

Healthy People 2010 Operational Definition

12-11. Increase the proportion of adults with high blood pressure who are taking action (for example, losing weight, increasing physical activity, or reducing sodium intake) to help control their blood pressure.

National Data Source	National Health Interview Survey (NHIS), CDC, NCHS.
State Data Source	Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP.
Healthy People 2000 Objective	Adapted from 15.5 (Heart Disease and Stroke).
Changes since the 2000 Publication	Revised baseline (see Comments). Revised target (see Comments).
Measure	Percent (age adjusted—see Comments).
Baseline (Year)	84 (1998)
Target	98
Target-Setting Method	Better than the best racial/ethnic subgroup. For a discussion of target-setting methods, see Part A, section 4.
Numerator	Number of persons aged 18 years and older with high blood pressure/hypertension who are dieting, reducing salt or sodium intake, exercising, reducing alcohol consumption or taking high blood pressure medications.
Denominator	Number of persons with high blood pressure/hypertension aged 18 years and older.
Population Targeted	U.S. civilian, noninstitutionalized population.
Questions Used to Obtain the National Baseline Data	From the 1998 National Health Interview Survey: [NUMERATOR:] ➤ <i>Has a doctor or other health professional EVER advised you to go on a diet or change your eating habits to help lower your blood pressure?</i> [If yes:]

- o Are you NOW following this advice?
 - Has a doctor or other health professional EVER advised you to cut down on salt or sodium in your diet to help lower your blood pressure?
 - [If yes:]
 - o Are you NOW following this advice?
 - Has a doctor or other health professional EVER advised you to reduce alcohol consumption to help lower your blood pressure?
 - [If yes:]
 - o Are you NOW following this advice?
 - Has a doctor or other health professional EVER advised you to exercise to help lower your blood pressure?
 - [If yes:]
 - o Are you NOW following this advice?
 - Was any medication EVER prescribed by a doctor to help lower your blood pressure?
 - [If yes:]
 - o Are you NOW following this advice?
- [DENOMINATOR:]
- Were you told on two or more DIFFERENT visits that you had hypertension, also called high blood pressure?
 - [If yes:]
 - o Was this only during pregnancy?

Expected Periodicity

Periodic

Comments

People with high blood pressure/hypertension are defined as those who are told on two or more occasions by a physician or other health professional that they had high blood pressure. Pregnancy-related high blood pressure is excluded.

Adults are classified as taking action to control their blood pressure if they are now following advice on any of the actions listed above: diet/change eating habits, cut down on salt intake, reduce alcohol consumption, exercise, or take medication.

The original baseline was revised from 82 percent to 84 percent as the result of changes in the survey. The target was proportionally adjusted from 95 percent to 98 percent to reflect the revised baseline using the original target-setting method.

Data (except those by education status) are age adjusted to the 2000 standard population using the age groups 18-44, 45-64, and 65 years and over.

Data by education status are age adjusted using the age groups 25-44, 45-64, and 65 and over. Age-adjusted percents are weighted sums of age-specific percents. For a discussion of age adjustment, see Part A, section 7.

This objective is adapted from Healthy People 2000 objective 15.5, which tracked the proportion of people with high blood pressure/hypertension who were taking medication, dieting to lose weight, cutting down on salt, and exercising to help control their blood pressure. This measure tracks the proportion of adults with high blood pressure/hypertension who are reducing alcohol consumption, in addition to the other actions, to help control their blood pressure; the measure is age adjusted to the 2000 standard population.

In Healthy People 2000, a person with high blood pressure/hypertension was defined as ".EVER been told by a doctor or other health professional that you had hypertension, also called high blood pressure" while in Healthy People 2010, a person is defined as ".told on two or more DIFFERENT visits that you had high blood pressure."

For some measures, data do not meet the criteria for statistical reliability, data quality, or confidentiality and have been suppressed. Information on suppression of data for the major Healthy People 2010 data systems has been published in a *Healthy People Statistical Note*.¹

See Part C for a description of NHIS and Appendix A for focus area contact information.

References

1. Klein, R.J.; Proctor, S.E.; Boudreault, M.A.; Turczyn, K.M. Healthy People 2010 Criteria for Data Suppression. *Statistical Notes* No. 24. Hyattsville, MD: National Center for Health Statistics. 2002.