

## **Hypertension (High Blood Pressure)**

This metadata page provides a brief summary of this dataset. Please refer to the detailed metadata provided by the US Centers for Disease Control and Prevention (CDC) for more information on data methods and limitations.

### **Definition**

Hypertension is also referred to as High Blood Pressure. Hypertension is a condition in which the force of blood against the artery walls is too high. Blood pressure varies throughout the day. Previous measures for normal and high blood pressure for adults varied slightly by age and gender. Most recently, according to the CDC, a person may be defined as having Stage 1 hypertension (high blood pressure) when their blood pressure is at or above 130/80 (systolic/diastolic pressure), and Stage 2 hypertension when their blood pressure is at or above 140/90 (CDC, 2023). Some health rankings, such as [America's Health Rankings of the United Health Foundation](#), are now showing the 'Percentage of adults who reported being told by a health professional that they had high blood pressure' in Louisiana to be at around 40 percent (2022 edition). Louisiana's estimated percentage is around 8 percent higher than the rest of the United States (US) overall (which is around 32 percent), and 14 percent higher than was estimated in Louisiana 20 years ago. Note, what qualifies as high blood pressure; quality of reporting; and access to health care are all factors that have changed during this time.

### **Data Source**

- US CDC—[Interactive Atlas of Heart Disease and Stroke](#)

The Louisiana Department of Health (LDH) Environmental Public Health Tracking Program downloads these data from the CDC's Interactive Atlas (URL above), by Louisiana Parish (County). The data are processed and added to the Health Data Explorer as sample data which can be viewed next to other health, environmental hazard, exposure and population health (sociodemographic or US Census Bureau) data.

**Vintage:** The latest dataset available from the CDC as of Jan 2023: data year **2017**.

### **Data Measure(s)**

CDC's Interactive Atlas of Heart Disease and Stroke provides the following measure:

- Heart Disease and Stroke Data | High Blood Pressure | Prevalence (%)

## Explore Data

The LDH Health Data Explorer (<http://ldh.la.gov/tracking>) is an online query tool which allows health, environmental hazard, exposure and population data to be explored and viewed side-by-side in tables, charts, and maps. These data can be downloaded, viewed and further analyzed.

To *Explore Data* for hypertension on the query tool:

Step 1: Select Criteria

Category: **Health Outcomes**

Topic: **High Blood Pressure**

Focus: **Prevalence of Hypertension (High Blood Pressure)**

Indicator: **Crude Prevalence (%) of High Blood Pressure among Adults 18+ yrs**

Measure: **Hypertension (High Blood Pressure)**

## Hypertension and your Health

Hypertension, or high blood pressure, is a risk factor for heart disease. This condition can be a precursor for other health risks as well, such as:

- later disability
- dementia
- kidney disease
- nerve damage to the eyes
- sexual dysfunction
- heart attack
- internal bleeding (aneurysm)
- stroke
- or death.

You can work with your health care provider to determine the best prevention strategies and daily activities to lower your blood pressure into a healthy range. These may include learning more about healthy changes in nutrition, integrating an achievable exercise plan into your daily routine, discussing available medications, and reducing or eliminating additional risks such as smoking or drinking alcohol.

## Hypertension and the Environment

LDH Tracking has included hypertension as a health outcomes measure in the Health Data Portal because scientists are studying the associations between high blood pressure and the environment. High Blood Pressure is associated with high adult blood lead levels, as well associated with exposure to outdoor air pollutants such as particulate matter (PM<sub>2.5</sub>) and ozone (O<sub>3</sub>). High blood pressure can be a risk factor for other health conditions. In addition to the health associations listed above, hypertension can contribute to poor health outcomes in childbirth such as preterm birth. Preterm birth, or prematurity, is when a baby is born too early, before 37 weeks of pregnancy have completed.

## Data Methods, Data Limitations and Important Considerations

CDC's Methods and Metadata associated with this dataset can be found on the website: [Interactive Atlas of Heart Disease and Stroke](#). Please refer to their website for updates and current information.

## Data Re-release

This is a public dataset which can be freely shared. Personally identifiable health information have been removed. Please refer to the Data Methods section of the CDC metadata from more information.

## Data Citations

Please cite the US CDC, LDH Environmental Public Health Tracking Program Cooperative Agreement NUE1EH001490, and any data source(s) listed on Page 1 when re-sharing or applying these data in analyses or publications.

## Disclaimer

Data are intended to spur further research and should be used only as a starting point to understanding how the environment and other contributing factors may be connected to disease. Datasets presented on the LDH Health Data Explorer site are intended to answer some basic questions, but should ultimately lead to further inquiry and more detailed study.

Data limitations should be noted if conducting exploratory ecological studies with these data. Limitations may include data gaps, reporting discrepancies (for example, a disruption of reporting or instrument recording) and insufficient data on all potentially confounding factors. There are numerous additional factors which may contribute to disease onset. These include genetics, access to health care, existing health conditions, medicines, other chemical substances we come into contact with or ingest, nutrition, route and duration of exposure, level of activity, level of stress, and others.

Responsible use of this data requires exercising caution when drawing conclusions based solely on views of the limited available data. Any perceived relationship, trend, or pattern apparent in the data should not be interpreted to imply causation; may in fact be unrelated; and should be regarded as preliminary, and potentially erroneous, until more in-depth study and if applicable, statistical evaluation, can be applied.

The LDH Bureau of Health Informatics and Environmental Public Health Tracking Program cannot guarantee the completeness of the information contained in these datasets and expressly disclaim liability for errors and omissions in their content.

## Additional Information

Please visit the following links for more information on hypertension:

- Keeping your heart healthy is important. Within the Louisiana Department of Health, there are [programs](#) that support the prevention and management of high blood pressure.
- LDH's Well-Ahead Louisiana initiative empowers leaders in key organizations across the state to take an active role in the fight against heart disease in our communities. Everyone has a role to play in making heart healthy living easy and accessible to our residents. [Learn more here.](#)
- [High Blood Pressure Symptoms and Causes | cdc.gov](#)
- [CDC High Blood Pressure Prevention and Management](#)
- [Better Food Options to Increase Heart Health](#)

## Questions?

- Email: [healthdata@la.gov](mailto:healthdata@la.gov)
- Website: <http://ldh.la.gov/tracking>
- Toll free Phone: 1-888-293-7020