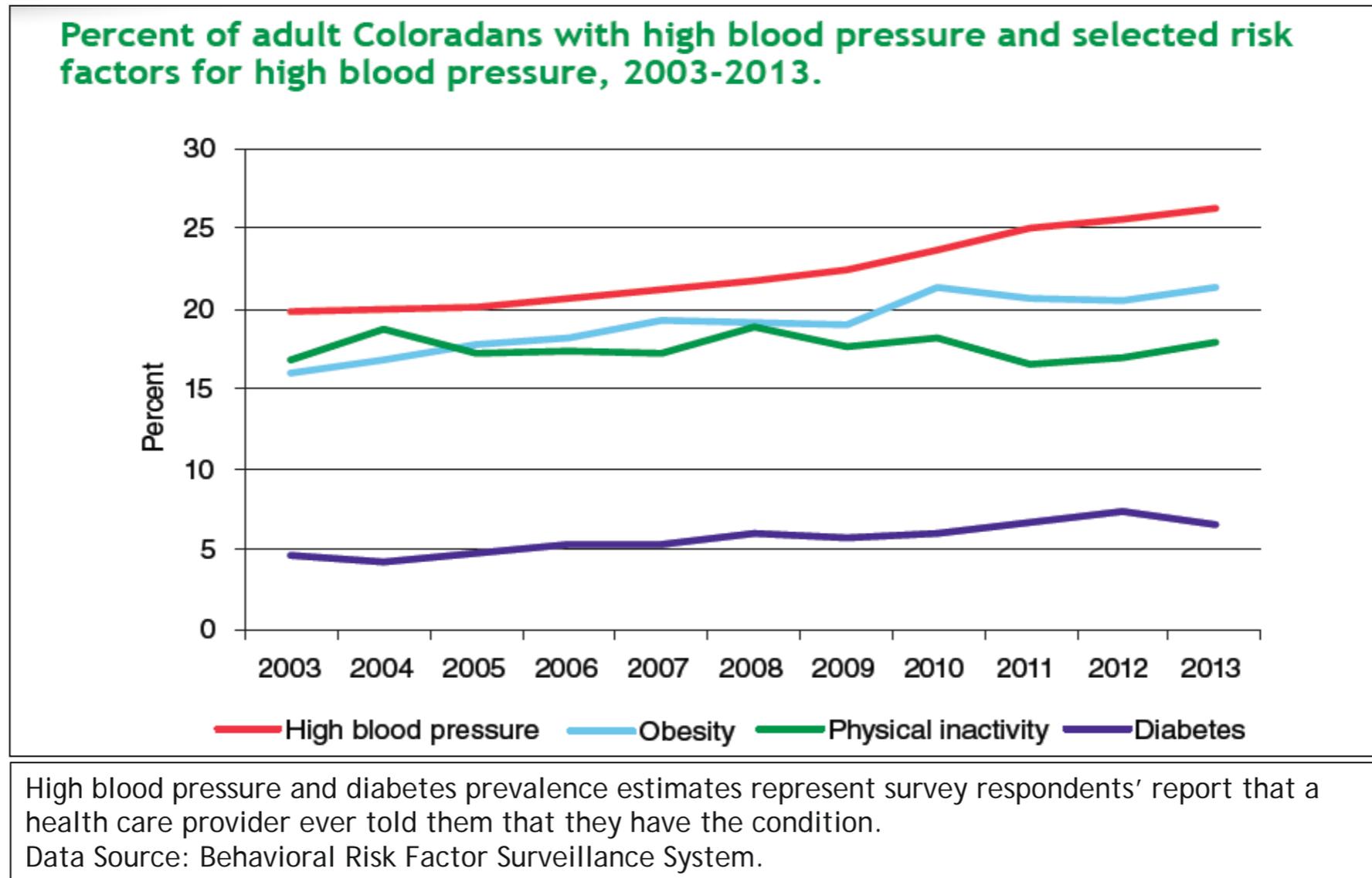


High Blood Pressure Awareness in Colorado



Slides from the chronic disease factsheet series

Prevalence of High Blood Pressure and Selected Risk Factors



Over the past decade the prevalence of high blood pressure increased significantly from 21% to 26%.

