



## FACT SHEET

# High Blood Pressure

# 1 in 4

Utah Adults have been told by their health care provider their blood pressure is high

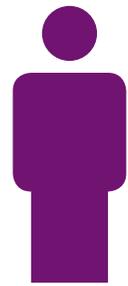
Rates of high blood pressure:

**25.8%**  
for men

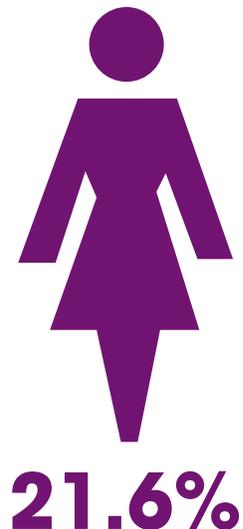
**21.6%**  
for women

## High Blood Pressure in Utah

- About **one in 4** Utah adults (23.6%) have been told by a health care provider that their blood pressure is high

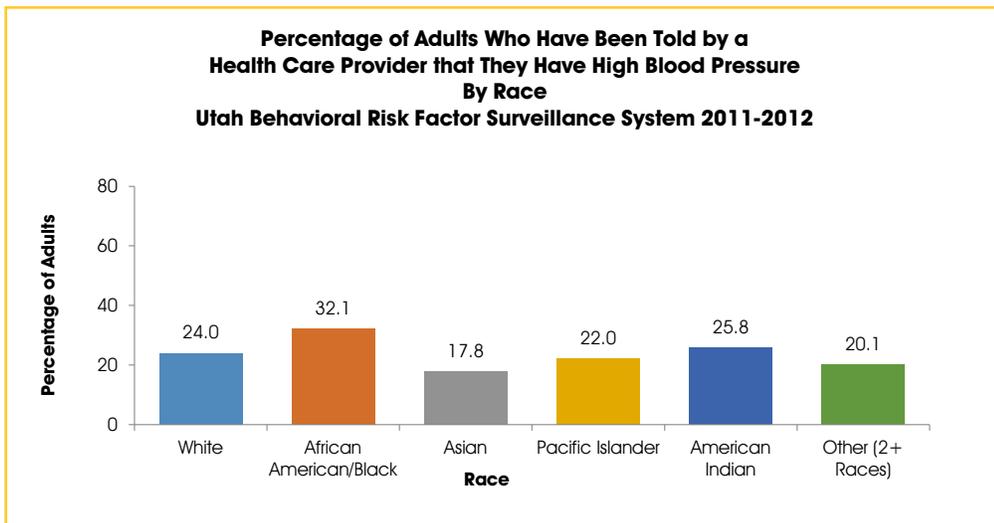


- Rates of high blood pressure are **higher for men** than for women, 25.8% and 21.6%, respectively

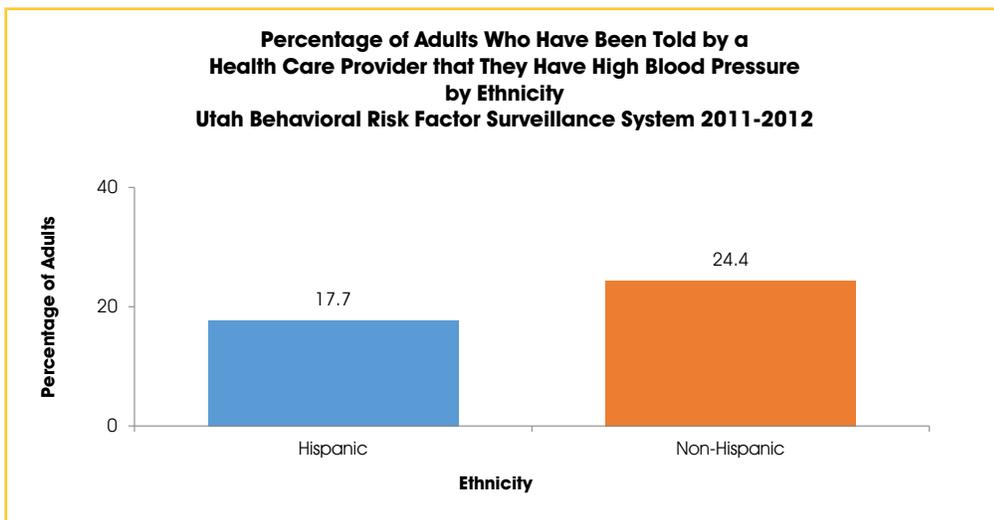


**High Blood Pressure in Utah**

- African American/Black adults have the highest rate of high blood pressure. Almost one-third (32.1%) have been told they have high blood pressure

