

High Blood Pressure – Hypertension Awareness

Ever told blood pressure high, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective:		12.9: Reduce the proportion of adults with high blood pressure to 16%.											
Healthy Alaskans 2010 Objective:		21.5: Reduce the proportion of adults 18 years and older with high blood pressure to 16%.											
Screening Question:		Have you EVER been told by a doctor, nurse, or other health professional that you have high blood pressure?											
Response:		Yes					Age-Adjusted Rate						
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate					
		95% CI						%	95% CI				
Total	26.4%	(24.0%	-	29.0%)	134,184	779	2,413	27.9%	(25.7%	-	30.3%)
Demographics													
Gender													
Female	25.1%	(22.0%	-	28.6%)	61,360	390	1,319	26.4%	(23.5%	-	29.5%)
Male	27.6%	(24.1%	-	31.5%)	72,825	389	1,094	29.3%	(26.0%	-	32.9%)
Age Groups (Categories Used in Age-Adjustment)													
Persons aged 18 to 24 years	4%	(2%	-	8%)	2,895	11	149	NA	(NA	-	NA)
Persons aged 25 to 34 years	16%	(11%	-	22%)	16,332	49	328	NA	(NA	-	NA)
Persons aged 35 to 44 years	17%	(13%	-	22%)	16,147	76	431	NA	(NA	-	NA)
Persons aged 45 to 64 years	36.8%	(32.9%	-	40.9%)	66,872	406	1,089	NA	(NA	-	NA)
Persons aged 65 years and older	58%	(50%	-	65%)	30,443	229	387	NA	(NA	-	NA)
Race and Ethnicity													
American Indian or Alaska Native	28%	(23%	-	33%)	21,631	149	456	30%	(26%	-	36%)
Asian or Pacific Islander	21%	(11%	-	36%)	3,239	19	69	26%	(18%	-	36%)
Asian	21%	(10%	-	38%)	3,487	14	56	25%	(17%	-	36%)
Native Hawaiian or Other Pacific Islander	DSU	(DSU	-	DSU)	DSU	DSU	13	DSU	(DSU	-	DSU)
Black or African American	DSU	(DSU	-	DSU)	DSU	DSU	36	DSU	(DSU	-	DSU)
White	26.4%	(23.5%	-	29.4%)	100,159	568	1,760	27.2%	(24.6%	-	29.9%)
Hispanic or Latino	23%	(13%	-	39%)	3,655	19	60	41%	(30%	-	53%)
Not Hispanic or Latino	26.5%	(24.1%	-	29.1%)	129,793	754	2,335	28.0%	(25.7%	-	30.4%)
Black or African American, not Hispanic/Latino	DSU	(DSU	-	DSU)	DSU	DSU	29	DSU	(DSU	-	DSU)
White, not Hispanic or Latino	26.7%	(23.8%	-	29.8%)	97,264	545	1,693	27.4%	(24.7%	-	30.2%)

Risk Factors

For table end notes see Appendix J on Pg 429.

High Blood Pressure – Hypertension Awareness (continued)