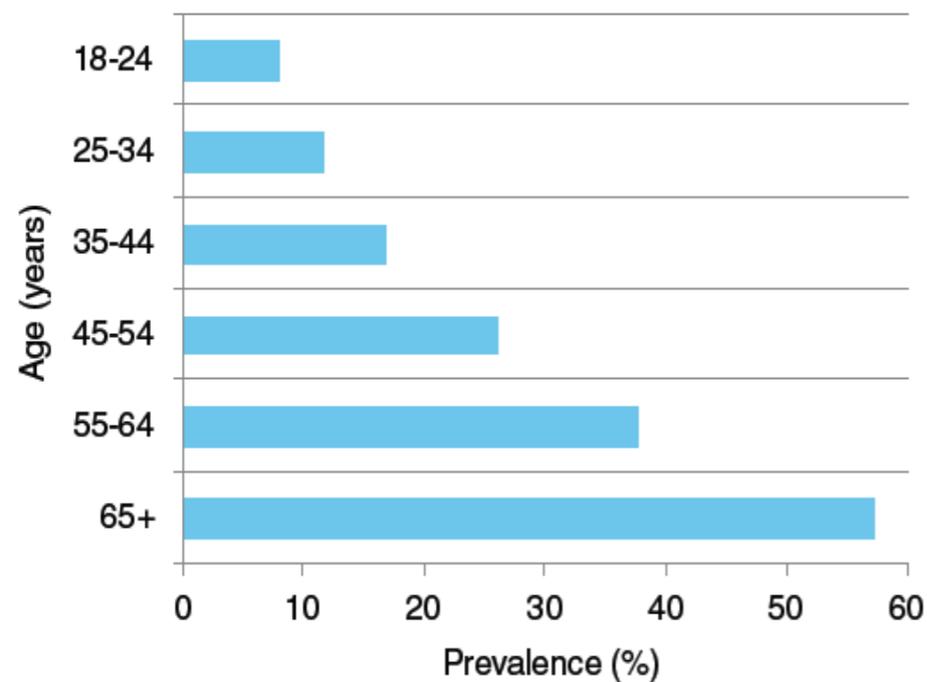


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High Blood Pressure Demographic Disparities

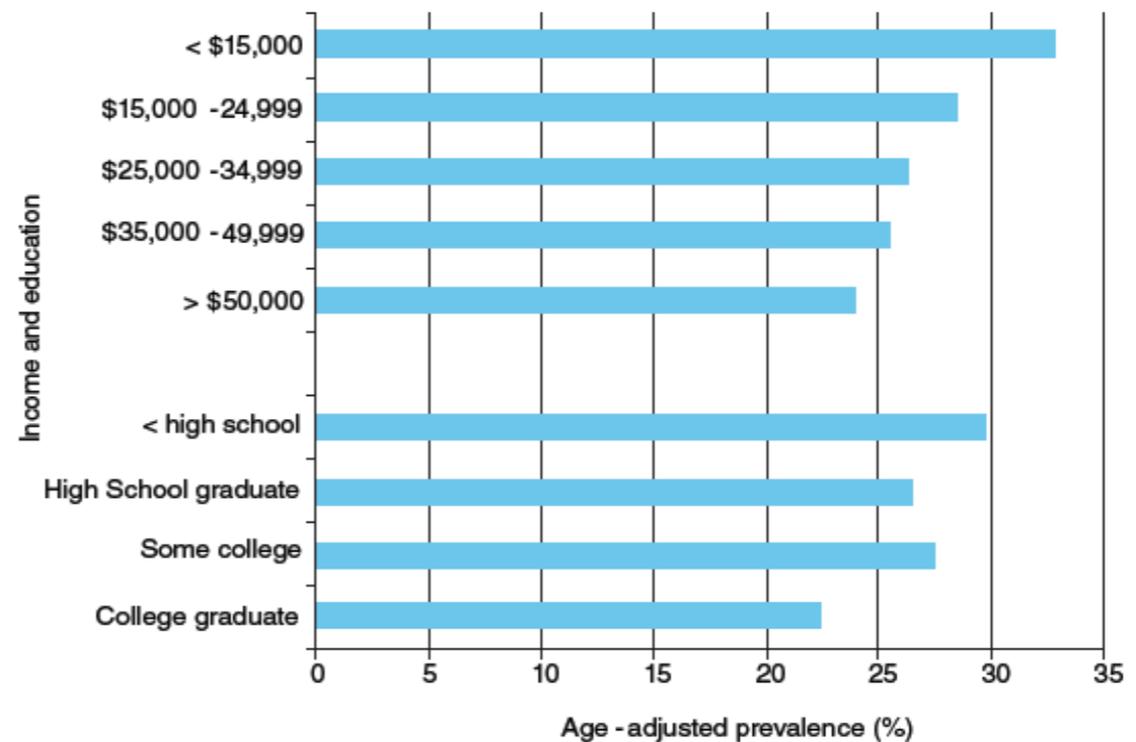
- High blood pressure prevalence increased significantly with increasing age.
- The highest prevalences of high blood pressure were observed among those with lower income and less education.