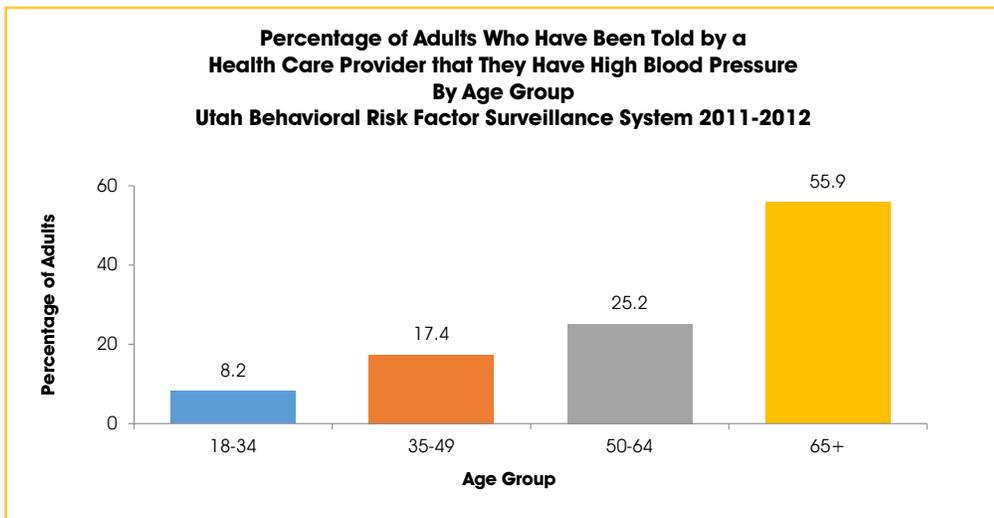


- Overall, Hispanic/Latino adults have lower rates of high blood pressure than non-Hispanics



**Does the Prevalence of High Blood Pressure Increase with Age?**

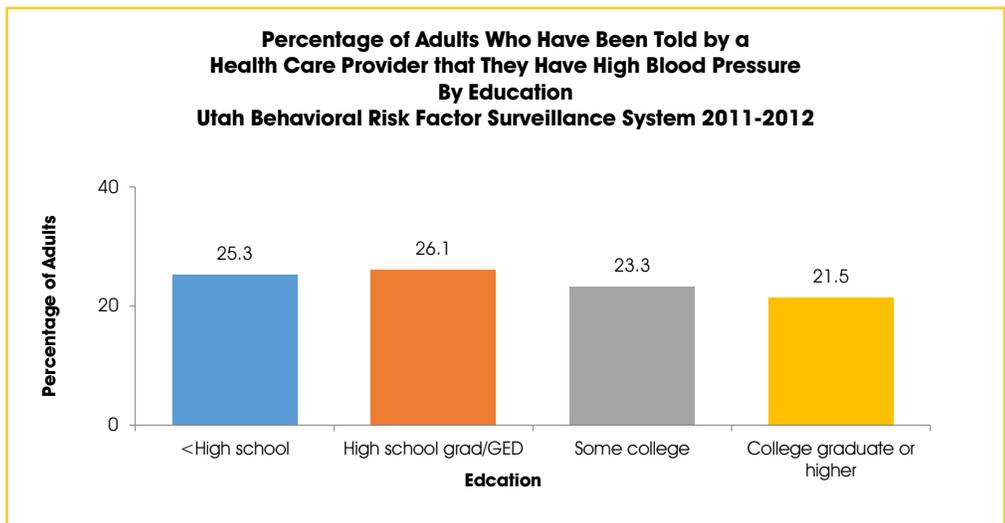
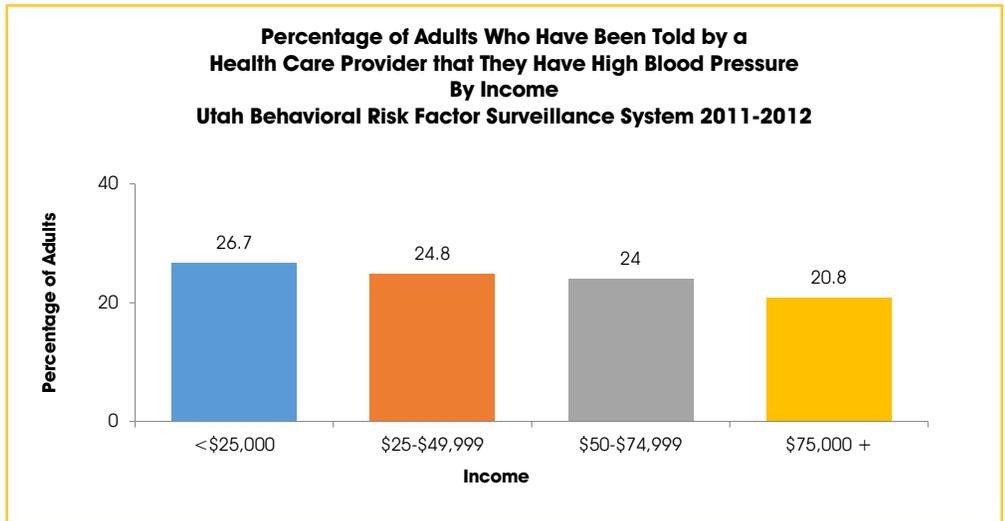
- Less than 10% of young adults, between the ages of 18 and 34, have high blood pressure
- Among adults 65 and over, more than half, 55.9%, have high blood pressure



**High Blood Pressure in Utah**

**What about Socio-Economic Status and High Blood Pressure?**

- Prevalence of high blood pressure decreases with higher levels of income and higher levels of education
- However, there is not much difference in prevalence of high blood pressure among people of different socioeconomic groups, either by income or education level



**High Blood Pressure and Diabetes**

About three times as many people with diabetes have high blood pressure than people without diabetes, 65.3% vs. 20.6%

