevalence of high blood pressure than females.
Age	The prevalence of high blood pressure increases as age increases. This includes significant increases as the 30s, 40s, 50s, 60s, and 70s are reached.
Race/ Ethnicity	There seems to be no racial/ethnicity difference regarding high blood pressure.
Household Income	The prevalence of high blood pressure decreases as household income increases. This includes a significant decrease as the \$75,000+ income group is reached.
Education	The prevalence of high blood pressure decreases as education levels increase.
Employment	Those who are retired demonstrate a very high prevalence of high blood pressure, while those who are a student show a very low prevalence.
Marital Status	Those who are widowed exhibit a very high prevalence of high blood pressure, while those who have never been married show a very low prevalence.
Home Ownership	Those who own their home demonstrate a significantly higher prevalence of high blood pressure than those who rent their home.
Children Status	The prevalence of high blood pressure does not seem to change based on the presence of children in the household.
Phone Status	Those who primarily use a landline phone demonstrate a significantly higher prevalence of high blood pressure than those who primarily use a cell phone.
Pregnancy Status	There seems to be no difference in high blood pressure regarding pregnancy status.
County	Those in Brookings county exhibit a significantly lower prevalence of high blood pressure than all other available counties.

The following table shows the percent of South Dakotans with high blood pressure who were taking medicine for it. In 2019, 77 percent of respondents were taking medicine for high blood pressure.

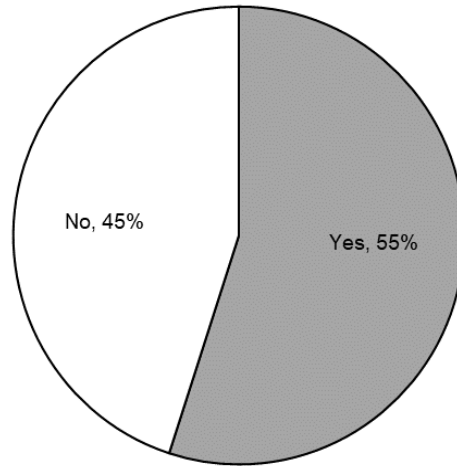
Table 28
Percentage of South Dakotans With High Blood Pressure
Who Were Taking Medicine for It, 2011-2019

Year	%
2019	77%
2017	79%
2015	79%
2013	81%
2011	78%

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2019

In 2019, 55 percent of South Dakotans with high blood pressure were told by a doctor, nurse, or other health professional to check their own blood pressure outside of the doctor's office.

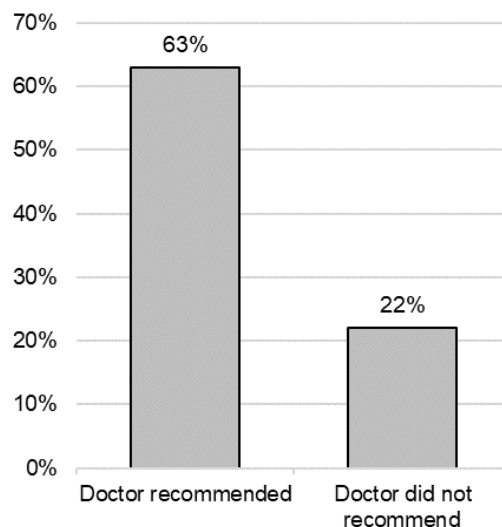
Figure 27
Percentage of Those With High Blood Pressure Who Have Been Told by a Doctor, Nurse, or Other Health Professional to Check Their Blood Pressure Outside of the Doctor's Office, 2019



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2019

Of those with high blood pressure, 63 percent regularly check their blood pressure outside of the doctor's office because of the doctor's recommendation.