Percent of adult Coloradans with high blood pressure by age, 2013.



Data Source: Behavioral Risk Factor Surveillance System.

Percent of adult Coloradans with high blood pressure by household income and education, 2013.



Data Source: Behavioral Risk Factor Surveillance System.

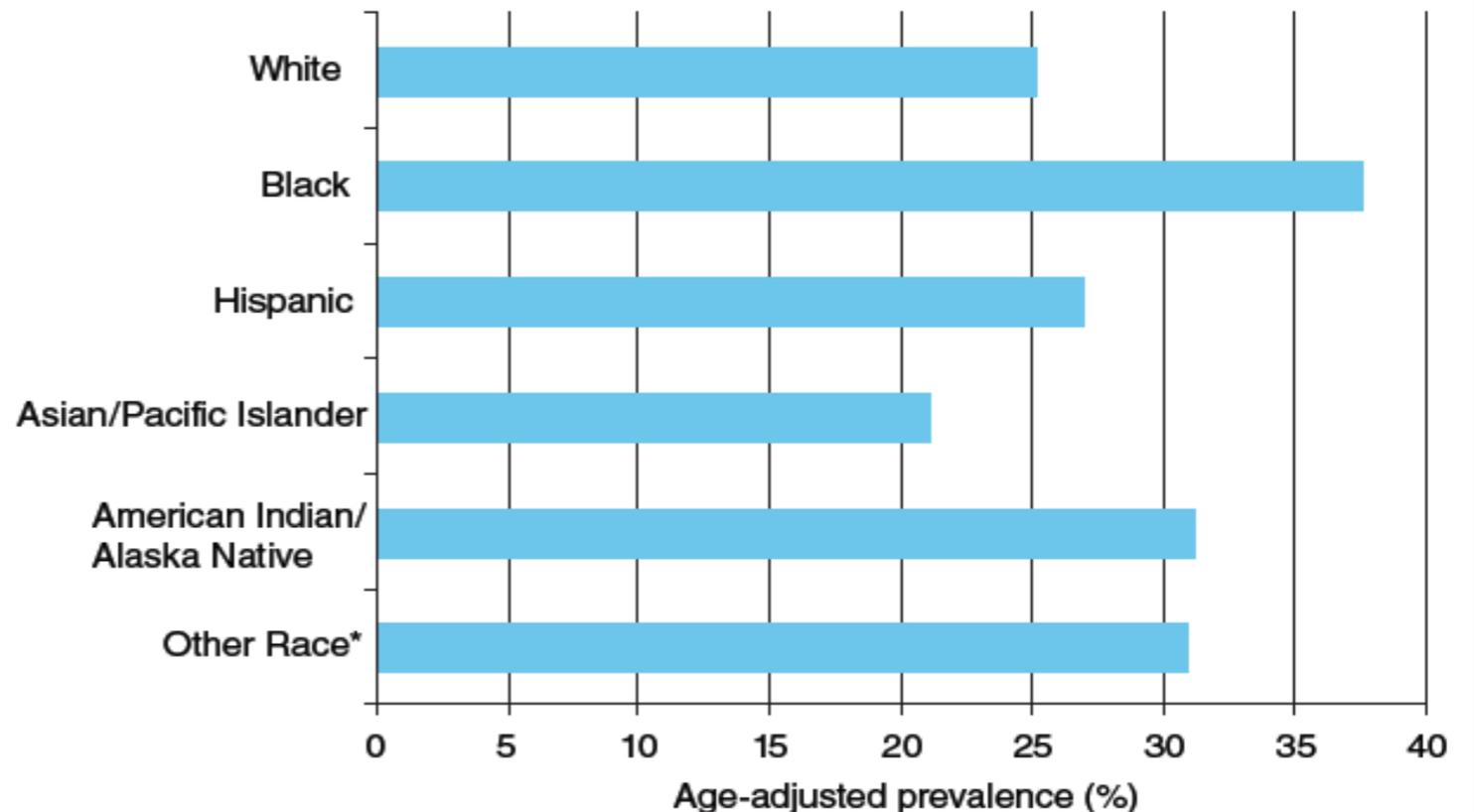


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High Blood Pressure Disparities by Race/Ethnicity

