

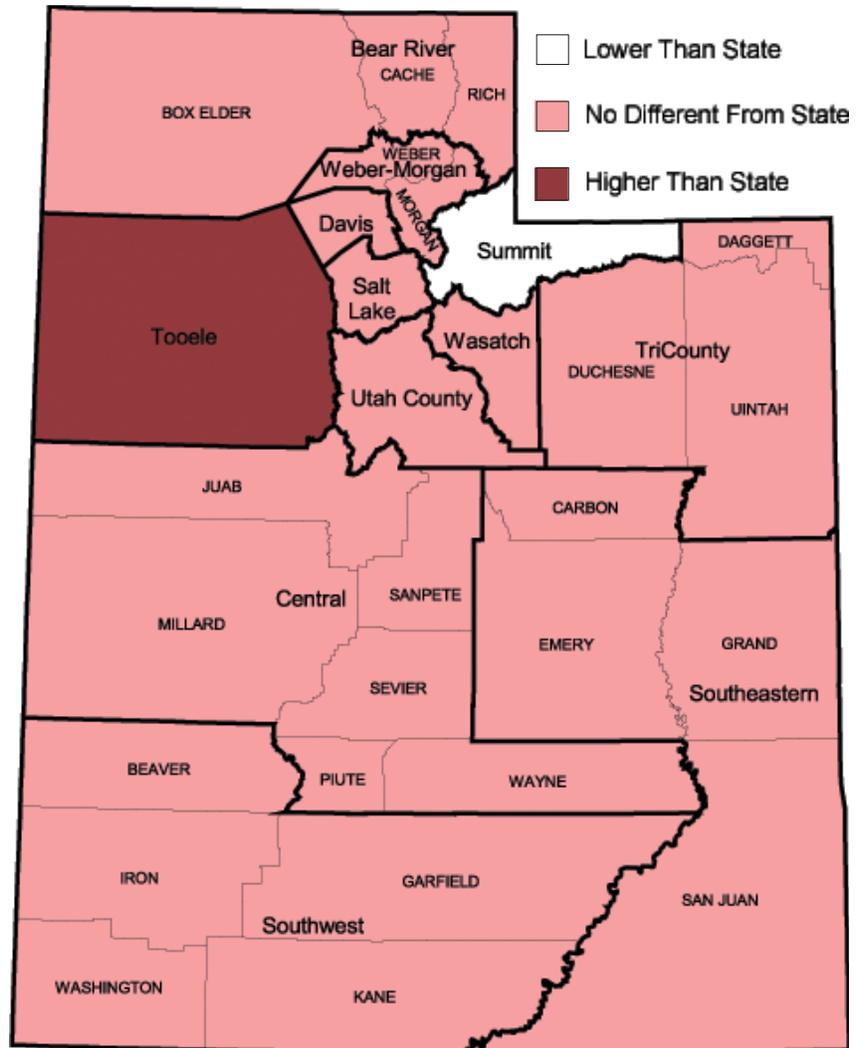
High Blood Pressure Awareness



Question: *Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?*

High blood pressure is a condition that can be found in persons of all ages. It is defined as a systolic blood pressure of 140 mm Hg or greater or a diastolic blood pressure of 90 mm Hg or greater. As a result of high blood pressure, the heart has to work harder, increasing the risk of stroke, coronary heart disease, and kidney failure. About one in four U.S. adults has high blood pressure but nearly one third of these people are unaware that they have it.³ The only way to detect high blood pressure is through regular blood pressure measurement. According to the American Heart Association, blood pressure measurement should be performed at least every two years after a normal reading. Individuals with blood pressures near the top of the normal range or with a family history of high blood pressure should consult their health care providers about how often to have their blood pressures checked. Weight loss, medication, exercise, smoking cessation, stress management, and lowering sodium and alcohol intake can control high blood pressure.