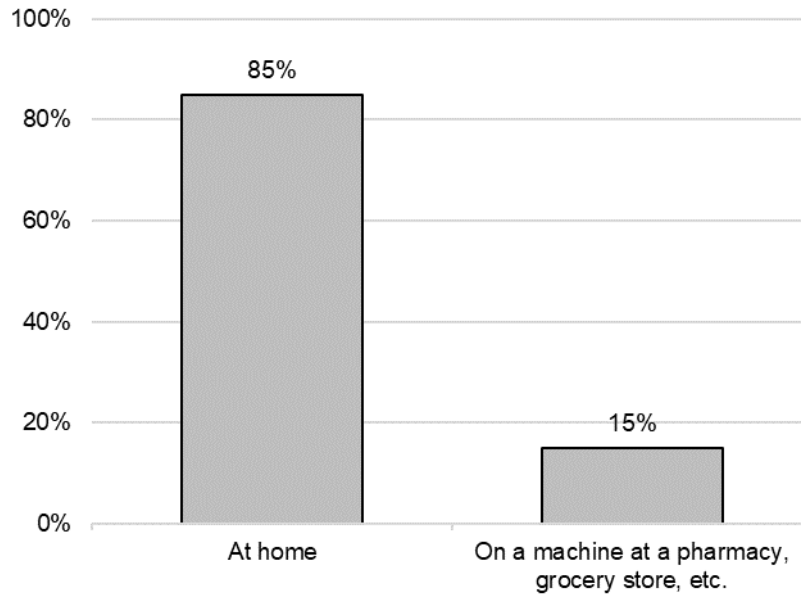
Figure 28
Percentage of Those With High Blood Pressure Who Regularly Check Their Blood Pressure Outside of the Doctor's Office by Doctor's Recommendation, 2019



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2019

Of those with high blood pressure, 85 percent check their blood pressure at home compared to 15 percent of respondents who use another place such as a machine at the pharmacy or a grocery store.

Figure 29
Percentage of Those With High Blood Pressure Who Regularly Check Their Blood Pressure Outside of the Doctor's Office by Location, 2019



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2019

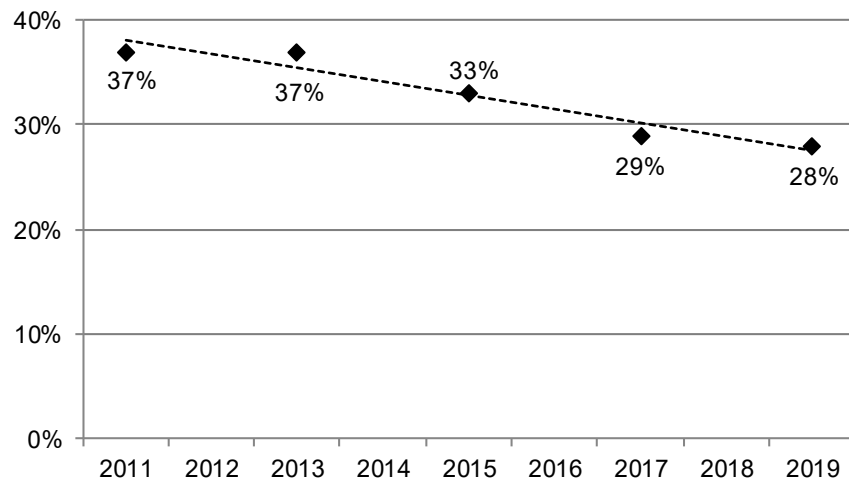
HIGH BLOOD CHOLESTEROL

Definition: South Dakotans who report they have had their blood cholesterol checked and were told it was high by a health professional.

Prevalence of High Blood Cholesterol

- South Dakota 28%
- Nationwide median 33%

Figure 30
Percentage of South Dakotans Who Were Told They Have High Blood Cholesterol, 2011-2019



Note: This question was not asked in 2012, 2014, 2016, or 2018.

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2019

Table 29
South Dakotans Who Were Told They Have High Blood Cholesterol, 2015-2019

