
Hypertension and Cholesterol

HYPERTENSION

Definition: South Dakotans who report they have been told by a health professional their blood pressure is high.

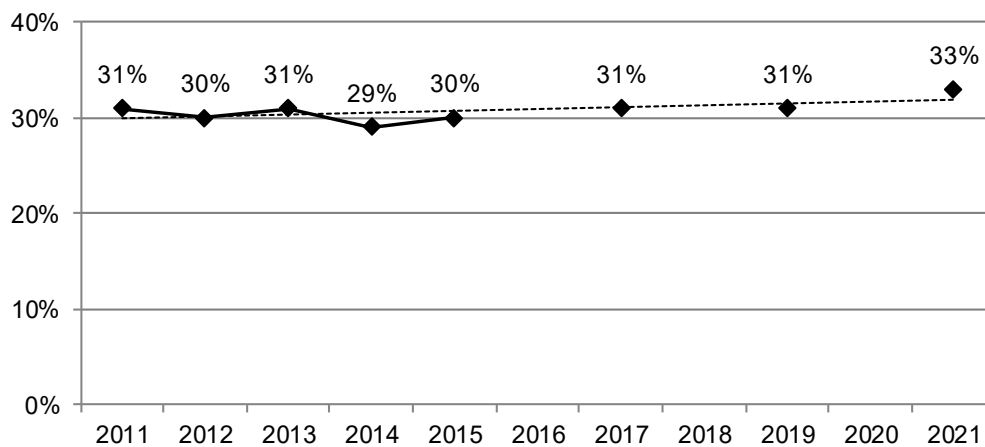
Prevalence of Hypertension

- South Dakota 33%
- Nationwide median 32%

Trend Analysis

Overall, the percent of South Dakotans who have been told they have high blood pressure has remained steady since 2011, however this went from 31 percent in 2019 to 33 percent in 2021. South Dakota is higher than the nationwide median of 32 percent.

Figure 19
Percentage of South Dakotans Who Were Told They Have Hypertension, 2011-2021



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2021

Table 20
South Dakotans Who Were Told They Have Hypertension, 2017-2021

		2017-2021	95% Confidence Interval	
			Low	High
Gender	Male	36%	34.0%	37.9%
	Female	28%	26.0%	29.2%
Age	18-29	9%	7.2%	11.5%
	30-39	15%	12.8%	18.3%
	40-49	24%	20.8%	28.0%
	50-59	37%	33.9%	40.2%
	60-69	51%	48.1%	53.9%
	70-79	61%	57.3%	63.9%
	80+	60%	55.3%	65.4%
Race/Ethnicity	White, Non-Hispanic	33%	31.3%	34.1%
	American Indian, Non-Hispanic	33%	28.7%	37.9%
	American Indian/White, Non-Hispanic	25%	15.6%	37.9%
	Hispanic	22%	14.8%	30.7%
Household Income	Less than \$35,000	36%	32.8%	38.3%
	\$35,000-\$74,999	34%	31.3%	36.2%
	\$75,000+	27%	24.8%	29.4%
Education	Less than High School, G.E.D.	38%	32.4%	44.5%
	High School, G.E.D.	35%	32.4%	37.3%
	Some Post-High School	31%	28.6%	32.9%
	College Graduate	28%	25.7%	29.7%
Employment Status	Employed for Wages	24%	22.7%	26.2%
	Self-employed	29%	25.7%	33.4%
	Unemployed	31%	23.9%	38.0%
	Homemaker	21%	15.8%	28.2%
	Student	5%	2.5%	10.6%
	Retired	58%	55.7%	60.8%
	Unable to Work	48%	41.7%	54.1%
Marital Status	Married/Unmarried Couple	33%	31.6%	35.0%
	Divorced/Separated	38%	34.3%	42.0%
	Widowed	57%	52.2%	60.9%
	Never Married	18%	15.5%	20.1%
Home Ownership Status	Own Home	36%	34.4%	37.6%
	Rent Home	23%	20.5%	25.3%
Children Status	Children in Household (Ages 18-44)	14%	12.2%	17.0%
	No Children in Household (Ages 18-44)	13%	10.8%	16.1%
Phone Status	Landline	45%	43.2%	47.8%
	Cell Phone	27%	26.0%	29.0%
Pregnancy Status	Pregnant (Ages 18-44)	6%	2.2%	14.2%
	Not Pregnant (Ages 18-44)	7%	5.8%	9.1%
County	Minnehaha	29%	26.0%	31.8%
	Pennington	34%	30.7%	36.7%
	Lincoln	29%	23.6%	34.5%
	Brown	32%	28.3%	35.4%
	Brookings	23%	19.7%	26.4%
	Codington	31%	27.3%	34.2%
	Meade	32%	27.1%	37.1%