In 2013, the age-adjusted prevalence of high blood pressure varied by race/ethnicity.

Percent of adult Coloradans with high blood pressure by race/ethnicity, 2013.



* Other race group includes individuals who identified themselves as other race and/or multiracial.
Terminology for racial/ethnic groups matches that used during data collection.

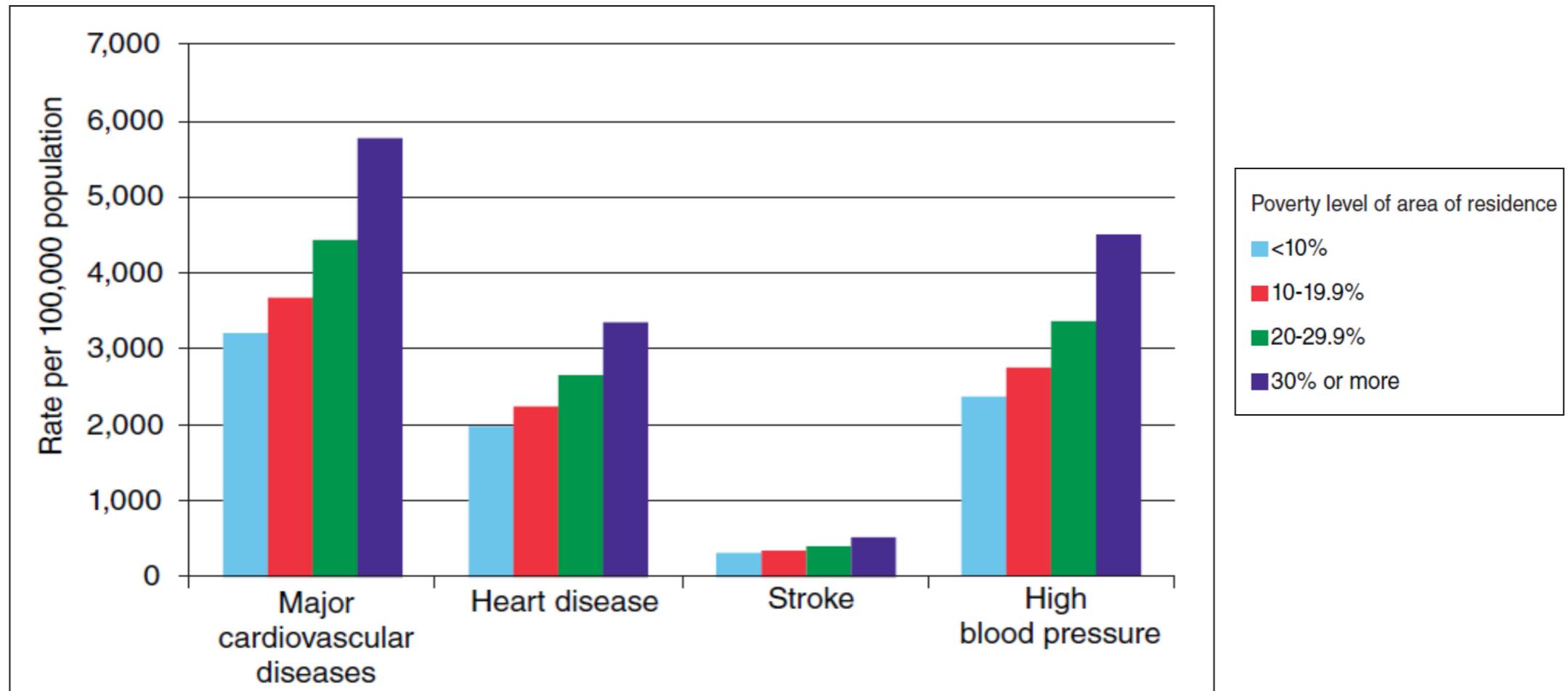
High blood pressure and diabetes prevalence estimates represent survey respondents' report that a health care provider ever told them that they have the condition.
Data Source: Behavioral Risk Factor Surveillance System.



