

# HYPERTENSION AND HIGH CHOLESTEROL

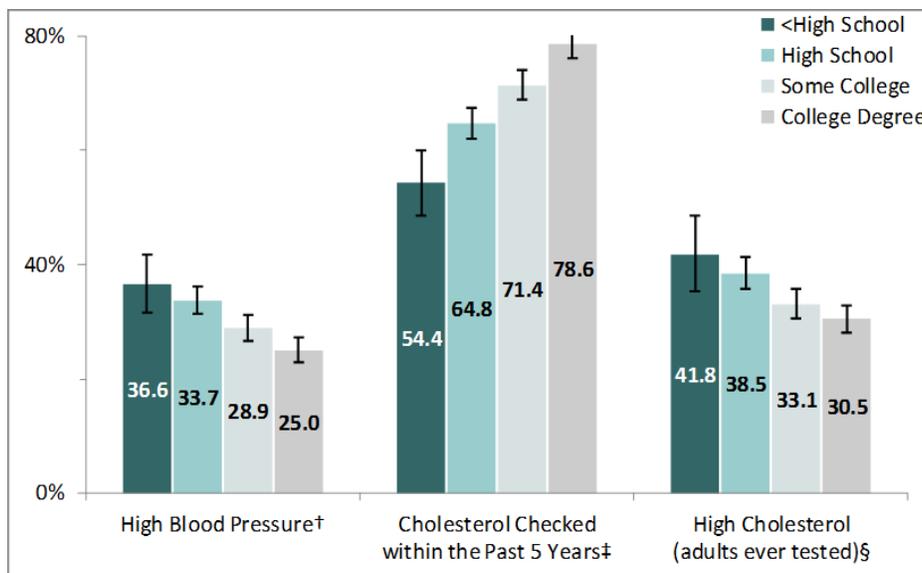
Montana BRFSS, 2011

During 2011, 30.2% of Montana adults reported having high blood pressure, 69.5% of adults reported having their cholesterol checked in the past five year and of those adults who had ever had a cholesterol test, 34.6% reported having high blood cholesterol.

## Sociodemographic Trends

- ◆ The prevalence of high blood pressure was higher among men than women. Women reported having their blood cholesterol checked within the past 5 years more frequently than men.
- ◆ The prevalence of high blood pressure, high cholesterol, and having cholesterol screening increased with increasing age.
- ◆ Adults with lower educational levels reported having hypertension and high cholesterol more often than adults with higher education. Adults with higher education reported having been recently screened for cholesterol levels more often than adults with lower education.
- ◆ Adults with lower household incomes reported having high blood pressure more frequently than those with higher household incomes. Adults with higher household incomes reported having been recently screened for cholesterol levels more often than adults in lower income households.
- ◆ White, non-Hispanics and American Indian/Alaska Native adults reported having been recently screened for cholesterol levels within the past 5 years more often than other or Hispanic racial-ethnic groups.
- ◆ The prevalence of hypertension, high cholesterol, and not having had recent cholesterol screenings was higher among adults with a disability than adults without a disability.
- ◆ Adults in the North Central health region reported having hypertension more frequently than those in the Northwest and Southwest health regions.