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2017-2021

Demographics

Gender	Males exhibit a significantly higher prevalence of high blood pressure than females.
Age	The prevalence of high blood pressure generally increases as age increases. This includes significant increases as the 30s, 40s, 50s, 60s, and 70s are reached.
Race/ Ethnicity	Whites demonstrate a very high prevalence of high blood pressure, while Hispanics show a very low prevalence.
Household Income	The prevalence of high blood pressure decreases as household income increases. This includes a significant decrease as the \$75,000+ income group is reached.
Education	The prevalence of high blood pressure decreases as education levels increase.
Employment	Those who are retired demonstrate a very high prevalence of high blood pressure, while those who are a student show a very low prevalence.
Marital Status	Those who are widowed exhibit a very high prevalence of high blood pressure, while those who have never been married show a very low prevalence.
Home Ownership	Those who own their home demonstrate a significantly higher prevalence of high blood pressure than those who rent their home.
Children Status	The prevalence of high blood pressure does not seem to differ based on the presence of children in the household.
Phone Status	Those who primarily use a landline phone demonstrate a significantly higher prevalence of high blood pressure than those who primarily use a cell phone.
Pregnancy Status	The prevalence of high blood pressure does not seem to differ based on pregnancy status.
County	Pennington, Brown, Codrington, and Meade counties all exhibit a very high prevalence of high blood pressure, while Brookings county shows a very low prevalence.

The following table shows the percent of South Dakotans who were taking medicine for high blood pressure. In 2021, 78% percent were taking medicine for high blood pressure.

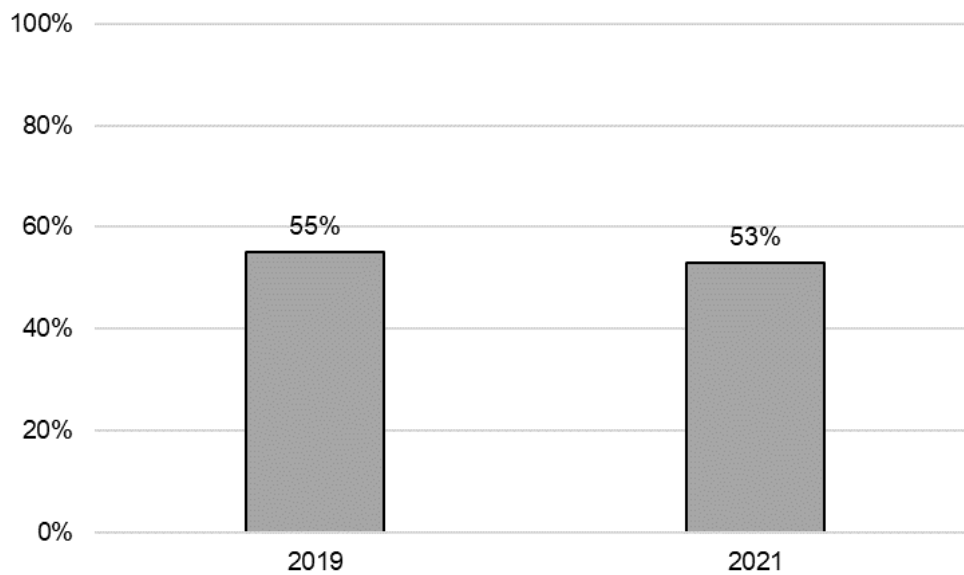
Table 21
Percentage of South Dakotans Who Were Taking Medicine for High Blood Pressure, 2011-2021