High Blood Pressure by Whether the Local Health District Percentage Differed From the State, Utah Adults Ages 18+, 1999 and 2001



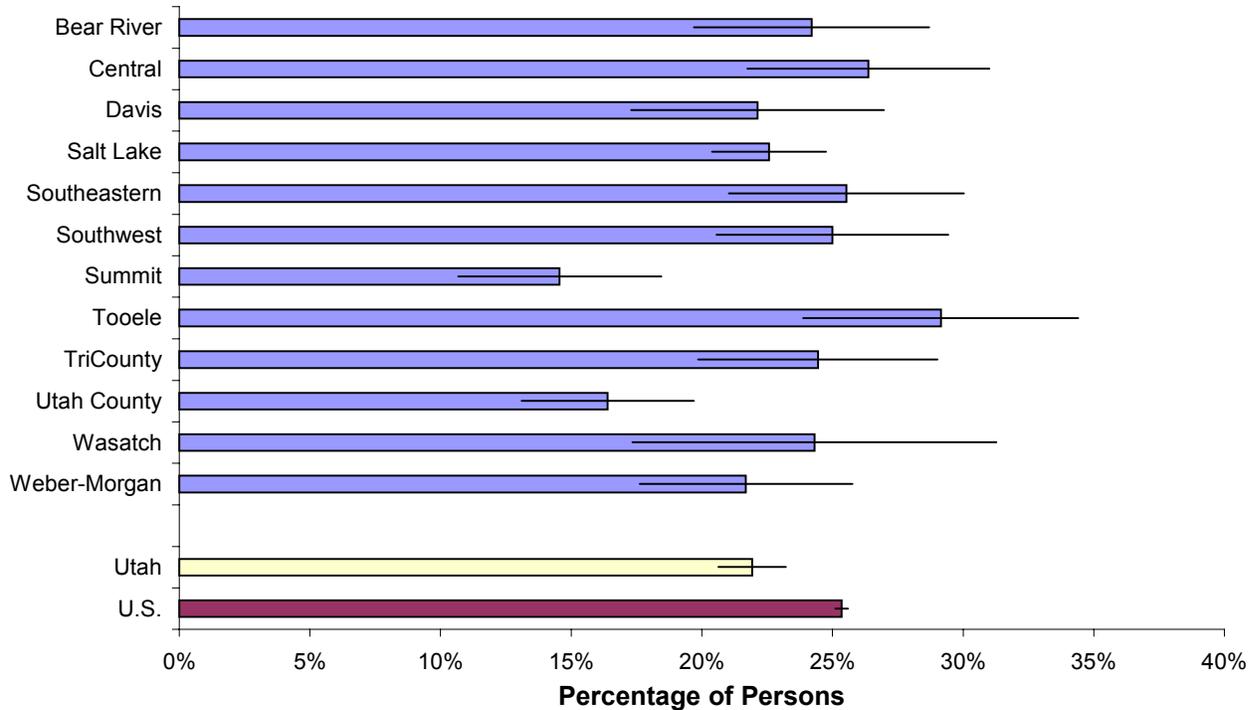
Age adjusted to the U.S. 2000 standard population. Percentage for a local health district was considered different from the state percentage if its 95% confidence interval did not include the state percentage. Source: Behavioral Risk Factor Surveillance System

- The percentage of Utah adults living in Tooele County Health District who reported having been told that they had high blood pressure was significantly higher than the state percentage. The percentage in Summit County Health District was significantly lower than the state percentage.
- The percentage of Utah adults who reported having been told that they had high blood pressure was below that of the U.S. (23.5% and 25.0% respectively, age-adjusted rates).



High Blood Pressure Awareness

Percentage of Persons Who Reported Having Been Told That They Had High Blood Pressure*
by Local Health District, Utah, and U.S., Adults Ages 18+, 1999 and 2001