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Disparities in High Blood Pressure Hospitalizations

Age-adjusted hospital discharge rates per 100,000 population by poverty level of area of residence, Colorado residents, 2008-2012.



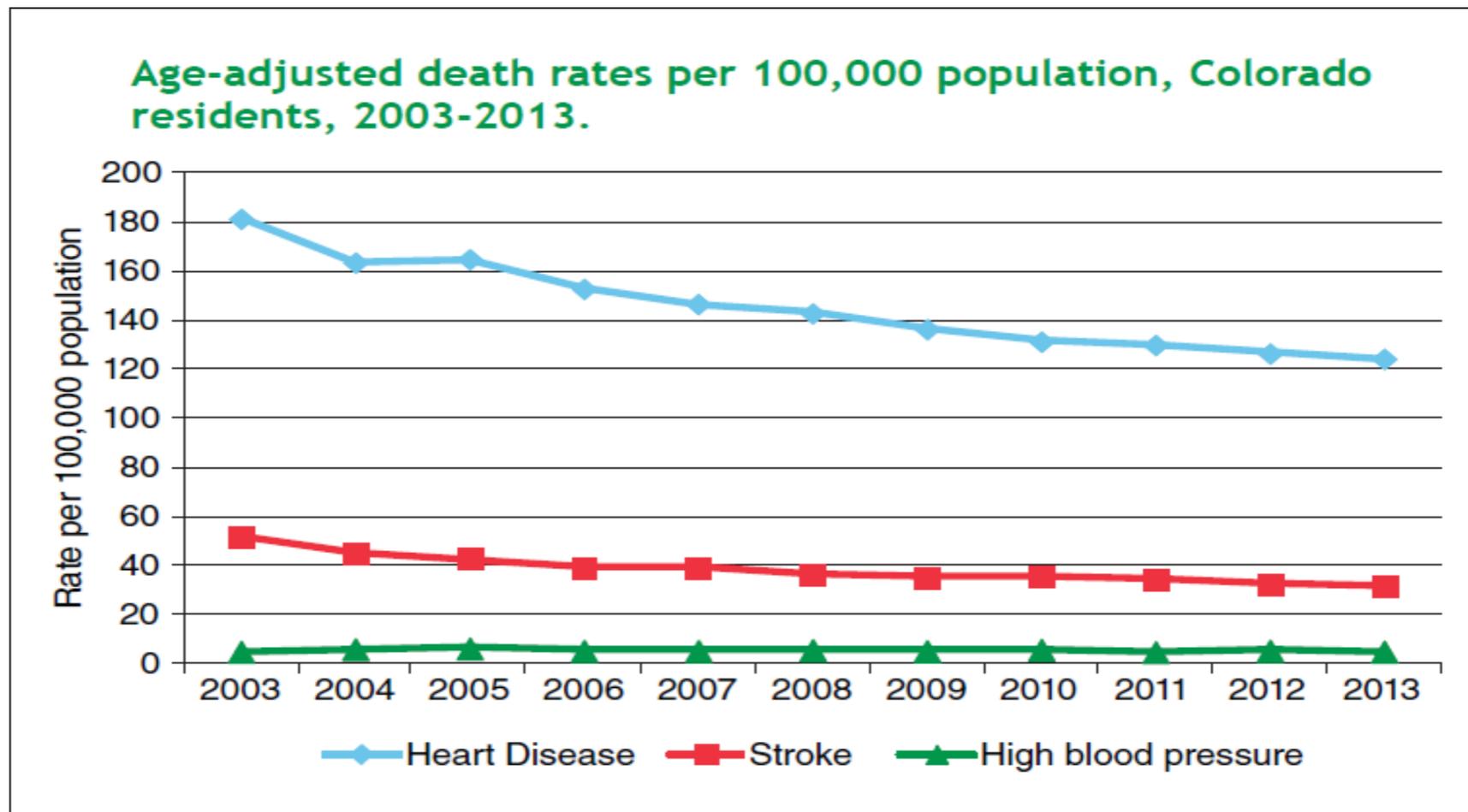
Data source: Colorado hospital discharge data.

