

# High Blood Pressure among Kansas Adults

## What is high blood pressure?

Blood pressure is the force exerted on artery walls as blood is pumped by the heart through the circulatory system. High blood pressure, also called hypertension, is a chronic health condition that requires the heart to work harder causing the heart muscle to weaken over time. High blood pressure among adults is defined as having systolic pressure of 140 mmHg or higher or diastolic pressure of 90 mmHg or higher.<sup>1,2</sup> High blood pressure significantly increases risk for heart attack, stroke, kidney disease and diabetes complications. Approximately 75 million U.S. adults have high blood pressure and only about half (54%) have their condition under control. About 1 of 5 U.S. adults are not aware they have high blood pressure and are not being treated.<sup>3</sup>

## Classification of blood pressure for adults<sup>1,2</sup>

Blood Pressure Category*	Systolic Blood Pressure (upper number)	/	Diastolic Blood Pressure (bottom number)
Normal	<120 mmHg	and	<80 mmHg
Prehypertension (At Risk)	120 to 139 mmHg	or	80 to 89 mmHg
Stage 1 Hypertension	140 to 159 mmHg	or	90 to 99 mmHg
Stage 2 Hypertension	≥160 mmHg	or	≥100 mmHg
Hypertensive Crisis ( <b>call 911 now</b> )	>180 mmHg	or	>110 mmHg

The systolic pressure represents the pressure in the blood vessels when the heart contracts. The diastolic pressure represents the pressure in the blood vessels in between contractions or when the heart rests between beats.

\* If systolic and diastolic blood pressure fall into different categories, the higher category is used to classify blood pressure

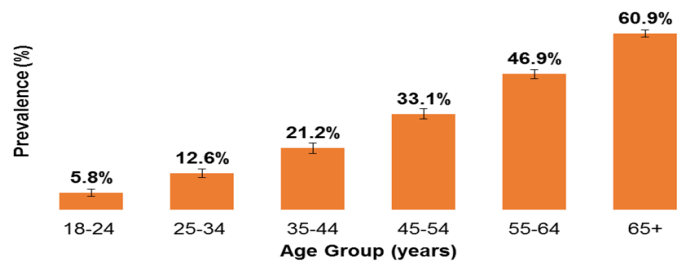
## Prevalence of high blood pressure among Kansas adults<sup>†</sup>

~**692,000** of Kansas adults have ever been diagnosed with hypertension



**31.6%** of Kansas adults

Prevalence of **hypertension increases with age** from 5.8% among adults aged 18 to 24 year to 60.9% among adults aged 65 years and older



## High blood pressure is more common among

White, non-Hispanic; 32.8%

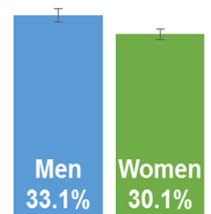
African-American, non-Hispanic; 39.0%

Other/Multiracial, non-Hispanic; 26.2%

Hispanic; 20.1%

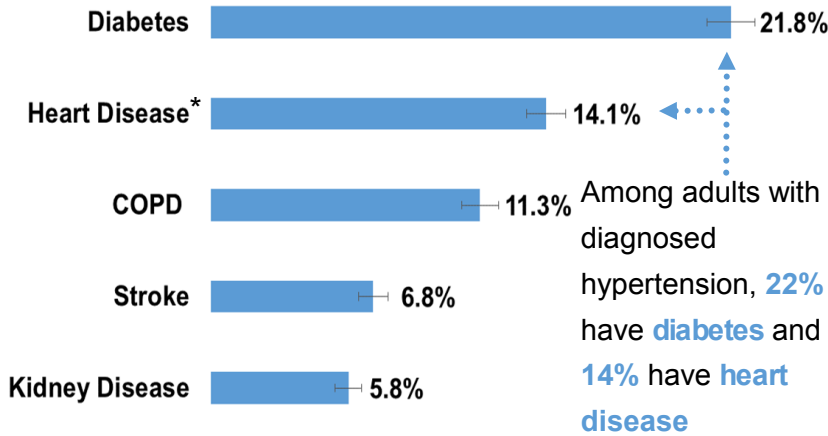
**non-Hispanic African-Americans** than non-Hispanic whites and Hispanics

**men** than **women**



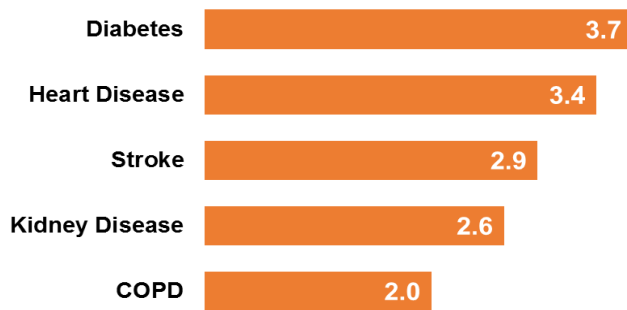
<sup>†</sup> Based on respondents who self-reported they had been told by a doctor they had high blood pressure, excluding females told only during pregnancy. Source: 2015 Kansas Behavioral Risk Factor Surveillance System, Kansas Department of Health and Environment, Bureau of Health Promotion.

