

High Blood Pressure in Wisconsin

Quick Facts

High blood pressure (hypertension) puts your health and quality of life in danger. High blood pressure can lead to a heart attack or stroke. In Wisconsin, about 10,000 adults are hospitalized for heart attack, and 14,000 for stroke each year.^{1,2}



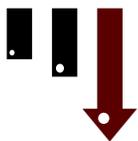
Nearly **1 in 3** Wisconsin adults have high blood pressure.³

Nearly **half** of those with high blood pressure **do not** have it under control, and **1 in 5** are unaware.⁴

About **3 in 4** Wisconsin adults who are diagnosed with high blood pressure take their blood pressure medication as prescribed.⁵



High blood pressure usually has no warning signs or symptoms. There's only one way to know whether or not you have it: **have a health professional measure it.** Measuring blood pressure is quick and painless.



To control high blood pressure, **take medication as prescribed, reduce sodium in the diet, quit smoking, and aim for 2 hours and 30 minutes of moderate physical activity every week.**

Citations

1. Wisconsin Environmental Public Health Tracking Program. <http://gis.wi.gov/DHS/tracking/>. Accessed December 28, 2017.
2. Wisconsin Department of Health Services. <https://www.dhs.wisconsin.gov/coverdell/data.htm>. Accessed December 28, 2017.
3. Wisconsin Department of Health Services, Division of Public Health, Office of Health Informatics. *Annual Wisconsin Death Report, 2015* (P-01170-16). September 2016.
4. Yoon, S. *et al.* 2015. "Hypertension Prevalence and Control Among Adults." *NCHS Data Brief*, No. 220.
5. Wisconsin Health Information Organization All-payer Claims Database, 2015.