Year	%
2021	78%
2019	77%
2017	79%
2015	79%
2013	81%
2011	78%

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2021

In 2021, 53 percent of South Dakotans with high blood pressure were told by a doctor, nurse, or another health professional to check their own blood pressure outside of the doctor’s office.

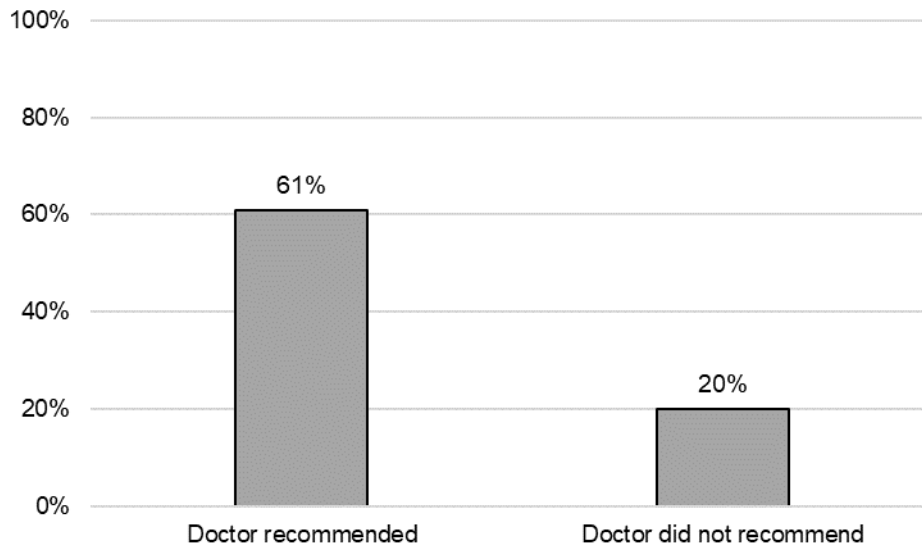
Figure 20
Percentage of Those With High Blood Pressure Who Have Been Told by Health Professional to Check Their Blood Pressure Outside of the Doctor’s Office, 2019-2021



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2019-2021

Of those with high blood pressure, 61 percent regularly check their blood pressure outside of the doctor's office because of the doctor's recommendation.

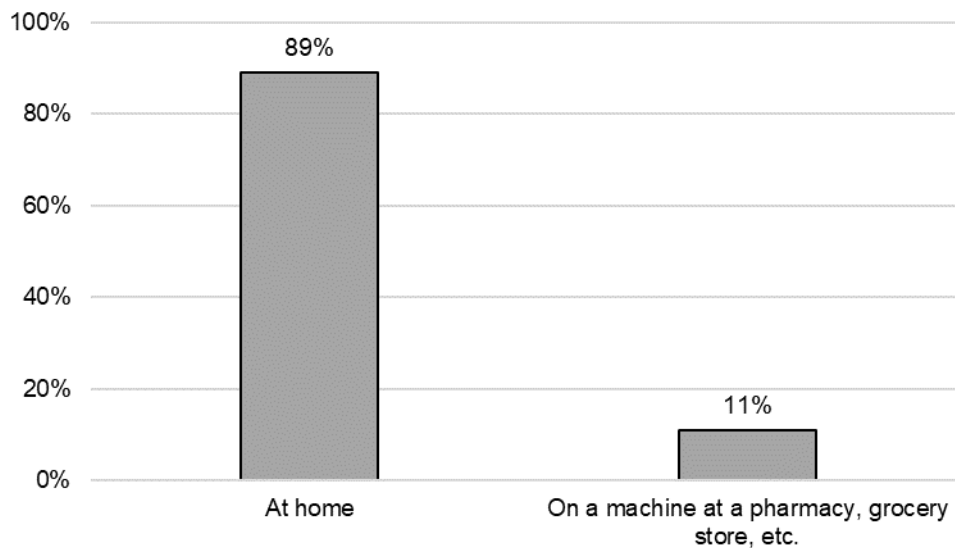
Figure 21
Percentage of Those With High Blood Pressure Who Regularly Check Their Blood Pressure Outside of the Doctor's Office by Doctor's Recommendation, 2019-2021