## High blood pressure is associated with other chronic health conditions



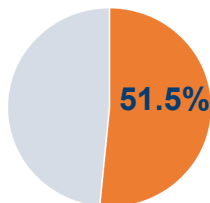
**3 in 4** Kansas adults with hypertension are currently **taking medication** to control their blood pressure

## Kansas adults who have high blood pressure have greater odds\*\* of having chronic health conditions

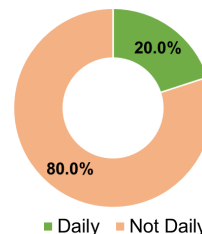


Adults who are diagnosed with hypertension have **3.7 greater odds** of having **diabetes** and **3.4 greater odds** of having **heart disease**

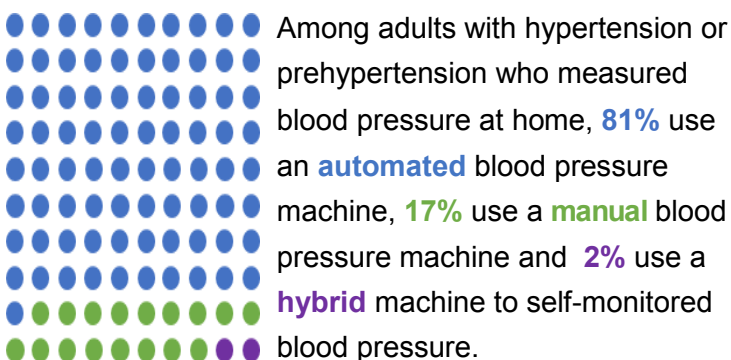
## Self-monitoring† blood pressure among Kansas adults with hypertension or prehypertension



**1 in 2** Kansas adults with hypertension or prehypertension **measure blood pressure at home**.



Among adults with hypertension or prehypertension who measured blood pressure at home, only **20%** measure **daily**.



Among adults with hypertension or prehypertension who measured blood pressure at home, only **5.3%** **transmit blood pressure readings** to health care provider for feedback.

\* Heart disease includes adults who ever have coronary heart disease (angina) or heart attack (myocardial infarct).

\*\* The analysis is adjusted to remove the effect of age, race/ethnicity and gender.

† Based on respondents who had been told by a doctor they had high blood pressure, borderline high or pre-hypertensive, excluding females told only during pregnancy. Source: 2015 Kansas Behavioral Risk Factor Surveillance System, Kansas Department of Health and Environment, Bureau of Health Promotion.

## Blood Pressure Measurement Technique



Use the **right sized cuff** on a **bare arm**



Place arm at **heart level** with **palm** of hand **upright**



Have **back supported**, **legs uncrossed** and **feet supported**



**Avoid talking and movement** while the blood pressure is being taken



**Record exact numbers**

## Recommendations to Prevent and Manage High Blood Pressure<sup>2-4</sup>



### Stay physically active and maintain healthy body weight

Regular aerobic physical activity such as brisk walking (at least 30 minutes per day 5 days per week or 150 minutes every week) is recommended.<sup>7</sup>



### Take blood pressure medicine as prescribed



### Avoid tobacco use and secondhand smoke.

### Limit alcohol consumption to no more than 1 drink per day for women and 2 drinks per day for men.

**\*\*Note:** alcoholic drink equivalence<sup>5</sup>: 12 fl. oz. at 5% alcohol = 5 fl. oz. at 12% alcohol = 1.5 fl. oz. 80 proof distilled spirits

### Maintain healthy dietary habits

- Read nutrition label
- Reduce salt (sodium) intake<sup>5</sup>
  - ⇒ Less than 2,300 mg per day
  - ⇒ Limit intake to 1,500 mg per day for adults aged 51 years and older, African-Americans or adults who have high blood pressure, diabetes or chronic kidney disease.
- Increase fruit and vegetable consumption
- Consume low-fat dairy products with less saturated and total fats

#### Nutrition Facts

Serving Size 1 cup (246g)  
Servings Per Container 2

Amount Per Serving
<b>Calories 90</b>
<b>Total Fat 2g</b>
Saturated Fat 0.5g
<b>Cholesterol 25mg</b>
<b>Sodium 400 mg</b>
<b>Total Carbohydrate 11g</b>



### Manage stress and check blood pressure regularly.

## References

1. National Center for Chronic Disease Prevention and Health Promotion, Division for Heart Disease and Stroke Prevention. About high blood pressure. Centers for Disease Control and Prevention website. July 2014. <http://www.cdc.gov/bloodpressure/about.htm>. Accessed March 14, 2017.
2. National High Blood Pressure Education Program, 2004. The seventh report of the Joint National Committee on prevention, detection, evaluation, and treatment of high blood pressure.
3. National Center for Chronic Disease Prevention and Health Promotion, Division for Heart Disease and Stroke Prevention. About high blood pressure. Centers for Disease Control and Prevention website. Nov 2016. <https://www.cdc.gov/bloodpressure/facts.htm>. Accessed March 14, 2017.
4. National Center for Chronic Disease Prevention and Health Promotion, Division for Heart Disease and Stroke Prevention. A snapshot: blood pressure in the U.S. Centers for Disease Control and Prevention website. September 24, 2014. <http://www.cdc.gov/bloodpressure/infographic.htm>. Accessed March 14, 2017.
5. U.S. Department of Health and Human Services and U.S. Department of Agriculture. Dietary Guidelines for Americans: 2015-2020. 8th Edition. December 2015.

Data available at <http://www.kdheks.gov/brfss/>.

For additional information, please contact Bureau of Health Promotion at (715) 291-3742.

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