

HYPERTENSION

What is hypertension?

Hypertension describes high blood pressure. High blood pressure is caused when both the pressure created with each heart beat (systolic pressure) and the pressure created inside the blood vessels (diastolic pressure) are too high. This causes a stretching and weakening of the artery walls.



AZ Fast Fact

Nearly half of all Arizona residents have high blood pressure.^{1,2}

- An estimated 90% of middle-aged adults will develop high blood pressure within their lifetime.⁶
- The total cost of hypertension to the Arizona Health Care Cost Containment System was \$140 million in 2007.³
- Death in Arizona due to high blood pressure was about 7 people per 100,000 in 2008.⁴

What are the risk factors for hypertension?

- Smoking
- Being overweight or obese
- Lack of physical activity
- Too much salt in the diet
- Too much alcohol consumption (more than 1 to 2 drinks per day)
- Stress
- Getting older
- Genetics
- Family history of high blood pressure
- Chronic kidney disease
- Adrenal and thyroid disorders

What can I do about it?

- Follow a healthy lifestyle by taking steps to reduce risk.
- Have your blood pressure checked.
- If you have high blood pressure, follow the treatment plan from your doctor to delay or prevent other health problems.

What is Arizona doing?

Arizona participates in several programs that work to help prevent high blood pressure including:

- **Arizona Smokers' Helpline: (800) 55 66 222 or ASHLine.org**
ASHLine provides free telephone and online quit coaching and free nicotine replacement therapies (NRT) to all Arizonans.
- **Arizona Heart Disease and Stroke Prevention Program: azcvd.gov**
This program, part of the Arizona Department of Health Services Bureau of Tobacco and Chronic Disease, works to help lower the number of people in Arizona affected by heart disease and stroke by coordinating collaborative efforts with partners statewide.
- **ADHS Bureau of Nutrition and Physical Activity: eatsmartgetactive.org**
This program helps prevent and control chronic health problems by helping people be physically active and maintain a healthy weight, lowering their risk of stroke.

Who has high blood pressure in Arizona?

27% of Arizona adults have high blood pressure¹ and more than 1 in 5 (21%) of Americans with high blood pressure don't know that they have it.²

What are the signs and symptoms of hypertension?

Hypertension is called the "silent killer" because there may be no symptoms. Symptoms can include:

- Chest pain
- Confusion
- Irregular heartbeat
- Nosebleed
- Tiredness
- Vision changes

Further information and resources

Arizona Smokers' Helpline
(800) 55 66 222 or **ASHLine.org**

ASHLine provides free telephone and online quit coaching and free nicotine replacement therapies (NRT) to all Arizonans.

Arizona Cardiovascular Disease Coalition
azcvd.gov/ACDC.htm

A collaboration of health care professionals, managed care organizations, community stakeholders, civic leaders and media representatives working to improve the care of persons with cardiovascular disease, including hypertension.

American Heart Association
americanheart.org

The American Heart Association is a national voluntary health agency whose mission is: "Building healthier lives, free of cardiovascular diseases and stroke."

Centers for Disease Control and Prevention
cdc.gov/bloodpressure

An online source for credible health information, including basic information about hypertension, hypertension prevention and education resources.

National Heart, Lung and Blood Institute (NHLBI)
nhlbi.nih.gov

Information for the public and professionals about heart and cardiovascular disease, lung and blood diseases.



Bureau of Tobacco and Chronic Disease
www.tobaccofreearizona.com