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# Hypertension and Cholesterol

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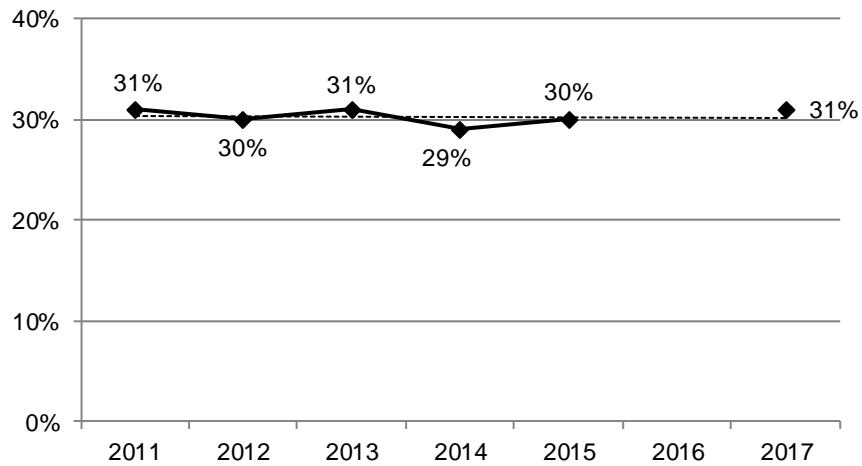
## HYPERTENSION

**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-**



Note: This question was not asked in 2016.

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2017

**Table 26**  
**South Dakotans Who Were Told They Have Hypertension, 2013-2017**

		2013-2017	95% Confidence Interval	
			Low	High
<b>Gender</b>	Male	32%	30.8%	33.5%
	Female	28%	26.9%	29.3%
<b>Age</b>	18-29	8%	6.2%	9.2%
	30-39	14%	11.7%	15.5%
	40-49	24%	21.2%	26.0%
	50-59	35%	32.9%	37.1%
	60-69	49%	46.9%	51.3%
	70-79	60%	57.7%	63.0%
	80+	62%	58.8%	65.7%
<b>Race</b>	White	31%	29.7%	31.6%
	American Indian	32%	28.6%	35.1%
<b>Ethnicity</b>	Hispanic	18%	11.8%	25.6%
	Non-Hispanic	30%	29.5%	31.3%
<b>Household Income</b>	Less than \$25,000	34%	32.0%	35.5%
	\$25,000-\$74,999	31%	29.5%	32.7%
	\$75,000+	25%	23.0%	26.4%
<b>Education</b>	Less than High School, G.E.D.	35%	31.0%	38.2%
	High School, G.E.D.	33%	31.2%	34.5%
	Some Post-High School	29%	27.5%	30.7%
	College Graduate	26%	24.6%	27.4%
<b>Employment Status</b>	Employed for Wages	23%	22.0%	24.5%
	Self-employed	26%	23.8%	28.7%
	Unemployed	23%	18.8%	27.4%
	Homemaker	24%	19.9%	27.7%
	Student	6%	3.5%	10.0%
	Retired	58%	56.5%	60.3%
	Unable to Work	46%	41.7%	50.5%
<b>Marital Status</b>	Married/Unmarried Couple	31%	30.1%	32.4%
	Divorced/Separated	34%	31.6%	36.8%
	Widowed	58%	55.4%	61.3%
	Never Married	15%	13.6%	16.9%
<b>Home Ownership Status</b>	Own Home	33%	32.4%	34.5%
	Rent Home	23%	21.5%	25.1%
<b>Children Status</b>	Children in Household (Ages 18-44)	13%	11.6%	14.9%
	No Children in Household (Ages 18-44)	11%	9.1%	12.2%
<b>Phone Status</b>	Landline	38%	37.0%	39.8%
	Cell Phone	24%	23.3%	25.6%
<b>Pregnancy Status</b>	Pregnant (Ages 18-44)	4%	1.5%	8.3%
	Not Pregnant (Ages 18-44)	9%	7.3%	10.3%
<b>County</b>	Minnehaha	27%	25.0%	29.7%
	Pennington	32%	29.1%	34.7%
	Lincoln	25%	21.7%	28.5%
	Brown	29%	26.1%	32.4%
	Brookings	20%	17.0%	23.1%
	Codington	28%	24.9%	31.5%
	Meade	32%	28.6%	36.5%
	Lawrence	30%	26.9%	34.0%

Note: \*Results based on small sample sizes have been suppressed. This question was not asked in 2016.  
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2013-2017