**Figure 15. Hypertension and High Cholesterol by Educational Attainment Groups, Montana BRFSS, 2011**



**Table 15: Hypertension and High Cholesterol and Cholesterol Screening, Montana Adults, 2011**

	High Blood Pressure †				Cholesterol Checked within the Past 5 Years ‡				High Cholesterol (adults ever tested) §			
	Wt. %	95% CI		UnWt. N	Wt. %	95% CI		UnWt. N	Wt. %	95% CI		UnWt. N
		LL	UL			LL	UL			LL	UL	
<b>All Adults:</b>	<b>30.2</b>	28.9	31.5	3,755	<b>69.5</b>	68	71.0	7,875	<b>34.6</b>	33.1	36.1	3,410
<b>Sex:</b>												
Male	<b>32.6</b>	30.7	34.7	1,726	<b>67.4</b>	65.2	69.6	3,264	<b>36.2</b>	34.0	38.6	1,497
Female	<b>27.8</b>	26.2	29.5	2,029	<b>71.6</b>	69.6	73.6	4,611	<b>33.0</b>	31.1	35.0	1,913
<b>Age:</b>												
18 - 24	<b>7.0</b>	4.7	10.4	33	<b>31.6</b>	26.7	37.0	147	<b>2.8</b>	1.3	6.3	6
25 - 34	<b>13.9</b>	11.3	17.1	128	<b>50.7</b>	46.5	54.9	475	<b>11.3</b>	8.3	15.2	70
35 - 44	<b>16.4</b>	13.5	19.9	182	<b>66.8</b>	62.6	70.8	738	<b>22.3</b>	18.5	26.5	183
45 - 54	<b>30.4</b>	27.3	33.7	528	<b>75.5</b>	72.1	78.5	1,438	<b>34.7</b>	31.2	38.3	538
55 - 64	<b>41.4</b>	38.6	44.3	1,007	<b>84.2</b>	81.6	86.5	2,121	<b>44.9</b>	41.9	47.9	1,057
65+	<b>58.7</b>	56.3	61.2	1,857	<b>91.3</b>	89.7	92.6	2,918	<b>51.4</b>	48.8	54.0	1,541
<b>Education:</b>												
<High School	<b>36.6</b>	31.6	41.8	337	<b>54.4</b>	48.6	60.0	476	<b>41.8</b>	35.3	48.6	236
High School	<b>33.7</b>	31.3	36.1	1,332	<b>64.8</b>	62.0	67.5	2,428	<b>38.5</b>	35.7	41.4	1,083
Some College	<b>28.9</b>	26.7	31.2	1,088	<b>71.4</b>	68.8	74.0	2,315	<b>33.1</b>	30.6	35.7	1,023
College Degree	<b>25.0</b>	23.0	27.3	991	<b>78.6</b>	76.1	80.9	2,644	<b>30.5</b>	28.1	32.9	1,064
<b>Income:</b>												
<\$15,000	<b>37.9</b>	33.7	42.3	511	<b>58.2</b>	53.4	62.9	773	<b>38.3</b>	33.2	43.6	368
\$15,000 - \$24,999	<b>35.0</b>	32.0	38.1	813	<b>62.6</b>	59.0	66.1	1,353	<b>36.9</b>	33.4	40.6	634
\$25,000 - \$49,999	<b>31.1</b>	28.7	33.6	1,071	<b>71.4</b>	68.6	74.1	2,252	<b>35.9</b>	33.2	38.8	998
\$50,000 - \$74,999	<b>26.5</b>	23.3	30.0	468	<b>78.3</b>	74.8	81.5	1,190	<b>29.9</b>	26.5	33.6	481
\$75,000 +	<b>22.6</b>	20.0	25.6	498	<b>81.8</b>	78.4	84.8	1,537	<b>31.6</b>	28.4	34.9	600
<b>Race/Ethnicity:</b>												
White, non-Hispanic	<b>30.2</b>	28.9	31.6	3,303	<b>71.2</b>	69.7	72.7	7,009	<b>34.5</b>	32.9	36.0	3,031
AI/AN*	<b>34.2</b>	28.9	40.0	257	<b>64.8</b>	58.2	71.0	477	<b>34.2</b>	28.4	40.5	208
Other or Hispanic**	<b>25.0</b>	19.7	31.2	177	<b>48.7</b>	41.3	56.1	348	<b>36.3</b>	28.2	45.1	150
<b>Disability:</b>												
No Disability	<b>23.9</b>	22.5	25.4	1,992	<b>66.1</b>	64.2	67.9	4,888	<b>30.1</b>	28.4	31.9	1,899
Disability	<b>45.7</b>	43.1	48.4	1,551	<b>78.4</b>	75.8	80.8	2,584	<b>44.4</b>	41.6	47.3	1,355
<b>Region:</b>												
1- Eastern MT	<b>31.7</b>	28.0	35.6	473	<b>72.1</b>	67.7	76.1	948	<b>38.8</b>	34.4	43.5	430
2- N Central MT	<b>35.4</b>	32.2	38.6	799	<b>67.9</b>	64.5	71.1	1,481	<b>33.5</b>	30.1	37.1	646
3- S Central MT	<b>32.3</b>	29.1	35.6	632	<b>71.3</b>	67.7	74.7	1,348	<b>34.5</b>	30.9	38.2	560
4- Southwest MT	<b>26.9</b>	24.5	29.4	719	<b>71.4</b>	68.3	74.3	1,676	<b>31.7</b>	28.9	34.6	658
5- Northwest MT	<b>29.2</b>	26.9	31.6	1,088	<b>67.5</b>	64.6	70.3	2,320	<b>36.6</b>	33.8	39.5	1,073

† Were you ever told by a health care professional that your blood pressure was high? Total Sample Size: 10,235, Weighted Prevalence Estimate: 231,700.

‡ Had blood cholesterol checked in the past 5 years? Total Sample Size: 9,963, Weighted Prevalence Estimate: 224,500.

§ Were you ever told by a health care professional that your blood cholesterol was high? Total Sample Size: 8,433, Weighted Prevalence Estimate: 194,000.

\* American Indian or Alaska Native only.

\*\* All other non-White (including multi-racial or Hispanic).