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Screening Question:		Have you EVER been told by a doctor, nurse, or other health professional that you have high blood pressure?											
Response:		Yes					Age-Adjusted Rate						
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate					
		95% CI						%	95% CI				
Alaska Native													
Yes	28%	(23%	-	33%)	24,036	165	497	31%	(26%	-	36%)
No	26.3%	(23.6%	-	29.2%)	110,170	609	1,900	27.6%	(25.1%	-	30.2%)
Geographic Location													
Anchorage & Vicinity	25.3%	(21.4%	-	29.7%)	69,146	165	508	26.5%	(22.9%	-	30.5%)
Fairbanks & Vicinity	26.1%	(22.0%	-	30.8%)	19,689	155	502	30.0%	(26.0%	-	35.0%)
Gulf Coast	30%	(26%	-	35%)	17,302	175	483	30%	(26%	-	35%)
Rural	26%	(21%	-	31%)	12,486	121	425	28%	(24%	-	33%)
Southeast	29%	(25%	-	34%)	15,594	163	495	29%	(25%	-	33%)
Urban/Rural													
Metropolitan Statistical Area	25.6%	(22.3%	-	29.2%)	86,873	310	976	27.3%	(24.2%	-	30.6%)
Micropolitan Statistical Area & Urban Clusters	27.6%	(24.2%	-	31.3%)	24,811	258	772	29.3%	(26.1%	-	32.6%)
Rural	28.5%	(24.7%	-	32.6%)	22,500	211	665	29.3%	(25.7%	-	33.2%)
Education Level (persons aged 25 years and older)													
Less than high school	29%	(21%	-	39%)	7,187	57	146	30%	(22%	-	39%)
High school graduate	33.8%	(29.0%	-	38.9%)	40,229	246	674	35.1%	(30.7%	-	39.8%)
At least some college	30.4%	(25.8%	-	35.4%)	40,894	236	682	32.2%	(27.7%	-	37.0%)
College Graduate	27.0%	(22.6%	-	31.9%)	42,062	228	758	28.4%	(23.9%	-	33.3%)
Employment Status													
Employed	22.7%	(19.9%	-	25.9%)	75,398	401	1,502	25.4%	(22.0%	-	29.3%)
Unemployed	29%	(22%	-	38%)	13,939	77	229	37%	(29%	-	45%)
Not in Workforce (Student, Homemaker, Retired)	33.3%	(27.9%	-	39.2%)	35,429	242	560	25.3%	(20.8%	-	30.4%)
Unable to work	49%	(35%	-	63%)	8,800	55	105	44%	(33%	-	56%)

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Screening Question:		Have you EVER been told by a doctor, nurse, or other health professional that you have high blood pressure?							
Response:		Yes						Age-Adjusted Rate	
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		95% CI						%	95% CI
Marital Status									
Married or Unwed Couple	27.5%	(24.5% - 30.8%)	82,083	418	1,330		26.9%	(23.9% - 30.0%)
Divorced/Separated	57%	(46% - 68%)	11,060	95	172		26%	(20% - 33%)
Widowed	38%	(31% - 46%)	22,868	171	423		33%	(26% - 40%)
Never Married	10%	(7% - 15%)	9,594	61	339	3	21%	(15% - 28%)
Income Level									
<\$15,000	33%	(24% - 44%)	10,580	77	189		33%	(26% - 41%)
\$15,000 - \$24,999	31%	(22% - 41%)	13,246	92	247		34%	(27% - 42%)
\$25,000 - \$49,999	26%	(21% - 32%)	26,266	166	491		28%	(23% - 33%)
\$50,000 - \$74,999	27%	(22% - 33%)	21,505	134	408		27%	(22% - 32%)
\$75,000	26.6%	(22.5% - 31.2%)	46,934	228	768		27.8%	(23.4% - 32.6%)
Poverty Threshold									
Poor (<100% Poverty Threshold)	24%	(16% - 36%)	8,422	49	163	3	32%	(23% - 42%)
Near Poor (100% to 199% Poverty Threshold)	29%	(22% - 36%)	18,306	114	302		32%	(26% - 38%)
Middle/High Income (>=200% Poverty Threshold)	27.5%	(24.6% - 30.6%)	91,707	534	1,638		27.5%	(24.7% - 30.4%)
Below Poverty Guidelines									
Yes	27%	(19% - 36%)	13,153	74	223		34%	(27% - 42%)
No	27.5%	(24.8% - 30.5%)	105,444	623	1,880		27.7%	(25.2% - 30.4%)
Veteran									
Yes	37%	(31% - 44%)	33,775	194	431		33%	(28% - 39%)
No	24.0%	(21.4% - 26.8%)	99,697	581	1,973		27.2%	(24.7% - 29.8%)

Risk Factors

High Blood Pressure – Hypertension Awareness (continued)