Hospital discharge rates for high blood pressure varied substantially by poverty level area of residence; rates increased with increasing levels of poverty.



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Trends in Mortality



Data source: Vital Statistics, Colorado Department of Public Health and Environment.
ICD-10 codes: heart disease I00-I09, I11, I13, I20-I51; stroke I60-I69; high blood pressure I10, I12.

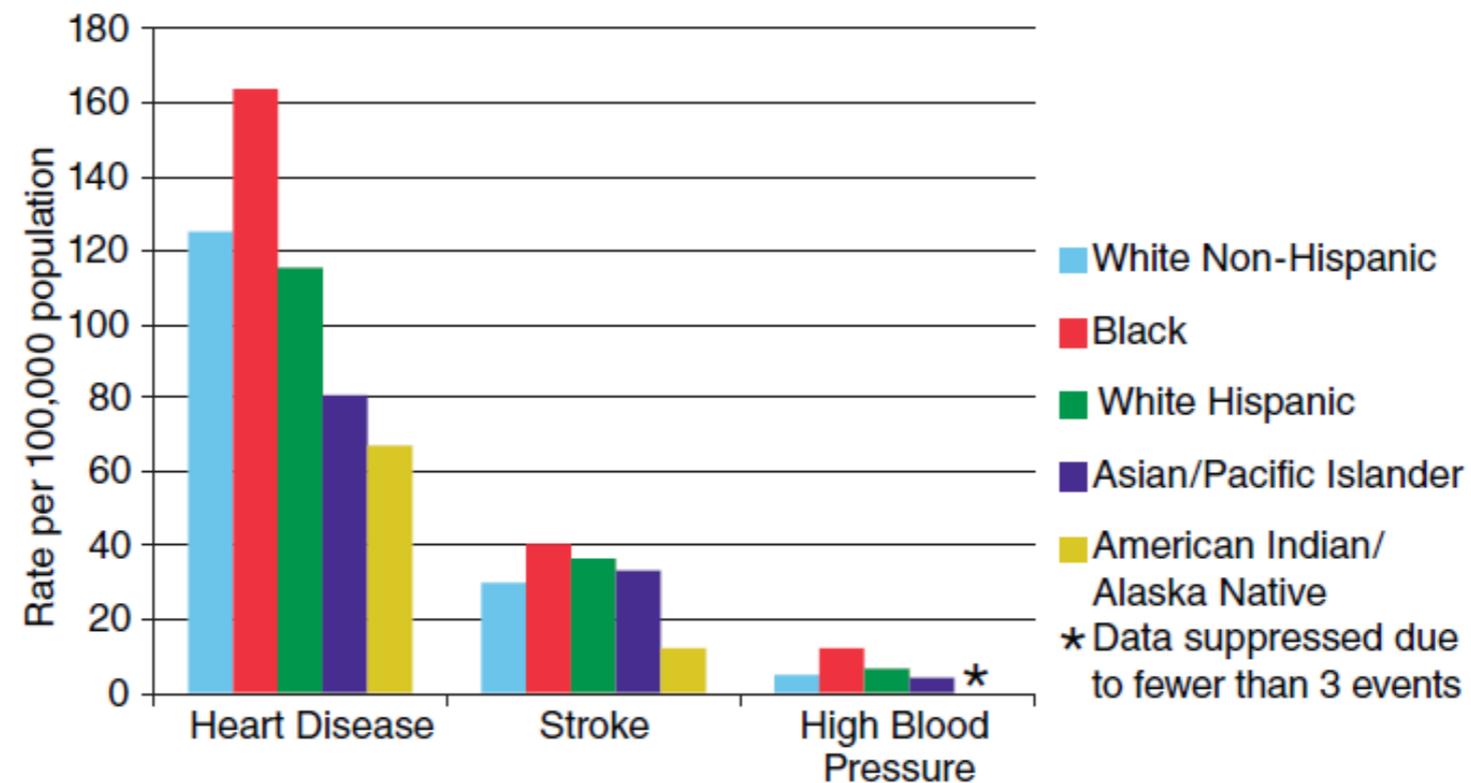
Over the last decade death rates from heart disease and stroke decreased while deaths attributable to high blood pressure remained unchanged. Even still, when combined, heart disease and stroke were the leading causes of death in Colorado in 2013, accounting for 24% of all deaths.



