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

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.
**Fact Sheet**

**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%.