		2015-2019	95% Confidence Interval	
			Low	High
Gender	Male	32%	30.0%	33.7%
	Female	29%	27.0%	30.1%
Age	18-29	4%	3.0%	6.4%
	30-39	13%	10.3%	15.3%
	40-49	25%	22.1%	28.8%
	50-59	37%	34.5%	40.0%
	60-69	44%	41.1%	46.3%
	70-79	50%	46.9%	53.2%
	80+	45%	40.5%	49.8%
Race/Ethnicity	White, Non-Hispanic	31%	30.1%	32.6%
	American Indian, Non-Hispanic	28%	23.1%	33.3%
	American Indian/White, Non-Hispanic	21%	13.8%	31.8%
	Hispanic	21%	13.1%	31.4%
Household Income	Less than \$35,000	32%	29.2%	34.1%
	\$35,000-\$74,999	32%	29.5%	34.0%
	\$75,000+	27%	24.6%	29.0%
Education	Less than High School, G.E.D.	33%	28.1%	39.1%
	High School, G.E.D.	31%	28.9%	33.5%
	Some Post-High School	30%	27.5%	31.7%
	College Graduate	29%	26.9%	30.6%
Employment Status	Employed for Wages	24%	22.4%	25.7%
	Self-employed	29%	25.2%	32.7%
	Unemployed	21%	15.6%	27.8%
	Homemaker	27%	21.8%	33.1%
	Student	4%	1.9%	6.5%
	Retired	48%	46.1%	50.8%
	Unable to Work	43%	37.8%	49.3%
Marital Status	Married/Unmarried Couple	32%	30.1%	33.2%
	Divorced/Separated	33%	29.4%	36.4%
	Widowed	46%	41.9%	49.5%
	Never Married	16%	13.5%	18.3%
Home Ownership Status	Own Home	33%	31.7%	34.5%
	Rent Home	21%	18.9%	23.9%
Children Status	Children in Household (Ages 18-44)	11%	9.4%	13.5%
	No Children in Household (Ages 18-44)	10%	7.9%	12.4%
Phone Status	Landline	39%	36.9%	40.9%
	Cell Phone	26%	24.5%	27.5%
Pregnancy Status	Pregnant (Ages 18-44)	*	*	*
	Not Pregnant (Ages 18-44)	10%	7.7%	11.8%
County	Minnehaha	28%	24.9%	30.8%
	Pennington	33%	29.9%	36.1%
	Lincoln	28%	22.4%	34.2%
	Brown	31%	28.0%	35.2%
	Brookings	19%	15.8%	22.1%
	Codington	29%	24.9%	32.8%
	Meade	26%	21.3%	30.5%
	Lawrence	37%	31.0%	42.9%

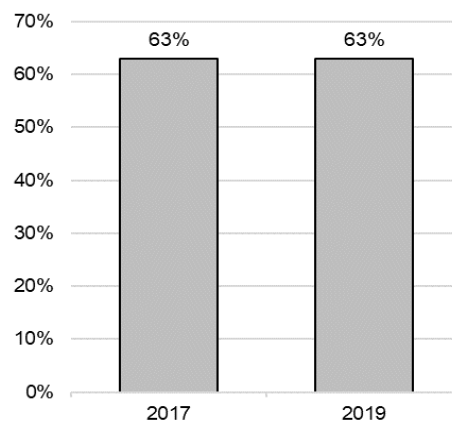
Note: *Results based on small sample sizes have been suppressed. This question was not asked in 2016 or 2018.
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2015-2019

Demographics

Gender	The prevalence of high cholesterol does not seem to differ by gender.
Age	The prevalence of high cholesterol generally increases as age increases. This includes significant increases as the 30s, 40s, 50s, 60s and 70s are reached.
Race/Ethnicity	There seems to be no racial/ethnicity difference regarding high cholesterol.
Household Income	The prevalence of high cholesterol does not seem to change as household income changes.
Education	The prevalence of high cholesterol decreases as education levels increase.
Employment	Those who are retired or unable to work demonstrate a very high prevalence of high cholesterol, while those who are a student show a very low prevalence.
Marital Status	Those who are widowed exhibit a very high prevalence of high cholesterol, while those who have never been married show a very low prevalence.
Home Ownership	Those who own their home demonstrate a significantly higher prevalence of high cholesterol than those who rent their home.
Children Status	The prevalence of high cholesterol does not seem to change based on the presence of children in the household.
Phone Status	Those who primarily use a landline phone demonstrate a significantly higher prevalence of high cholesterol than those who primarily use a cell phone.
County	Those in Pennington, Lincoln, Brown, Codington, and Lawrence counties all exhibit a very high prevalence of high cholesterol, while those in Brookings and Meade counties show a very low prevalence.

Figure 31, below, shows the percent of South Dakotans with high cholesterol who take medication for it. In 2019, 63 percent of South Dakotans took medication for high cholesterol.

Figure 31
Percentage of South Dakotans With High Cholesterol Who Take Medicine for It, 2017-2019



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2017-2019