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Response:		Yes					
Population at Risk (See Appendix)	%	Observed Rate			Age-Adjusted Rate		
		95% CI	Individuals	n	N #	%	95% CI
Health Status							
General Health							
Excellent to Very Good	18.0%	(15.3% - 20.9%)	52,982	280	1,256	21.8%	(19.1% - 24.9%)
Good	32.8%	(28.1% - 37.9%)	50,277	315	790	31.7%	(27.5% - 36.2%)
Fair/Poor	52%	(44% - 60%)	29,573	177	350	49%	(41% - 57%)
Healthy Days (Mean Number of Days)							
Physical Health Not Good	4.9	(4.1 - 5.8)			759	4.7	(3.6 - 5.9)
Mental Health Not Good	3.4	(2.4 - 4.3)			758	3.5	(2.3 - 4.7)
Unhealthy Days (Physical or Mental Health Not Good)	7.2	(6.0 - 8.3)			743	7.3	(5.7 - 8.9)
Days with Activity Limitation	3.2	(2.5 - 4.0)			763	3.3	(2.3 - 4.2)
Healthy Days (Percentage with 14 or More Days)							
Physical Health Not Good	50%	(42% - 59%)	18,986	116	233	46%	(36% - 55%)
Mental Health Not Good	37%	(27% - 48%)	12,871	74	187	35%	(26% - 46%)
Unhealthy Days (Physical or Mental Health Not Good)	39%	(32% - 46%)	26,850	158	373	38%	(31% - 46%)
Activity Limitation	53%	(42% - 64%)	13,261	83	161	48%	(36% - 60%)
Disability							
Disabled							
Yes	42.5%	(36.3% - 48.9%)	47,773	264	582	40.6%	(34.4% - 47.1%)
No	22.0%	(19.5% - 24.7%)	84,397	498	1,770	25.3%	(22.8% - 27.9%)
Activity Limitation							
Yes	42.7%	(36.3% - 49.4%)	45,344	247	549	41.5%	(35.1% - 48.2%)
No	22.3%	(19.8% - 24.9%)	87,185	517	1,811	25.4%	(22.9% - 27.9%)

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Response:		Yes					Age-Adjusted Rate		
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		95% CI						%	95% CI
Require Special Equipment									
Yes	57%	(46% - 67%)	15,794	90	160		44%	(32% - 56%)
No	24.8%	(22.4% - 27.4%)	117,686	683	2,220		26.9%	(24.5% - 29.3%)
Mental Health									
Social and Emotional Support									
Always/Usually	25.2%	(22.5% - 28.2%)	95,173	533	1,738		27.5%	(24.8% - 30.3%)
Sometimes/Rarely/Never	32.8%	(27.0% - 39.1%)	31,163	197	510		31.4%	(26.7% - 36.6%)
Life Satisfaction									
Very Satisfied / Satisfied	26.9%	(24.4% - 29.7%)	122,248	700	2,166		28.4%	(26.0% - 30.9%)
Dissatisfied / Very Dissatisfied	27%	(16% - 40%)	4,929	34	91		27%	(17% - 41%)
Healthcare									
Healthcare Coverage									
Health Plan									
Yes	28.3%	(25.6% - 31.2%)	116,241	662	1,962		28.3%	(25.8% - 30.9%)
No	19%	(15% - 25%)	16,880	112	429		24%	(18% - 31%)
Immunization									
Flu Shot Within Past 12 Months (Ages 65+)									
Yes	31.6%	(27.5% - 35.9%)	59,750	366	915		29.8%	(26.3% - 33.6%)
No	23.4%	(20.4% - 26.6%)	71,797	397	1,434		26.0%	(23.0% - 29.2%)
Ever Had Pneumonia Shot (Ages 65+)									
Yes	42.5%	(36.9% - 48.4%)	43,007	295	595		32.2%	(27.3% - 37.6%)
No	22.9%	(20.1% - 26.0%)	74,673	402	1,494		25.6%	(22.6% - 28.8%)