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2019-2021

Of those who regularly check their high blood pressure outside of the doctor's office, 89 percent check their blood pressure at home compared to 11 percent of respondents who use another place such as a machine at the pharmacy or a grocery store.

Figure 22
Percentage of Those With High Blood Pressure Who Regularly Check Their Blood Pressure Outside of the Doctor's Office by Location, 2019-2021



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2019-2021

HIGH CHOLESTEROL

Definition: South Dakotans who report they have had their cholesterol checked and were told it was high by a health professional.

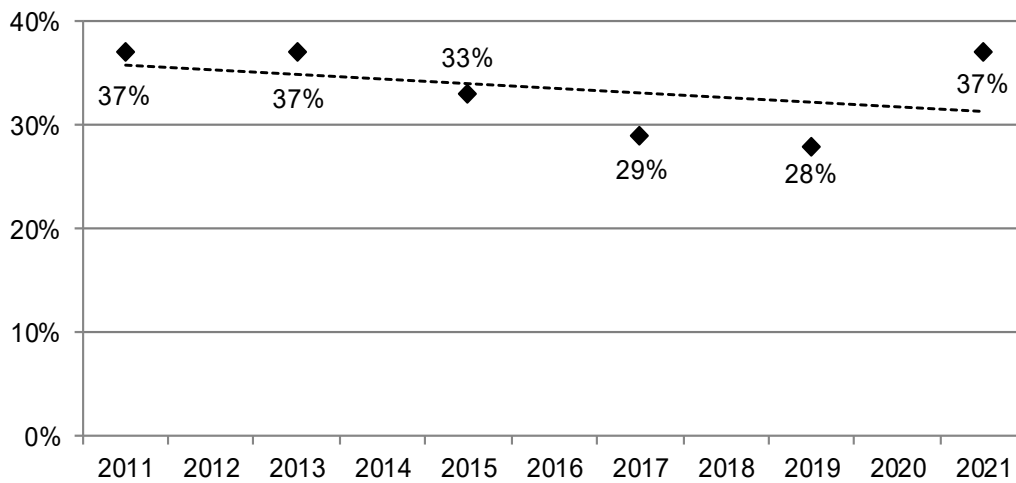
Prevalence of High Cholesterol

- South Dakota 37%
- Nationwide median 36%

Trend Analysis

Overall, the percent of South Dakotans who have been told they have high cholesterol had been decreasing since 2011, however, 2021 saw an increase to 37 percent from 28 percent in 2019. South Dakota is slightly higher than the nationwide median.

Figure 23
Percentage of South Dakotans Who Were Told They Have High Cholesterol, 2011-2021



