

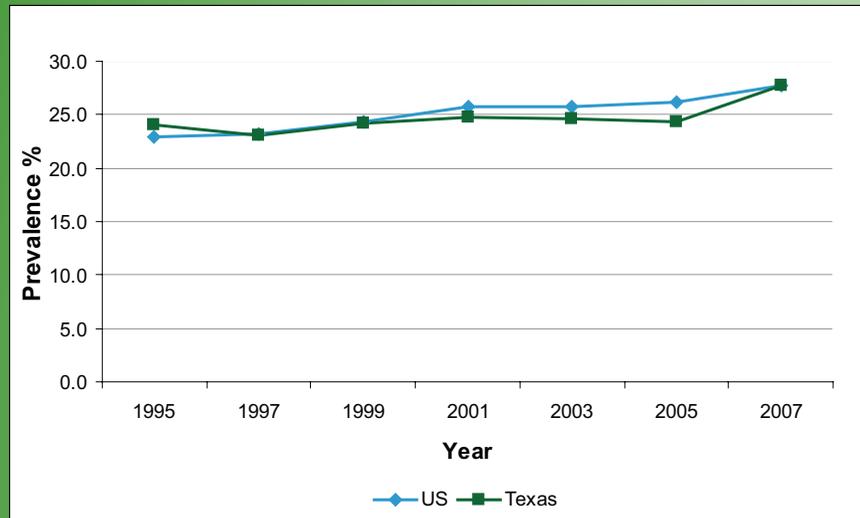
# Action to Control High Blood Pressure in Texas, 2007

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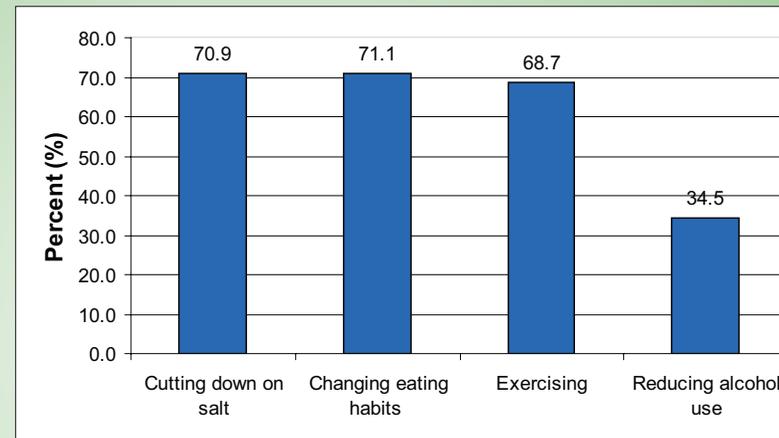
Almost 28 percent of the U.S. and Texas population has high blood pressure (HBP). Around 70 percent of those people take action to control their HBP. A Healthy People 2010 objective is to increase the proportion of adults with HBP who are taking action to help control their HBP.

Having HBP increases one's chance for developing heart disease, a stroke, and other serious conditions. However, HBP is easily detectable and usually can be controlled. Maintaining a healthy blood pressure is an important public health strategy. Therefore, it is important for persons to know their blood pressure level, to check it regularly and take actions to control their HBP.

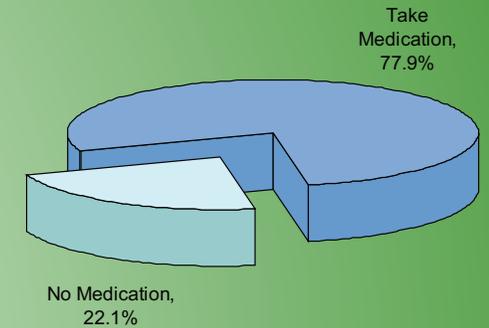
Diagnosis of HBP Among Adults, Texas and U.S., 1995-2007



