

# Hypertension

## HYPERTENSION

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

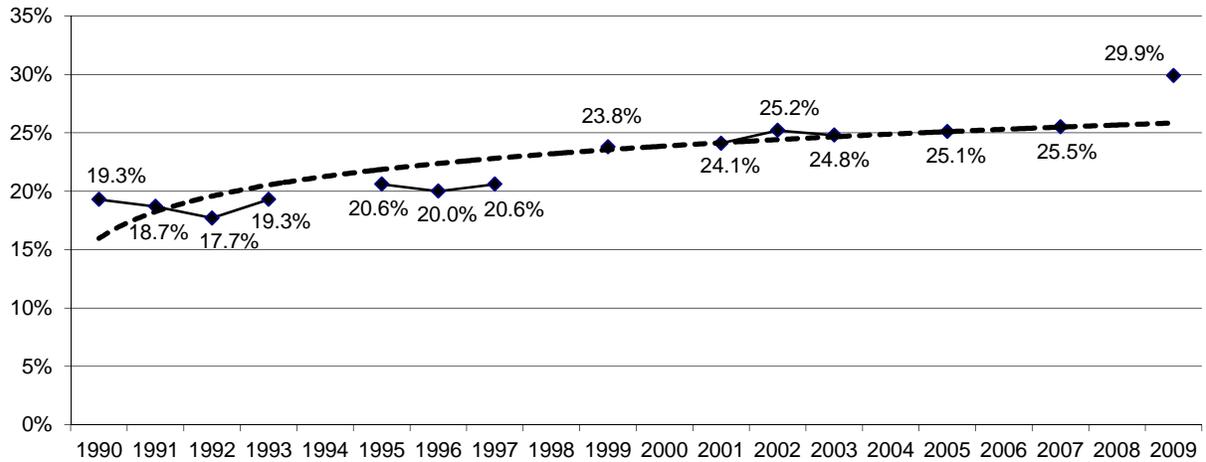
### Prevalence of Hypertension

- South Dakota 30%
- There was no nationwide median for adults with hypertension

### Healthy People 2020 Objective

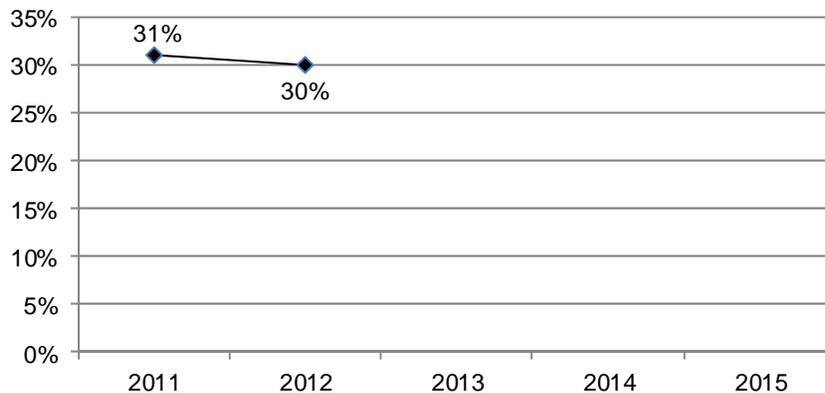
There was no comparable Healthy People 2020 Objective for adults with hypertension.

**Figure 36**  
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 37**  
Percent of Respondents Who Were Told They Have Hypertension, 2011-2012



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, 2011-2012

<b>Table 19</b>				
<b>Respondents Who Were Told They Have Hypertension, 2011-2012</b>				
		<b>2011-2012</b>	<b>2011</b>	<b>2012</b>
<b>Total</b>		<b>31%</b>	<b>31%</b>	<b>30%</b>
<b>Gender</b>	Male	32%	33%	32%
	Female	29%	29%	28%
<b>Age</b>	18-44	13%	13%	13%
	45-64	37%	38%	36%
	65+	59%	60%	58%
<b>Race</b>	White	31%	31%	31%
	American Indian	33%	*	*
<b>Ethnicity</b>	Hispanic	20%	*	*
	Non-Hispanic	31%	31%	31%
<b>Household Income</b>	Less than \$25,000	35%	36%	35%
	\$25,000-\$49,999	34%	35%	33%
	\$50,000+	25%	26%	25%
<b>Education</b>	High School, G.E.D., or Less	35%	35%	34%
	Some Post-High School	29%	29%	29%
	College Graduate	25%	26%	25%
<b>Employment Status</b>	Employed for Wages	23%	23%	23%
	Self-employed	31%	*	*
	Unemployed	26%	*	*
	Homemaker	27%	*	*
	Student	7%	*	*
	Retired	58%	58%	58%
<b>Marital Status</b>	Unable to Work	50%	*	*
	Married/Unmarried Couple	31%	32%	31%
	Divorced/Separated	35%	*	*
	Widowed	56%	*	*
<b>Home Ownership Status</b>	Never Married	17%	*	*
	Own Home	33%	33%	33%
<b>Children Status</b>	Rent Home	26%	28%	25%
	Children in Household (Ages 18-44)	12%	*	*
<b>Phone Status</b>	No Children in Household (Ages 18-44)	14%	*	*
	Landline	35%	34%	37%
<b>Pregnancy Status</b>	Cell Phone	18%	*	*
	Pregnant (Ages 18-44)	6%	*	*
	Not Pregnant (Ages 18-44)	9%	*	*

Note: \*Results based on small sample sizes have been suppressed.