Risk Factors

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Response:		Yes					Age-Adjusted Rate						
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate					
		95% CI						%	95% CI				
Screening													
AIDS/HIV Screening (Ages 18-64)													
Yes	21.6%	(18.1%	-	25.5%)	44,856	227	899	22.3%	(18.9%	-	26.0%)
No	22.9%	(19.4%	-	26.9%)	47,132	264	935	20.0%	(17.0%	-	23.5%)
Diagnoses													
Arthritis													
Arthritis													
Yes	42.9%	(37.1%	-	48.8%)	49,096	335	687	36.0%	(29.7%	-	42.8%)
No	21.7%	(19.1%	-	24.6%)	81,566	420	1,642	25.4%	(22.6%	-	28.5%)
Asthma													
Asthma Diagnosis													
Yes	34%	(27%	-	41%)	24,735	123	341	37%	(30%	-	45%)
No	25.2%	(22.7%	-	27.9%)	109,392	653	2,065	26.3%	(24.0%	-	28.7%)
Current Asthma													
Yes	33%	(24%	-	42%)	15,012	78	216	35%	(27%	-	44%)
No	31%	(19%	-	47%)	7,576	34	106	37%	(25%	-	50%)
Cardiovascular and Cerebrovascular Disease													
Cardiovascular Disease													
Yes	60%	(47%	-	71%)	14,195	95	143	54%	(32%	-	74%)
No	24.0%	(21.6%	-	26.6%)	114,659	661	2,241	26.2%	(23.9%	-	28.7%)
Heart Attack (Myocardial Infarction)													
Yes	55%	(41%	-	68%)	9,120	64	101	43%	(23%	-	65%)
No	25.2%	(22.8%	-	27.8%)	123,432	708	2,300	27.2%	(24.9%	-	29.7%)

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Response:		Yes						Age-Adjusted Rate	
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		95% CI						%	95% CI
Coronary Heart Disease (Angina)									
Yes	63%	(46% -	77%)	9,168	61	88	66%	(33% - 88%)
No	24.6%	(22.3% -	27.2%)	120,237	700	2,305	26.6%	(24.3% - 29.0%)
Stroke									
Yes	60%	(42% -	75%)	5,719	45	71	44%	(28% - 61%)
No	25.7%	(23.3% -	28.3%)	127,932	729	2,334	27.2%	(24.9% - 29.6%)
Diabetes									
Nongestational Diabetes									
Yes	57%	(46% -	68%)	16,878	118	174	37%	(29% - 45%)
No	24.6%	(22.1% -	27.2%)	117,119	659	2,233	26.6%	(24.3% - 29.1%)
Pre-Diabetes									
Yes	47%	(37% -	56%)	19,658	117	222	42%	(33% - 52%)
No	22.4%	(20.0% -	25.1%)	97,642	541	2,009	25.2%	(22.8% - 27.7%)
Risk Factors									
Alcohol									
Binge Drinking									
Yes	29%	(23% -	36%)	25,544	122	386	34%	(27% - 42%)
No	26.2%	(23.6% -	29.1%)	105,698	635	1,944	26.8%	(24.4% - 29.3%)
Heavy Drinking									
Yes	28%	(19% -	38%)	8,553	51	159	27%	(18% - 38%)
No	26.5%	(23.9% -	29.2%)	121,209	696	2,148	28.3%	(26.0% - 30.8%)