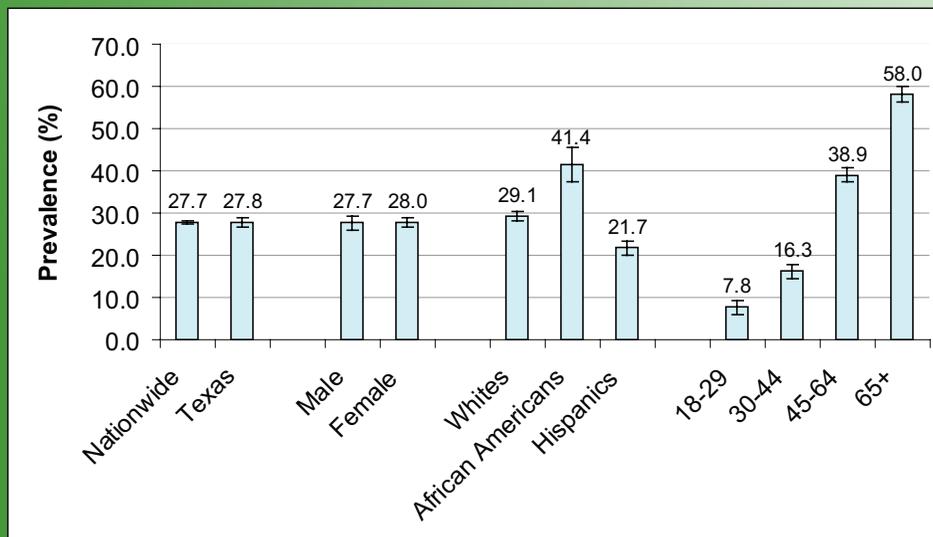
Percentage of Adults Told by Health Professional That They Have HBP Taking Selected Action to Control HBP, Texas, 2007



Use of Blood Pressure Medication by Adults Diagnosed with HBP, Texas, 2007



Prevalence of HBP by Gender, Race, and Age, Texas, 2007



The prevalence of HBP remained unchanged at approximately 24% between 1995 and 2005, but gradually increased to 27.8% in 2007 in the U.S. and Texas.

Males and females had similar prevalence rates.

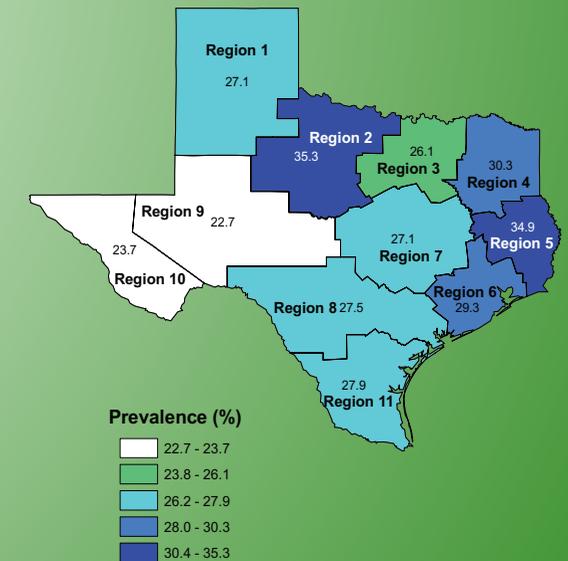
Whites and African Americans had significantly higher prevalence rates compared to Hispanics.

The prevalence of HBP increased significantly with increasing age. HBP occurs in more than half of individuals 65 and older.

Almost one fourth (22.1%) of adult Texans with diagnosed HBP reported not taking any medication to control their HBP.

70.9% of adult Texans with diagnosed HBP reported reduced salt intake to control their HBP. 71.1% changed their eating habits, 68.7% exercised, and 34.5% reduced consumption of alcohol or did not drink alcohol.

Prevalence of HBP Among Adults by Health Service Region, Texas, 2007



Data source: 2007 Texas Behavioral Risk Factor Surveillance System, Center for Health Statistics, DSHS