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2012

### **Further Analysis**

Following are data showing 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.

<b>Table 20</b>	
<b>Hypertension for Selected Health Behaviors and Conditions, 2011-2012</b>	
<b>Health Behavior or Condition</b>	<b>% Hypertension</b>
Underweight (BMI < 18.5)	23%
Recommended (BMI = 18.5-24.9)	17%
Overweight (BMI = 25.0-29.9)	31%
Obese - Class I (BMI = 30.0-34.9)	43%
Obese - Classes II & III (BMI = 35.0+)	50%
Leisure Time Exercise	28%
No Leisure Time Exercise	39%

**Table 20 (continued)  
Hypertension for Selected Health Behaviors and Conditions, 2011-  
2012**

<b>Health Behavior or Condition</b>	<b>% Hypertension</b>
Current Smoker	27%
Former Smoker	40%
Never Smoked	28%
Smokeless Tobacco	26%
No Smokeless Tobacco	31%
Diabetes	69%
No Diabetes	27%
Health Insurance (18-64)	25%
No Health Insurance (18-64)	24%
Employer Based Coverage (18-64)	23%
Private Health Plan (18-64)	24%
Medicare (18-64)	43%
Medicaid or Medical Assistance (18-64)	20%
The Military, CHAMPUS, TriCare, or the VA (18-64)	29%
The Indian Health Service (18-64)	34%
Breast Exam Within Past Two Years	29%
No Breast Exam Within Past Two Years	25%
Mammogram Within Past Two Years (40+)	44%
No Mammogram Within Past Two Years (40+)	33%
Pap Smear Within Past Three Years	21%
No Pap Smear Within Past Three Years	29%
Blood Stool Test Within Past Two Years (50+)	52%
No Blood Stool Test Within Past Two Years (50+)	46%
Ever Had a Sigmoidoscopy or Colonoscopy (50+)	50%
Never Had a Sigmoidoscopy or Colonoscopy (50+)	39%
PSA Test Within the Past Two Years (40+)	48%
No PSA Test Within the Past Two Years (40+)	38%
Flu Shot (65+)	62%
No Flu Shot (65+)	51%
Pneumonia Shot (65+)	64%
No Pneumonia Shot (65+)	48%
Previously Had Heart Attack	67%
Never Had Heart Attack	29%
Have Angina or Coronary Heart Disease	74%
Do Not Have Angina or Coronary Heart Disease	28%
Previously Had a Stroke	70%
Never Had a Stroke	30%
Cancer	51%
No Cancer	28%
Skin Cancer	53%
No Skin Cancer	29%
Current Asthma	39%
Former Asthma	22%
Never Had Asthma	30%
Arthritis	50%
No Arthritis	25%
COPD	55%
No COPD	29%
Depression	36%
No Depression	30%
Kidney Disease	71%
No Kidney Disease	30%

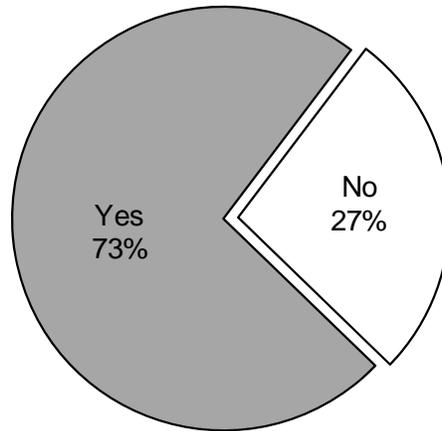
**Table 20 (continued)  
Hypertension for Selected Health Behaviors and Conditions, 2011-2012**

