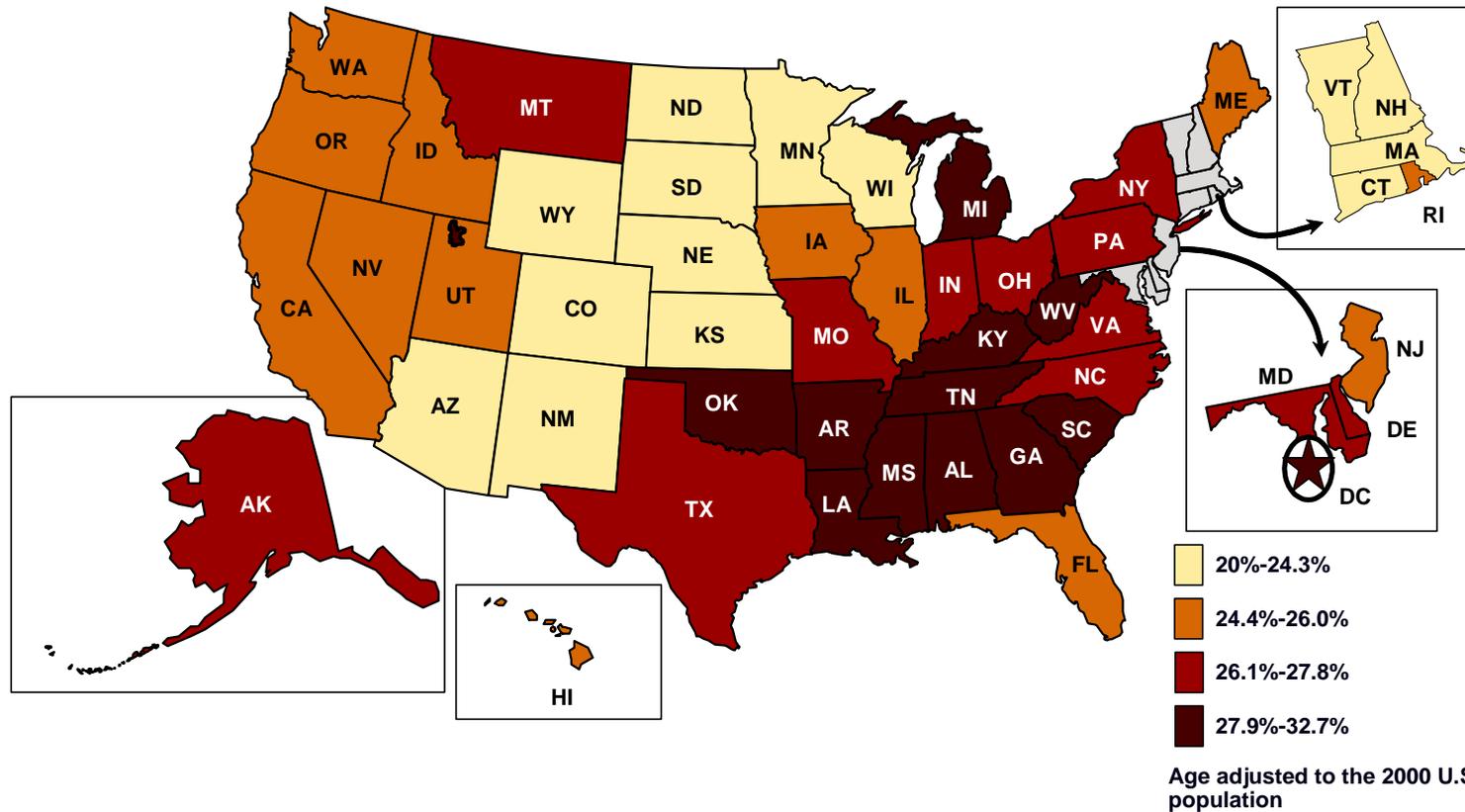




Facts on High Blood Pressure



Percent of persons who were ever told they had high blood pressure,
Adults aged 20 years and older, 2001



20% - 24.3%: Arizona, Colorado, Connecticut, Kansas, Massachusetts, Minnesota, Nebraska, New Hampshire, New Mexico, North Dakota, South Dakota, Vermont, Wisconsin, Wyoming	26.1% - 27.8%: Alaska, Delaware, Indiana, Maryland, Missouri, Montana, New York, North Carolina, Ohio, Pennsylvania, Texas, Virginia
24.4% - 26.0%: California, Florida, Hawaii, Idaho, Illinois, Iowa, Maine, Nevada, New Jersey, Oregon, Rhode Island, Utah, Washington	27.9% - 32.7%: Alabama, Arkansas, District of Columbia, Georgia, Kentucky, Louisiana, Michigan, Mississippi, Oklahoma, South Carolina, Tennessee, West Virginia

Source: CDC, Behavioral Risk Factor Surveillance System

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- High blood pressure (hypertension) killed 44,619 Americans in 2000 and contributed to the deaths of more than 60,000 others. Because the consequences associated with high blood pressure are so serious, early detection, treatment, and control are important.
- High blood pressure increases the risk for heart disease and stroke, both leading causes of death in the United States. About 1 in 4 American adults have high blood pressure. High blood pressure affects about 1 in 3 African Americans, 1 in 5 Hispanics and Native Americans, and 1 in 6 Asians/ Pacific Islanders.
- What do blood pressure numbers indicate? Blood pressure is often written as two numbers. The top (systolic) number represents the pressure while the heart is beating. The bottom (diastolic) number represents the pressure when the heart is resting between beats.
- High blood pressure for adults is defined as a systolic pressure of 140 mmHg or higher, or a diastolic pressure of 90 mmHg or higher.
- Optimal blood pressure is a systolic blood pressure less than 120 and a diastolic blood pressure less than 80.
- Among people with high blood pressure, 31.6% don't even know they have it.
- High blood pressure is easily detectable and usually controllable with lifestyle modifications such as increasing physical activity or reducing dietary salt intake, with or without medications.
- The Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC-7) recommends that adults have their blood pressure checked regularly.

Statistics from CDC's National Center for Health Statistics as published by the American Heart Association, Heart Disease and Stroke Statistics—2003 Update. Dallas, TX: AHA, 2002. <http://www.americanheart.org>.*

CDC's Public Health Efforts: CDC currently funds health departments in 32 states and the District of Columbia to develop effective strategies to reduce the burden of cardiovascular diseases and related risk factors with an overarching emphasis on heart healthy policies and physical and social environmental changes. Through these state programs, CDC aims to reduce disparities in treatment, risk factors, and disease; delay the onset of disease; postpone death from cardiovascular disease; and reduce disabling conditions. For more information on CDC's Cardiovascular Health State Program, please visit our Web site at http://www.cdc.gov/cvh/state_program/index.htm

For More Information: For more information about high blood pressure, visit CDC's website at <http://www.cdc.gov/cvh> and the Web sites of the following CDC partners:

American Heart Association: <http://americanheart.org>*

National Heart, Lung, and Blood Institute: <http://www.nhlbi.nih.gov>

The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC-7):

<http://www.nhlbi.nih.gov/guidelines/hypertension/jncintro.htm>

*Links to non-Federal organizations are provided solely as a service to our users. Links do not constitute an endorsement of any organization by CDC or the Federal Government, and none should be inferred. The CDC is not responsible for the content of the individual organization Web pages found at this link.