<b>Gender</b>	Males exhibit a significantly higher prevalence of high blood pressure than females.
<b>Age</b>	The prevalence of high blood pressure increases as age increases. This includes significant increases as the 30s, 40s, 50s, 60s, and 70s are reached.
<b>Race</b>	There seems to be no racial difference regarding high blood pressure.
<b>Ethnicity</b>	Non-Hispanics demonstrate a significantly higher prevalence of high blood pressure than Hispanics.
<b>Household Income</b>	The prevalence of high blood pressure decreases as household income increases. This includes a significant decrease as the \$75,000+ income group is reached.
<b>Education</b>	The prevalence of high blood pressure decreases as education levels increase. This includes significant decreases as some post-high school and college graduate levels are reached.
<b>Employment</b>	Those who are retired demonstrate a very high prevalence of high blood pressure, while those who are a student show a very low prevalence.
<b>Marital Status</b>	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.
<b>Home Ownership</b>	Those who own their home demonstrate a significantly higher prevalence of high blood pressure than those who rent their home.
<b>Children Status</b>	The prevalence of high blood pressure does not seem to change based on the presence of children in the household.
<b>Phone Status</b>	Those who use a landline phone demonstrate a significantly higher prevalence of high blood pressure than those who use a cell phone.
<b>Pregnancy Status</b>	There seems to be no difference in high blood pressure regarding pregnancy status.
<b>County</b>	Those in Minnehaha, Pennington, Brown, Codington, Meade, and Lawrence counties all exhibit a very high prevalence of high blood pressure, while those in Lincoln and Brookings counties show a very low prevalence.

The following table shows the percent of South Dakotans with high blood pressure who were taking medicine for it. In 2017, 79 percent of respondents were taking medicine for high blood pressure.

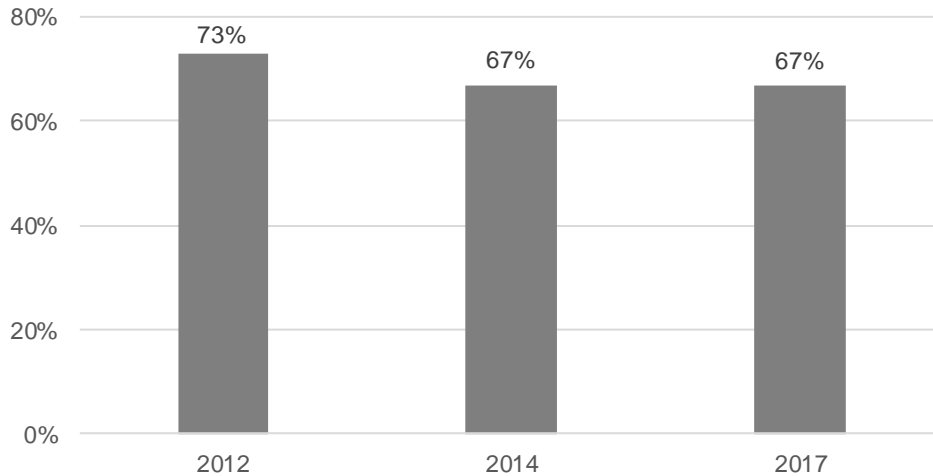
**Table 27**  
**Percentage of South Dakotans With High Blood Pressure**  
**Who Were Taking Medicine for It, 2011-2017**

<b>Year</b>	<b>%</b>
2017	79%
2015	79%
2013	81%
2011	78%

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2017

The following figures show what types of actions South Dakotans do to help lower or control high blood pressure. In 2017, 67 percent of South Dakotans changed their eating habits to help lower or control blood pressure (Figure 27).

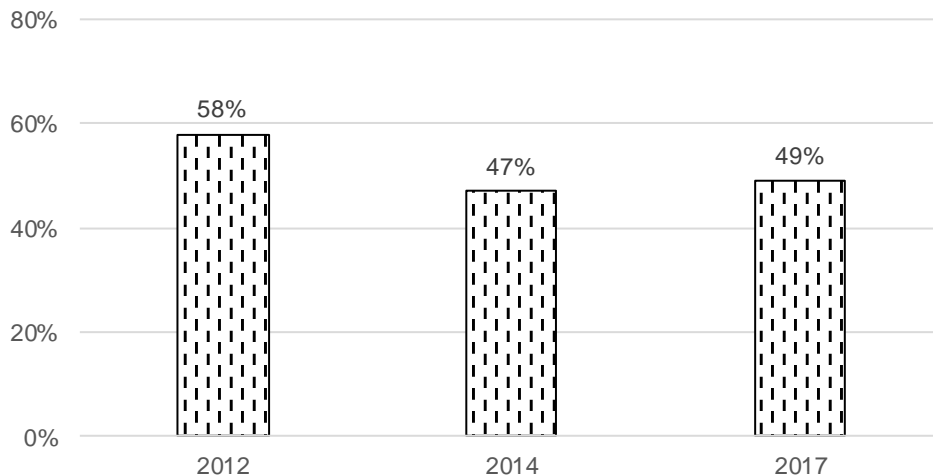
**Figure 27**  
**Percentage of South Dakotans Who Have Changed Their Eating Habits to Help Lower or Control Their High Blood Pressure, 2012-2017**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2012-2017

In 2017, 49 percent of South Dakotans reduced alcohol use to help lower or control their blood pressure (Figure 28).