* crude rates
Source: Behavioral Risk Factor Surveillance System

District	Sample Size	Total Number of Adults	Crude Rates			Age-adjusted Rates**		
			Number Told Had High Blood Pressure	Percent	95% CI Range	Percent	95% CI Range	
Bear River	445	91,817	22,200	24.2%	19.7% 28.7%	26.9%	22.6% 31.3%	
Central	419	43,286	11,400	26.4%	21.7% 31.0%	25.3%	21.2% 29.4%	
Davis	393	155,816	34,500	22.1%	17.3% 27.0%	23.7%	19.0% 28.4%	
Salt Lake	1,872	627,857	141,700	22.6%	20.4% 24.8%	23.9%	21.8% 25.9%	
Southeastern	420	36,451	9,300	25.5%	21.0% 30.0%	25.8%	21.9% 29.7%	
Southwest	460	97,595	24,400	25.0%	20.6% 29.4%	23.6%	19.4% 27.7%	
Summit	382	21,092	3,100	14.6%	10.7% 18.5%	16.0%	12.0% 20.1%	
Tooele	533	27,012	7,900	29.2%	23.9% 34.4%	28.9%	24.2% 33.6%	
TriCounty	409	26,359	6,400	24.4%	19.9% 29.0%	25.7%	21.3% 30.1%	
Utah County	610	245,264	40,200	16.4%	13.1% 19.7%	20.7%	17.1% 24.4%	
Wasatch	414	10,154	2,500	24.3%	17.3% 31.3%	24.2%	19.2% 29.3%	
Weber-Morgan	451	140,822	30,500	21.7%	17.6% 25.8%	21.1%	17.5% 24.7%	
Utah	6,808	1,523,525	334,100	21.9%	20.6% 23.2%	23.5%	22.3% 24.8%	
U.S.				25.4%	25.1% 25.6%	25.0%	24.8% 25.2%	

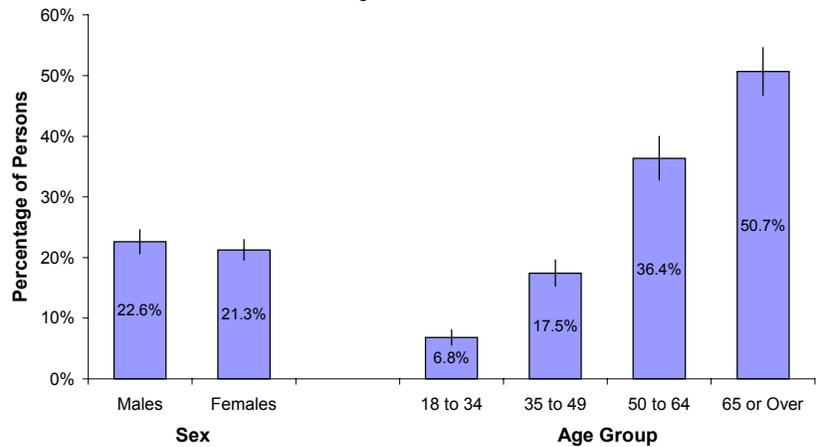
** Age adjusted to U.S. 2000 standard population

High Blood Pressure Awareness



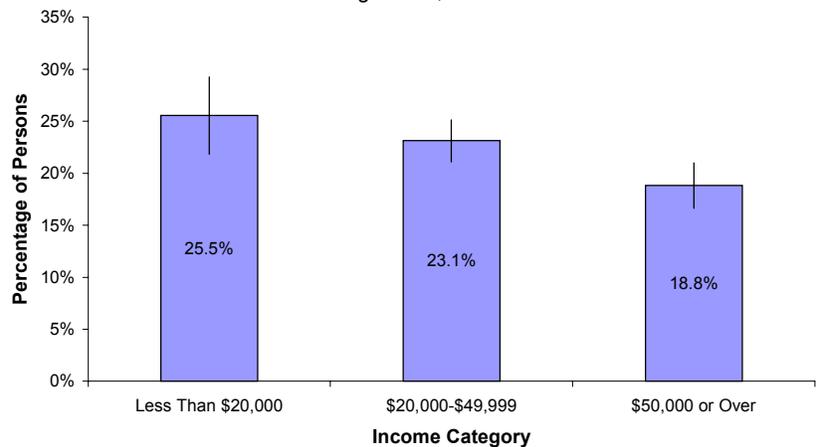
- The percentage of Utah adults who reported having been told that they had high blood pressure increased with age. Almost 51% of Utahns ages 65 or over reported having been told that they had high blood pressure.

Percentage of Persons Who Reported Having Been Told That They Had High Blood Pressure by Sex and Age, Utah Adults Ages 18+, 1999 and 2001



- As annual household income and years of education (not graphed) increased, the percentage of Utah adults who reported having been told that they had high blood pressure decreased.

