

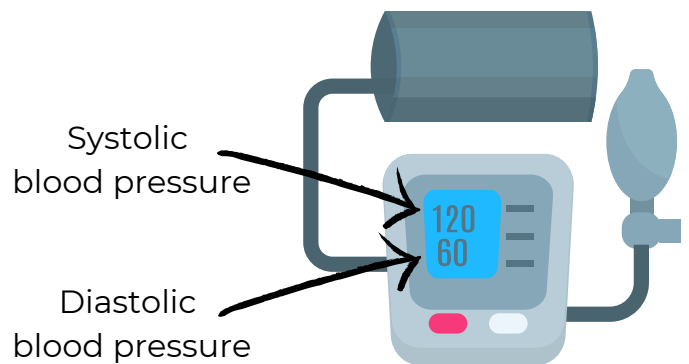
High Blood Pressure 2024 Fact Sheet

What is blood pressure?

Blood pressure is the pressure of blood pushing against the walls of your arteries. It is measured by two numbers: Systolic blood pressure and Diastolic blood pressure. Systolic is the pressure when the heart squeezes to push blood through the body and Diastolic is the pressure when the heart is relaxed between beats.

High blood pressure, also known as hypertension, is blood pressure greater than or equal to **130/80 mmHg**.¹ High blood pressure can be the result of many things that make the heart squeeze harder or faster, such as the narrowing of the blood vessels.

! High blood pressure puts you at higher risk for heart disease and stroke, which are **2 of the top 5** causes of death in the United States.



High Blood Pressure in Nebraska

- In 2023, **31.7%** of Nebraskans had high blood pressure. Those most affected were Black, Native American and Alaska Native, men, and adults 65 years and older.²
- Between 2019 and 2021, approximately **3,424** hospitalizations occurred among Nebraska residents due to high blood pressure. **Black residents (25.3%)** were more likely to be hospitalized due to high blood pressure than **white or Hispanic residents (9.2% and 7.2%, respectively)**.³
- In 2022, high blood pressure was a factor in **17.2** deaths per 100,000 Nebraska residents, or **430 deaths**. A death rate of 17.2 per 100,000 people ranks **Nebraska as 49th** in the United States.⁴

¹Centers for Disease Control and Prevention, (2024). High Blood Pressure Facts.

²United Health Foundation, (2024). Summary of Nebraska.

³Centers for Disease Control and Prevention, (2021). Interactive Atlas of Heart Disease and Stroke.

⁴Centers for Disease Control and Prevention, (2022). National Center for Health Statistics.

High Blood Pressure Risk Factors

Family History

Some people are more likely to develop high blood pressure due to a family history of the disease. When combined with unhealthy lifestyle choices, the risk becomes even greater.

Physical Inactivity

Regular physical activity keeps your heart and blood vessels strong. It can also help you keep a healthy weight, which can help lower blood pressure.

Smoking

Smoking can damage the heart and blood vessels. Nicotine decreases the amount of oxygen your blood can carry when you inhale carbon monoxide, the product of inhaling nicotine.

Unhealthy Diet

Too much sodium and not enough potassium in your diet can increase your risk for high blood pressure.

Obesity

Having obesity or being overweight means your heart has to work harder to pump blood throughout your body. This can cause wear on your heart and blood vessels over time.

Diabetes

About 6 of 10 people who have diabetes also have high blood pressure. Diabetes can cause sugar to build up in the blood, increasing the risk of heart disease.

More Information

For more information about high blood pressure, visit CDC's website at: <https://www.cdc.gov/high-blood-pressure/about/index.html>