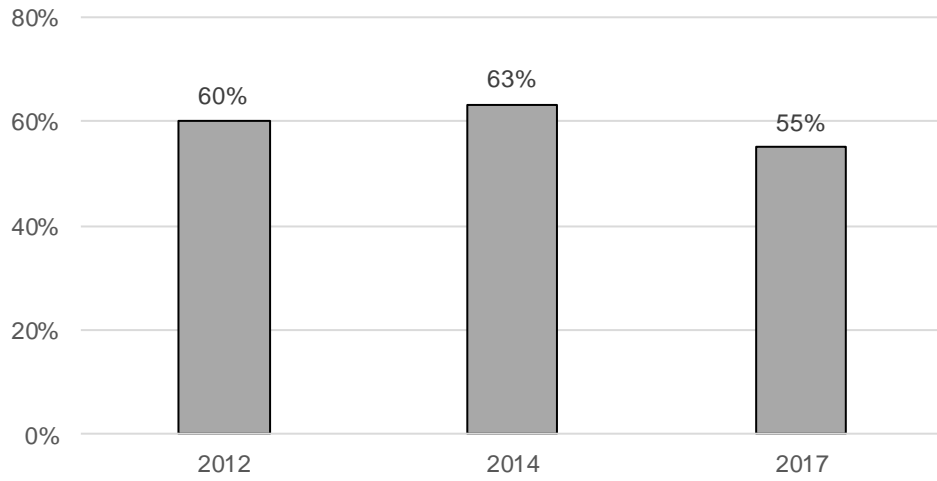
**Figure 28**  
**Percentage of South Dakotans (Current Drinkers) Who Are Reducing Alcohol Use to Help Lower or Control Their High Blood Pressure, 2012-2017**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2012-2017

In 2017, 55 percent of South Dakotans exercised to help lower or control their blood pressure (Figure 29).

**Figure 29**  
**Percentage of South Dakotans Who Are Exercising to Help Lower or Control Their High Blood Pressure, 2012-2017**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2012-2017