Percentage of Persons Who Reported Having Been Told That They Had High Blood Pressure by Income, Utah Adults Ages 18+, 1999 and 2001



Utah Objective: By 2010, increase the proportion of Utah adults ages 18 or over who have had their blood pressure measured in the preceding two years to 95% (age adjusted to the U.S. 2000 standard population).

HP2010 Objective 12-12: Increase the proportion of adults who have had their blood pressure measured within the preceding two years and can state whether their blood pressure was normal or high to 95% (age adjusted to the U.S. 2000 standard population).



High Blood Pressure Awareness

Percentage of Persons Who Reported Having Been Told That They Had High Blood Pressure by Selected Demographic Characteristics, Utah Adults Ages 18+, 1999 and 2001.

Demographic Subgroup	Utah Population		Survey Estimates				
	Distribution	Number of Persons ¹	Percentage of Persons Who Reported They Were Told They Had High Blood Pressure ²			Number of Persons ^{1,3}	Distribution of Persons Who Reported They Were Told They Had High Blood Pressure by Category
			95% Confidence Intervals Lower	95% Confidence Intervals Upper	95% Confidence Intervals		
Told Blood Pressure High							
Told High	21.9%	334,100					
Not Told High	78.1%	1,189,400					
Total, All Adults	100.0%	1,523,500					
Sex							
Males	49.5%	753,700	22.6%	20.6%	24.6%	170,400	51.0%
Females	50.5%	769,800	21.3%	19.6%	23.0%	163,800	49.0%
Total, All Adults	100.0%	1,523,500	21.9%	20.6%	23.2%	334,100	100.0%
Age Group							
18 to 34	42.6%	648,500	6.8%	5.5%	8.1%	44,200	14.4%
35 to 49	28.5%	433,700	17.5%	15.3%	19.6%	75,700	24.6%
50 to 64	16.4%	250,000	36.4%	32.8%	40.0%	91,000	29.6%
65 or Over	12.6%	191,300	50.7%	46.8%	54.6%	97,000	31.5%
Total, All Adults	100.0%	1,523,500	21.9%	20.6%	23.2%	334,100	100.0%
Race/Ethnicity							
White, Non-Hispanic	88.4%	1,346,000	22.5%	21.1%	23.9%	302,700	91.1%
Hispanic	8.3%	126,000	15.7%	10.8%	20.6%	19,800	6.0%
Non-White, Non-Hispanic	3.4%	51,500	19.1%	12.3%	25.9%	9,800	2.9%
Total, All Adults	100.0%	1,523,500	21.9%	20.6%	23.2%	334,100	100.0%
Income							
Less Than \$20,000	13.6%	207,700	25.5%	21.8%	29.3%	53,000	16.0%
\$20,000-\$49,999	47.8%	727,500	23.1%	21.1%	25.1%	168,200	50.7%
\$50,000 or Over	38.6%	588,400	18.8%	16.6%	21.0%	110,700	33.4%
Total, All Adults	100.0%	1,523,500	21.9%	20.6%	23.2%	334,100	100.0%
Education							
Less Than High School	6.0%	91,700	25.8%	19.9%	31.7%	23,600	7.1%
H.S. Grad or G.E.D.	30.1%	458,100	23.7%	21.4%	26.1%	108,700	32.6%
Some Post High School	35.1%	534,100	21.0%	18.8%	23.1%	111,900	33.5%
College Graduate	28.9%	439,500	20.3%	18.0%	22.7%	89,400	26.8%
Total, All Adults	100.0%	1,523,500	21.9%	20.6%	23.2%	334,100	100.0%

1 Rounded to the nearest 100 persons.

2 Plus or minus 95% confidence interval.

3 Figures in these columns may not sum to the total because some surveyed individuals had missing values on the grouping variables.

Population counts for age, sex, and total population were the 2000 estimates provided by the Governor's Office of Planning and Budget. Population count estimates for race/ethnicity, income, and education populations were derived from averaging three years of the BRFSS surveys from 1999-2001.