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Response:		Yes					Age-Adjusted Rate		
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		95% CI						%	95% CI
Hypercholesterolemia									
High Cholesterol									
Yes	50.2%	(45.0% - 55.3%)	63,349	406	752		40.4%	(34.4% - 46.7%)
No	23.5%	(20.0% - 27.3%)	55,034	285	1,089		24.0%	(20.6% - 27.7%)
Hypertension									
High Blood Pressure									
Yes	100.0%	(0.0% - 0.0%)	134,184	779	779		100.0%	(0.0% - 0.0%)
No	0.0%	(0.0% - 0.0%)	0	0	1,634		0.0%	(0.0% - 0.0%)
Nutrition									
Fruit and Vegetable Index									
<1 Per Day or Never	18%	(12% - 28%)	5,472	38	138	3	24%	(17% - 34%)
1 to <3 Times Per Day	28.7%	(24.5% - 33.4%)	48,178	272	805		30.4%	(26.3% - 34.8%)
3 to <5 Times Per Day	25.8%	(22.0% - 30.1%)	45,224	273	834		26.3%	(22.9% - 30.0%)
5 Or More Times Per Day	27.2%	(22.0% - 33.1%)	31,145	168	539		29.3%	(24.4% - 34.7%)
Physical Activity									
Physical Activity Recommendations (2008)									
Active	23.2%	(20.3% - 26.3%)	80,361	430	1,527		26.4%	(23.5% - 29.5%)
Insufficient	36%	(29% - 42%)	28,417	169	422		33%	(28% - 38%)
Inactive	34%	(26% - 42%)	13,632	100	232		28%	(22% - 35%)
Leisure Time Exercise									
Yes	24.8%	(22.1% - 27.7%)	97,416	551	1,842		27.1%	(24.5% - 29.9%)
No	32.0%	(26.9% - 37.6%)	36,277	223	561		29.4%	(25.3% - 33.9%)

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Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		95% CI						%	95% CI
Sexual Violence/Intimate Partner Violence									
Parents Physically Hurt by Spouse/Partner									
Yes	29%	(23% - 36%)	24,905	135	424		29%	(24% - 36%)
No	26.6%	(23.8% - 29.7%)	96,408	569	1,728		27.9%	(25.3% - 30.6%)
Unwanted Sexual Activity									
Yes	27%	(21% - 34%)	16,739	105	336		31%	(26% - 38%)
No	27.3%	(24.4% - 30.3%)	105,631	602	1,822		28.4%	(25.8% - 31.1%)
Ever Hurt or Threatened by Intimate Partner									
Yes	28.4%	(22.7% - 34.7%)	27,214	156	504		31.0%	(25.5% - 37.1%)
No	26.7%	(23.9% - 29.8%)	94,663	551	1,660		27.7%	(25.1% - 30.4%)
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner									
Yes	30%	(18% - 46%)	7,924	38	119		35%	(24% - 48%)
No	26.9%	(24.3% - 29.7%)	114,207	669	2,048		27.8%	(25.4% - 30.3%)
Tobacco Use									
Cigarette Smoking Status									
Current Smoker	25.3%	(20.3% - 31.1%)	26,290	149	507		25.0%	(20.0% - 31.0%)
Former Smoker	38.5%	(33.2% - 44.1%)	54,746	313	755		34.0%	(29.7% - 38.6%)
Never Smoked	20.0%	(17.1% - 23.1%)	51,469	311	1,131		23.5%	(20.6% - 26.7%)
Smokeless Tobacco Status									
Current User	28%	(19% - 40%)	5,998	35	108		34%	(23% - 47%)
Former User	25%	(19% - 32%)	21,926	117	373		30%	(24% - 36%)
Never Used	27.4%	(24.5% - 30.4%)	97,486	574	1,743		27.8%	(25.1% - 30.6%)

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Screening Question:		Have you EVER been told by a doctor, nurse, or other health professional that you have high blood pressure?							
Response:		Yes					Age-Adjusted Rate		
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		95% CI						%	95% CI
Weight Status									
Weight Status									
Normal (BMI <25)	14.8%	(11.7% -	18.7%)	26,665	151	787	19.5%	(16.2% - 23.4%)
Overweight (BMI 25 to 30)	29.5%	(25.4% -	34.0%)	54,964	287	871	29.8%	(26.0% - 33.9%)
Obese (BMI ≥30)	40.1%	(35.1% -	45.4%)	49,544	319	665	37.8%	(32.9% - 42.9%)
Obese I (BMI 30 TO < 35)	37%	(31% -	43%)	28,991	192	427	32%	(27% - 38%)
Obese II & III (BMI ≥35)	46%	(37% -	55%)	20,737	127	238	45%	(37% - 54%)