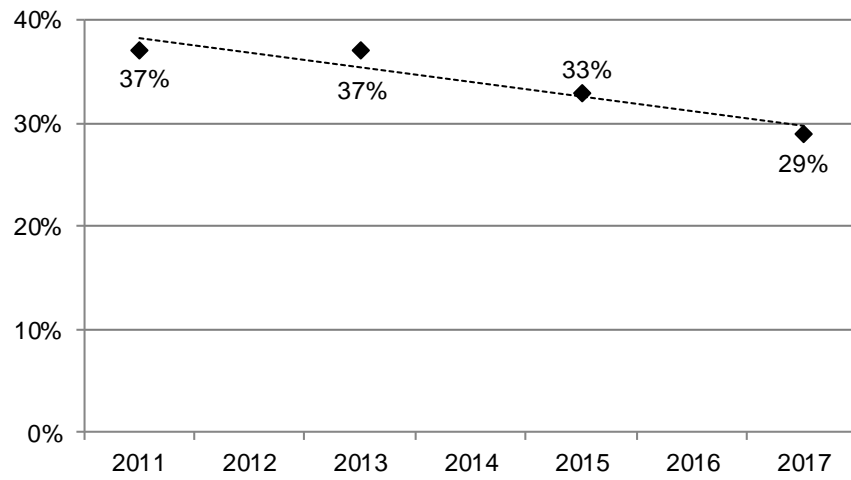
## **HIGH BLOOD CHOLESTEROL**

***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 29%
- Nationwide median 33%

**Figure 30**  
**Percentage of South Dakotans Who Were Told They Have High Blood Cholesterol, 2011-2017**



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

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2017

**Table 28**  
**South Dakotans Who Were Told They Have High Blood Cholesterol, 2013-2017**

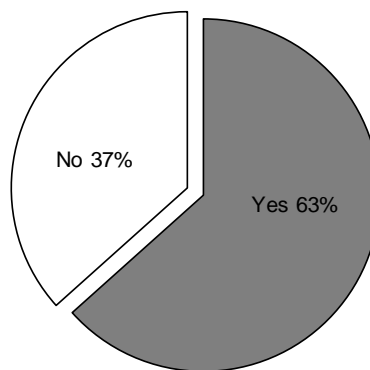
		2013-2017	95% Confidence Interval	
			Low	High
<b>Gender</b>	Male	35%	33.1%	36.7%
	Female	31%	29.8%	32.9%
<b>Age</b>	18-29	6%	4.0%	7.6%
	30-39	16%	13.6%	19.1%
	40-49	24%	21.4%	27.2%
	50-59	37%	34.6%	39.9%
	60-69	48%	45.0%	50.1%
	70-79	53%	49.9%	55.9%
	80+	50%	45.9%	54.7%
<b>Race</b>	White	34%	32.9%	35.4%
	American Indian	31%	26.1%	35.3%
<b>Ethnicity</b>	Hispanic	22%	14.6%	31.2%
	Non-Hispanic	33%	32.1%	34.5%
<b>Household Income</b>	Less than \$25,000	35%	32.3%	36.9%
	\$25,000-\$74,999	33%	31.1%	35.4%
	\$75,000+	30%	27.9%	32.3%
<b>Education</b>	Less than High School, G.E.D.	40%	34.5%	44.7%
	High School, G.E.D.	33%	31.3%	35.6%
	Some Post-High School	33%	30.9%	35.1%
	College Graduate	31%	28.8%	32.5%
<b>Employment Status</b>	Employed for Wages	27%	25.8%	29.1%
	Self-employed	30%	26.3%	33.1%
	Unemployed	22%	16.6%	28.3%
	Homemaker	28%	23.8%	33.7%
	Student	6%	3.5%	9.9%
	Retired	51%	48.3%	52.8%
	Unable to Work	46%	40.7%	51.7%
<b>Marital Status</b>	Married/Unmarried Couple	34%	32.5%	35.5%
	Divorced/Separated	34%	30.4%	37.0%
	Widowed	50%	45.9%	53.2%
	Never Married	19%	16.9%	22.3%
<b>Home Ownership Status</b>	Own Home	36%	34.3%	37.1%
	Rent Home	24%	22.0%	26.9%
<b>Children Status</b>	Children in Household (Ages 18-44)	14%	12.1%	16.3%
	No Children in Household (Ages 18-44)	12%	10.0%	15.1%
<b>Phone Status</b>	Landline	41%	38.8%	42.4%
	Cell Phone	27%	25.9%	29.0%
<b>Pregnancy Status</b>	Pregnant (Ages 18-44)	*	*	*
	Not Pregnant (Ages 18-44)	11%	9.5%	13.8%
<b>County</b>	Minnehaha	31%	28.0%	34.0%
	Pennington	32%	28.5%	36.0%
	Lincoln	29%	24.0%	34.1%
	Brown	28%	24.0%	33.3%
	Brookings	22%	18.0%	27.5%
	Codington	31%	26.0%	37.2%
	Meade	35%	29.5%	41.1%
	Lawrence	37%	31.0%	42.9%

Note: \*Results based on small sample sizes have been suppressed. This question was not asked in 2014 or 2016.  
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2013-2017

<b>Gender</b>	Males exhibit a significantly higher prevalence of high cholesterol than females.
<b>Age</b>	The prevalence of high cholesterol generally increases as age increases. This includes significant increases as the 30s, 40s, 50s, and 60s are reached.
<b>Race</b>	There seems to be no racial difference regarding high cholesterol.
<b>Ethnicity</b>	Non-Hispanics demonstrate a significantly higher prevalence of high cholesterol than Hispanics.
<b>Household Income</b>	The prevalence of high cholesterol decreases as household income increases.
<b>Education</b>	The prevalence of high cholesterol decreases as education levels increase.
<b>Employment</b>	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.
<b>Marital Status</b>	Those who are widowed exhibit a very high prevalence of high cholesterol, while those who have never been married show a very low prevalence.
<b>Home Ownership</b>	Those who own their home demonstrate a significantly higher prevalence of high cholesterol than those who rent their home.
<b>Children Status</b>	The prevalence of high cholesterol does not seem to change based on the presence of children in the household.
<b>Phone Status</b>	Those who use a landline phone demonstrate a significantly higher prevalence of high cholesterol than those who use a cell phone.
<b>County</b>	Those in Minnehaha, Pennington, Meade, and Lawrence counties all exhibit a very high prevalence of high cholesterol, while those in Brookings county show a very low prevalence.

Figure 31, below, shows the percent of South Dakotans with high cholesterol who take medication it. In 2017, 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**



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