<b>Health Behavior or Condition</b>	<b>% Hypertension</b>
Vision Impairment	43%
No Vision Impairment	28%
Been to the Dentist in the Past Year	28%
Haven't Been to the Dentist in the Past Year	35%
Always/Almost Always Wear Seat Belt	30%
Sometimes/Seldom/Never Wear Seat Belt	32%
Drank Alcohol in Past 30 Days	28%
Did Not Drink Alcohol in Past 30 Days	35%
Binge Drinker	24%
Not a Binge Drinker	32%
Heavy Drinker	30%
Not a Heavy Drinker	31%
< 3 Sweetened Beverages per Day	32%
3+ Sweetened Beverages per Day	29%
Good/Very Good/Excellent Health Status	27%
Fair/Poor Health Status	53%
Physical Health Not Good for 0-29 Days of the Past 30	29%
Physical Health Not Good for 30 Days of the Past 30	53%
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	41%
Physical, Mental, or Emotional Problems	45%
No Physical, Mental, or Emotional Problems	27%
Disability with Special Equipment Needed	55%
No Disability with Special Equipment Needed	29%
Heard of "Healthy South Dakota" Program	31%
Not Heard of "Healthy South Dakota" Program	30%
Injured in a Fall in Past 12 Months (45+)	44%
Not Injured in a Fall in Past 12 Months (45+)	44%
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, 2011-2012

Figure 38, below, shows the percent of those who have changed their eating habits to help lower or control high blood pressure. The majority of respondents, 73 percent, have changed their eating habits to lower or control their high blood pressure.

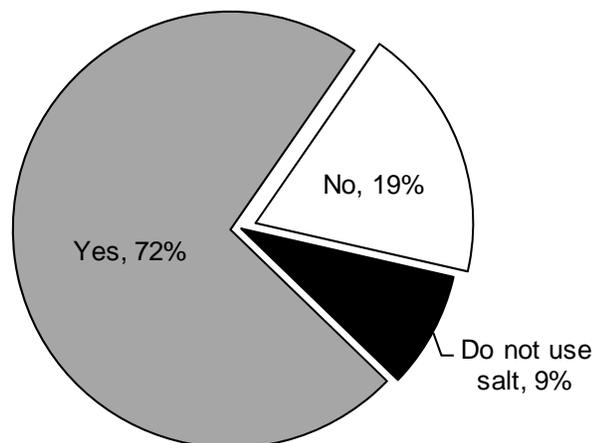
**Figure 38**  
**Respondents Who Have Changed Their Eating Habits to Help Lower or Control Their Blood Pressure, 2012**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2012

Figure 39, below, shows the percent of those who have cut down on salt to help lower or control high blood pressure. The majority of respondents, 72 percent, have cut down on salt to lower or control their high blood pressure.

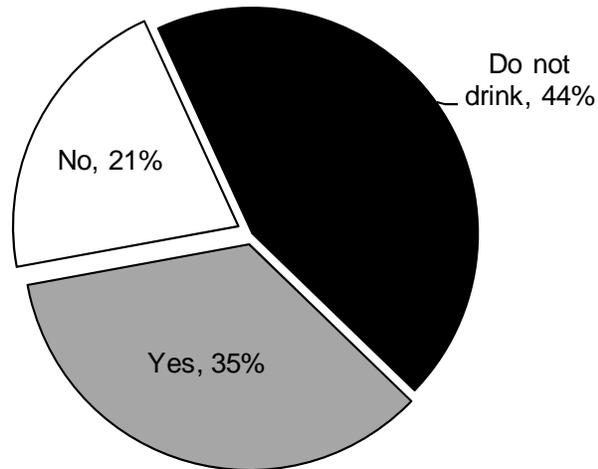
**Figure 39**  
**Respondents Who Have Cut Down on Salt to Help Lower or Control Their Blood Pressure, 2012**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2012

Figure 40, below, shows the percent of those who have reduced their alcohol use to help lower or control high blood pressure. The majority of respondents, 44 percent, indicated that they do not drink alcohol while 35 percent indicated they did reduce their alcohol use to help lower or control their high blood pressure.

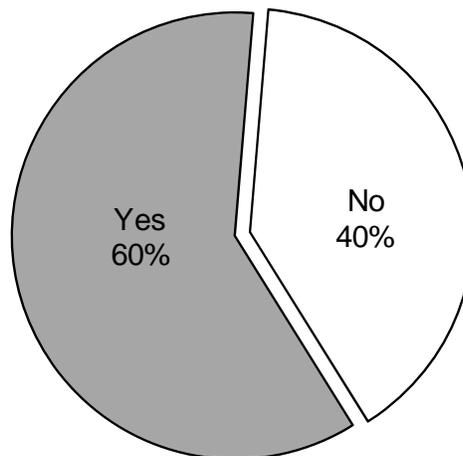
**Figure 40**  
**Respondents Who Have Reduced Alcohol Use to Help Lower or Control Their Blood Pressure, 2012**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2012

Figure 41, below, shows the percent of those who exercise to help lower or control high blood pressure. The majority of respondents, 60 percent, indicated that they exercise to help lower or control their high blood pressure.

**Figure 41**  
**Respondents Who Exercise to Help Lower or Control Their Blood Pressure, 2012**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2012