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Racial/Ethnic Disparities in Mortality

Age-adjusted death rates per 100,000 population by race/ethnicity, Colorado residents, 2013.



Data source: Vital Statistics, Colorado Department of Public Health and Environment.
ICD-10 codes: heart disease I00-I09, I11, I13, I20-I51; stroke I60-I69; high blood pressure I10, I12.

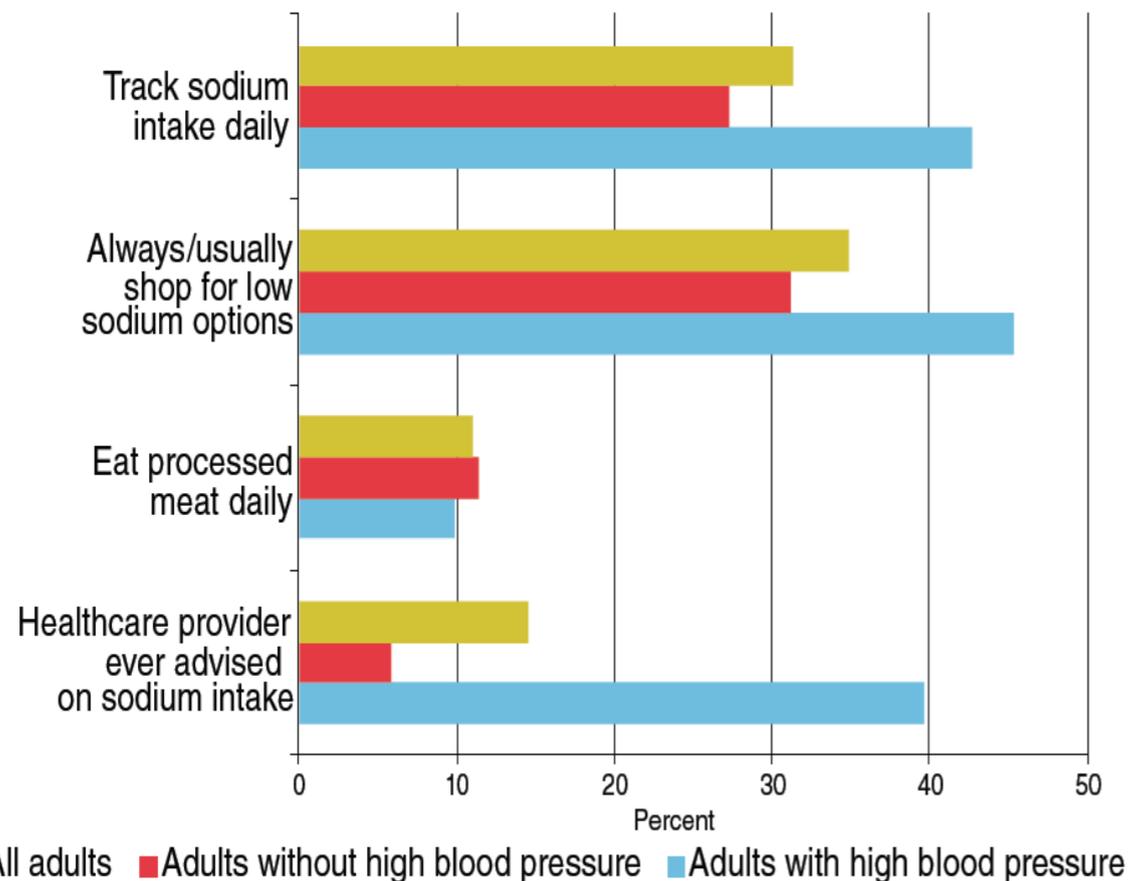
Black Coloradans experienced significantly higher death rates from heart disease and stroke compared to other racial and ethnic groups. Other observed differences were non-significant.



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Adult Sodium Consumption

Percent of adult Coloradans reporting sodium consumption-related behaviors and provider advice, 2011.



Data source: Behavioral Risk Factor Surveillance System.

- Eating too much sodium (salt) is strongly linked to the development of high blood pressure.

