



Blood Pressure

Selected Results from STEPS to a Well Bermuda 2014

Hypertension, also called high or raised blood pressure, is a condition that occurs when blood flows through the blood vessels with a force greater than normal. Constant high blood pressure cause strain to the heart, damage blood vessels, and increase the risk of heart attack, stroke, kidney problems, and death.

Highlights

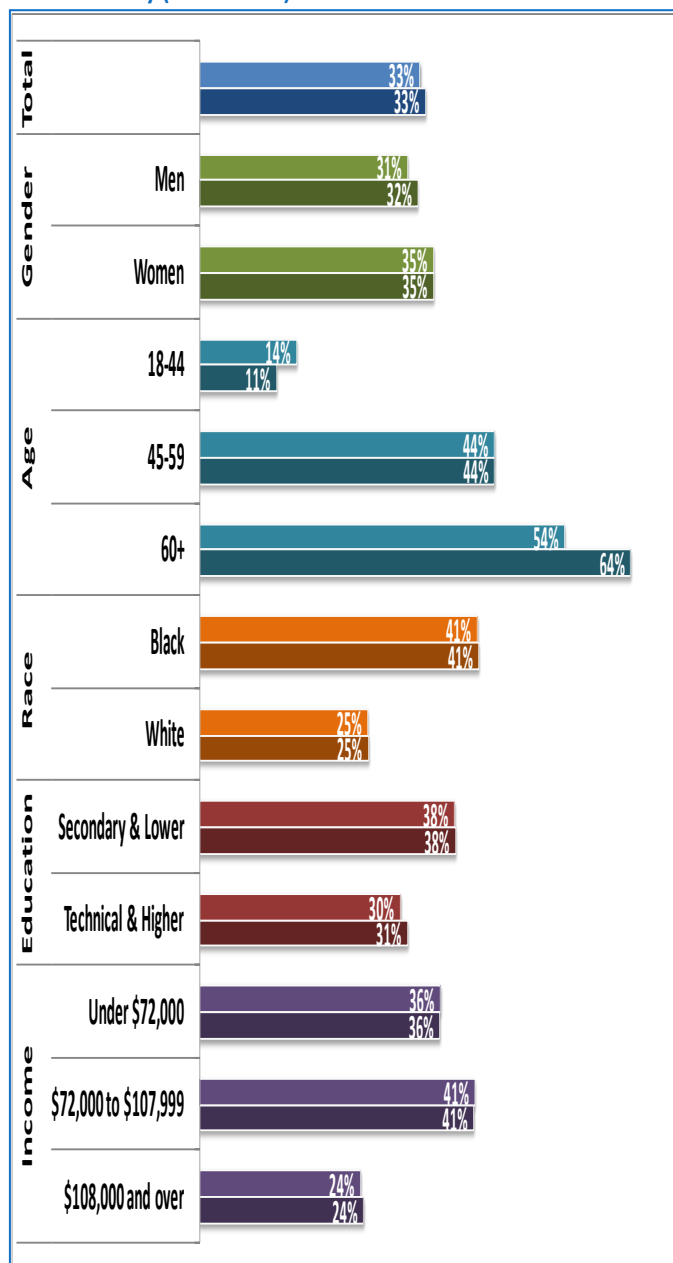
- A third of all adults report a diagnosis of raised blood pressure or hypertension.
 - Blacks are more likely to report having this diagnosis than Whites and persons of Asian and other races.
 - Persons with middle income are more likely to report this diagnosis than those with higher income.

- Of those reporting a diagnosis of raised blood pressure or hypertension, over half are using medication to control their blood pressure.
 - Women are more likely to use medication than men.
 - Blood pressure medication use increases with age.
 - Blacks are more likely to use blood pressure medication than Whites.
 - Persons with lower income are more likely to use blood pressure medication than persons with higher income.

- The results of the self-reported diagnosis of hypertension and those with measured or documented hypertension at the time of survey are similar.
 - A third of all adults had high blood pressure.
 - High blood pressure is more common as persons get older.
 - Persons with middle income are more likely to have high blood pressure than those with higher income.

For additional information, email:
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Figure 1. Percentage of adults reporting a diagnosis of raised blood pressure or hypertension (lighter bars) and percentage of adults with measured raised blood pressure* or using blood pressure medication at time of survey (darker bars)



*Raised blood pressure is defined as systolic blood pressure ≥ 140 mmHg and/or diastolic blood pressure ≥ 90 mmHg