

Hypertension

Summary / Recommendations: The 2005 prevalence rates for Louisiana residents who were ever told by a health care provider that they have high blood pressure or hypertension was highest in the following groups: age group 55 and older, Black residents, lower education and household income level, and residents unable to work. Those who reported self-employment also had high rates of hypertension.

Prevalence of hypertension among adults, overall and by select categories Behavioral Risk Factor Surveillance System, Louisiana 2005

Characteristics+	Hypertensive residents**		
	Sample Size*	%	95% CI
Total	995	29.4	[27.5-31.3]
Age			
18-34	70	10.2	[7.4-12.9]
35-54	312	26.9	[23.9-29.9]
55-64	613	54.6	[51.2-57.9]
65+	357	57.1	[52.6-61.6]
Gender			
Male	347	29.8	[26.7-32.9]
Female	648	29	[26.8-31.3]
Race			
White	598	26.8	[24.5-29.0]
Black	324	35	[31.0-39.0]
Education			
< High school	205	43.9	[38.0-49.8]
High school grad	375	30.4	[27.1-33.6]
Some college/grad	411	24.6	[22.1-27.1]
HH Income			
<\$25,000	379	35.4	[31.7-39.1]
\$25,000-\$49,999	223	25.6	[22.0-29.1]
\$50,000+	196	24.7	[21.3-28.0]
Employment			
Employed	336	21.1	[18.7-23.5]
Self-employed	386	45.5	[41.5-49.5]
Unemployed	106	19.1	[14.8-23.5]
Unable to work	165	56.2	[49.0-63.5]

* Percentages are based on weighted data estimates. Un-weighted sample size = 995
 + In this analysis, data for each category are included only for persons for whom the data were available; excluded data were either unknown or refused.
 **The proportion who reported that they were ever told by health care professional that they have high blood pressure. Women who only have HBP during pregnancy and adults who were borderline hypertensive are not included.

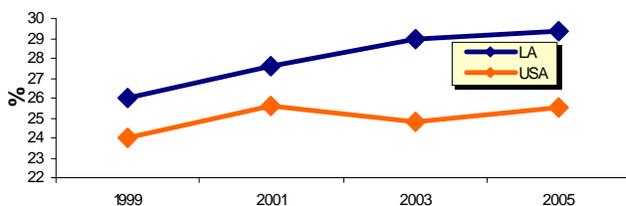
Hypertension or high blood pressure affects 1 in every 3 United States citizens (CDC, 2007). Hypertension increases the risks of developing cardiovascular disease, stroke, and a number of fatal illnesses or conditions (CDC, 2007). Currently cardiovascular disease is the number one cause of death in all people, and stroke is third (*Healthy People 2010, 2000*). One of the health objectives in *Healthy People 2010* designed to address risk factors for cardiovascular disease and stroke is to “reduce the proportion of adults with high blood pressure (objective 12-9)” to 16% (*Healthy People 2010, 2000*).

Hypertension or high blood pressure can be developed at any age and can be extremely deadly (CDC, 2007). Hypertension can be maintained and controlled by regular blood pressure checks, as well as, proper diet (CDC, 2007).

In, 2005, the proportion of Louisiana residents that were ever told by a health care professional that they have high blood pressure was 29.4% [95% CI: 27.5-31.3]. Those aged 65 and older had the highest prevalence rate, 57.1% [95% CI: 52.6-61.6].

Regarding race-ethnicity, Black Louisiana residents had a significantly higher prevalence rate, 35.0% [95% CI: 31.0-39.0], than Whites, 26.8% [95% CI: 24.5-29.0]. As education level and household income increased, the prevalence of high blood pressure diagnosis decreased. Louisiana residents who reported being unable to work had a significantly higher prevalence rate, 56.2% [95% CI: 49.0-63.5] than employed, self-employed and unemployed residents.

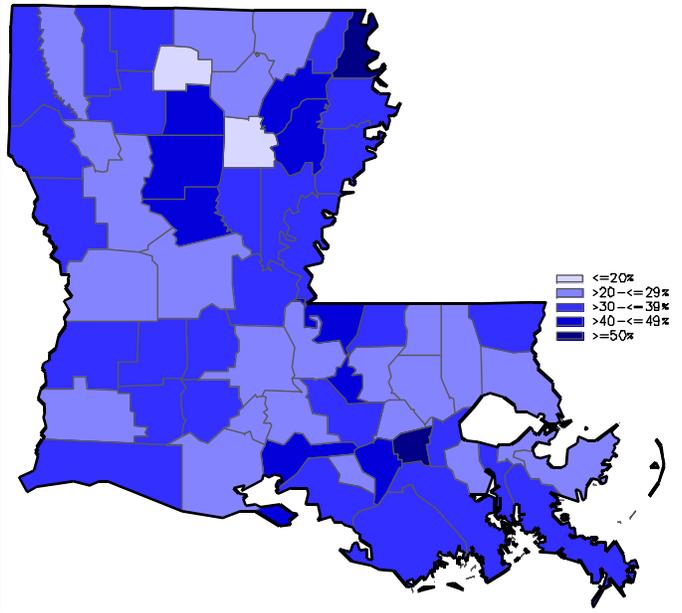
US & LA Residents that reported having hypertension 1999, 2001, 2003 & 2005



From 1999 to 2005, the prevalence of hypertension has increased slightly, both nationally and in Louisiana. Unfortunately, Louisiana’s rate has remained higher than the national median through that time period.

Prevalence of Hypertension for Louisiana 2004-2005 by Parish** and Region+

For the combined years 2004-2005 the top five parishes with the highest prevalence for hypertension were: E Carroll*(57.3%), St. James (53.3%), Richland (48.4%), Jackson (47.3%), and W Feliciana*(45.7%).



Parish	N	%	95% CI
E Carroll*	25	57.3	[23.2 - 91.4]
St. James	61	53.3	[34.3 - 72]
Richland	71	49.4	[32.2 - 66.6]
Jackson	61	47.3	[28.4 - 66.3]
W. Feliciana*	28	45.7	[22.4 - 69]
Franklin	88	43.5	[28.6 - 58.3]
Grant	83	42.3	[25.1 - 59.4]
Assumption	72	41.4	[24.7 - 58.1]
Winn	75	40.6	[25.9 - 55.3]
Iberia	151	40.5	[29.8 - 51.3]

* Denotes categories less than 50 respondents. Inferences based on categories with less than 50 respondents should be used with caution.

**The 2004 and 2005 BRFSS data files were combined to increase the sample size by parish.

Region	N	%	95% CI
1	956	30.5	[27.1 - 33.8]
2	959	28.8	[25.5 - 32.2]
3	913	31.6	[28.1 - 35.1]
4	942	28.7	[25.4 - 32]
5	918	31	[27.6 - 34.5]
6	954	36.9	[33.3 - 40.5]
7	963	33.1	[29.7 - 36.5]
8	965	33.2	[29.6 - 36.7]
9	977	28.4	[25.3 - 31.6]

+ Residents with hypertension by region (2004 LA BRFSS)