Adult High Blood Pressure

**Definition:**

Adult high blood pressure is measured as adults aged 18 years and older that have ever been told by a doctor, nurse, or other health professional that they had high blood pressure. Systolic blood pressure 130 mm Hg and higher or diastolic blood pressure 80 mm Hg and higher diastolic indicates high blood pressure. High blood pressure increases the risk of heart attack, stroke, kidney disease and heart failure.¹

**Summary:**

- During 2012-2016, 35.1% of Alaska Native adults reported ever being diagnosed with high blood pressure compared to 29.7% of Alaska non-Native adults, and the difference was statistically significant.
- Between 1997-2001 and 2012-2016, there was an increase in the proportion of Alaska Native adults who have ever been diagnosed with high blood pressure, and this change was statistically significant.

**Objectives:**

Reduce the proportion of adults with (high blood pressure) hypertension to 26.9%.

- Healthy People 2020, Goal HDS-5.1

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Percentage of Alaska Native and non-Native adults who have ever been diagnosed with high blood pressure.

Data source: Alaska Division of Public Health, Behavioral Risk Factor Surveillance System
Prepared by: The Alaska Native Epidemiology Center

<table>
<thead>
<tr>
<th>Year</th>
<th>Alaska Native</th>
<th>95% Confidence Interval</th>
<th>Alaska non-Native</th>
<th>95% Confidence Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td>1997-2001</td>
<td>371</td>
<td>27.0%</td>
<td>1,109</td>
<td>23.1%</td>
</tr>
<tr>
<td>2002-2006</td>
<td>316</td>
<td>26.3%</td>
<td>1,003</td>
<td>22.4%</td>
</tr>
<tr>
<td>2007-2011</td>
<td>550</td>
<td>32.5%</td>
<td>2,106</td>
<td>29.8%</td>
</tr>
<tr>
<td>2012-2016</td>
<td>970</td>
<td>35.1%</td>
<td>4,040</td>
<td>29.7%</td>
</tr>
</tbody>
</table>
Percentage of Alaska Native adults who have ever been diagnosed with high blood pressure by tribal health region, 2012-2016.

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