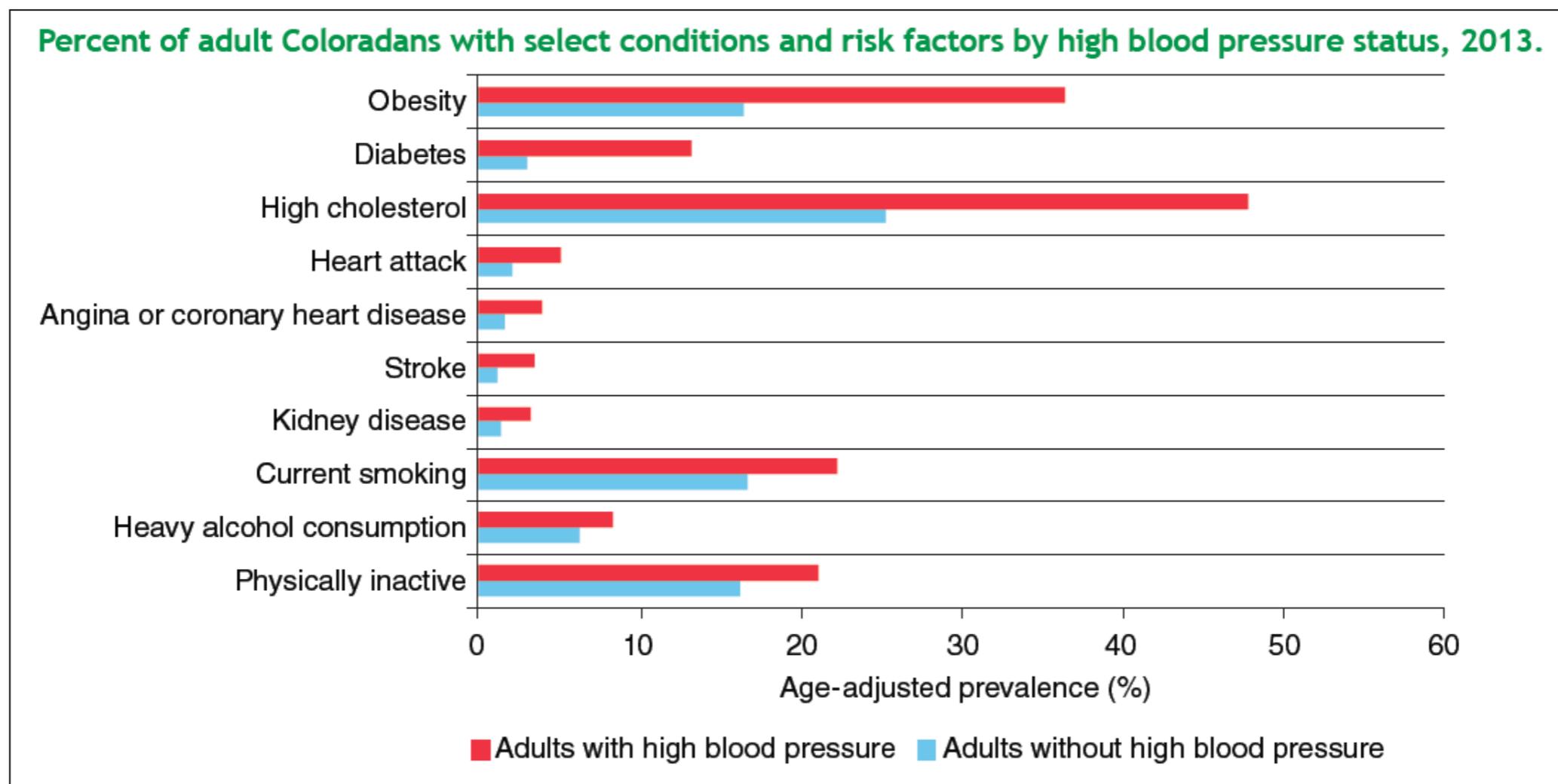
Among Colorado Adults:

- 31% track sodium intake daily.
- 35% always/usually shop for low sodium items when available.
- 15% said that a doctor or other health professional has ever advised them to reduce sodium intake.
- 11% said they each processed meats at least once per day.



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Comorbidities between Adults with and without High Blood Pressure



Data source: Behavioral Risk Factor Surveillance System.

In 2013, the age-adjusted prevalence of comorbidities were more common among adults with high blood pressure than those without high blood pressure.



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