



Women's Health Data

Hypertension

- About 24% of Ohio women have high blood pressure,¹ putting them at risk for coronary heart disease and cerebrovascular disease, renal failure, and cardiomyopathy.² 22% of Ohio men have high blood pressure.³
- A higher proportion of Ohio women are hypertensive than that of U. S. women: 23.6% of Ohio women have hypertension, compared to 19.7% of U.S. women.^{4,5}
- The risk factors for hypertension include age, excessive alcohol intake, family history, obesity, and high sodium intake.⁶
- After menopause, hypertension is more prevalent among women than men. Black and Hispanic Americans are more likely to suffer from hypertension than Whites.⁷ This translates into higher cardiovascular disease mortality rates for Black women than for White women. Control of diabetes and hypertension should reduce the incidence of cardiovascular disease.

Prevalence of Hypertension By Race and Sex, Ohio 1995

Reference:

1. Ohio Behavioral Risk Factor Surveillance System, 1995.
2. Ohio Dept. of Health. August, 1996. *State Health Resources Plan*: 49
3. Ohio BRFSS.
4. Ohio BRFSS.
5. National Center for Health Statistics. *Health, United States, 1995*. Hyattsville, MD: Public Health Service. 1996.
6. ODH.
7. American Heart Association. Heart and Stroke Facts: 1994 Statistical Supplement. p. 13.



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