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2021

Table 22
South Dakotans Who Were Told They Have High Cholesterol, 2017-2021

		2017-2021	95% Confidence Interval	
			Low	High
Gender	Male	33%	31.3%	35.6%
	Female	29%	27.5%	31.1%
Age	18-29	5%	3.1%	7.0%
	30-39	13%	10.6%	16.6%
	40-49	26%	22.1%	30.0%
	50-59	38%	35.0%	41.6%
	60-69	46%	43.5%	49.4%
	70-79	51%	47.8%	54.8%
	80+	44%	38.4%	49.2%
Race/Ethnicity	White, Non-Hispanic	33%	31.1%	34.1%
	American Indian, Non-Hispanic	27%	22.4%	32.5%
	American Indian/White, Non-Hispanic	24%	14.5%	37.8%
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	\$35,000-\$74,999	35%	31.9%	37.3%
	\$75,000+	28%	25.8%	30.6%
Education	Less than High School, G.E.D.	31%	25.0%	37.9%
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	College Graduate	30%	27.6%	31.9%
Employment Status	Employed for Wages	25%	22.8%	26.6%
	Self-employed	30%	26.3%	34.8%
	Unemployed	25%	18.2%	32.6%
	Homemaker	25%	17.9%	32.8%
	Student	6%	2.6%	12.5%
	Retired	50%	47.0%	52.3%
	Unable to Work	41%	34.4%	47.1%
Marital Status	Married/Unmarried Couple	34%	31.9%	35.6%
	Divorced/Separated	35%	30.9%	38.9%
	Widowed	44%	39.5%	48.6%
	Never Married	15%	12.2%	17.2%
Home Ownership Status	Own Home	34%	32.9%	36.1%
	Rent Home	22%	19.3%	24.8%
Children Status	Children in Household (Ages 18-44)	12%	10.1%	15.2%
	No Children in Household (Ages 18-44)	11%	8.5%	14.9%
Phone Status	Landline	39%	37.2%	41.8%
	Cell Phone	28%	26.7%	30.1%
Pregnancy Status	Pregnant (Ages 18-44)	*	*	*
	Not Pregnant (Ages 18-44)	10%	8.2%	12.6%
County	Minnehaha	29%	26.2%	32.3%
	Pennington	34%	30.7%	37.3%
	Lincoln	30%	24.4%	35.7%
	Brown	34%	30.5%	38.6%
	Brookings	25%	21.3%	29.4%
	Codington	29%	25.8%	32.8%
	Meade	25%	20.9%	30.2%

Note: *Results based on small sample sizes have been suppressed.

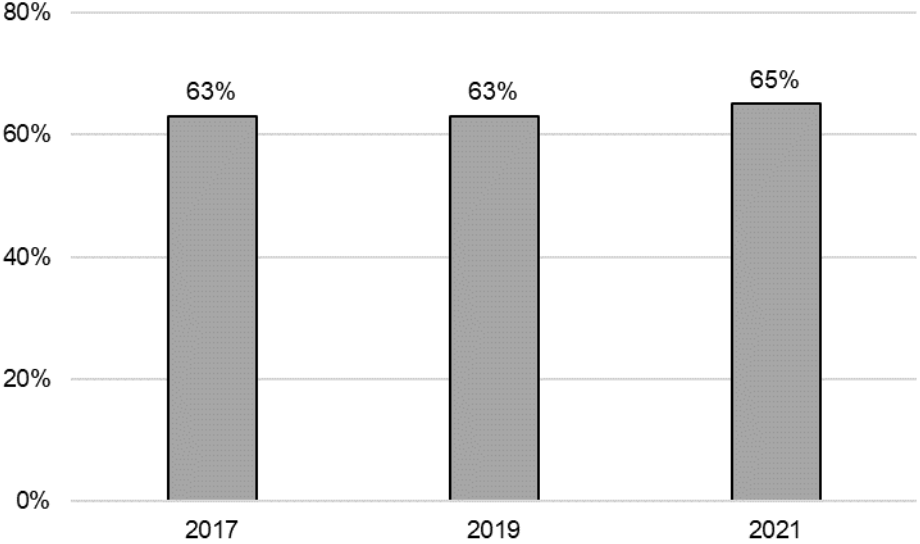
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2017-2021

Demographics

Gender	Males exhibit a significantly higher prevalence of high cholesterol than females.
Age	The prevalence of high cholesterol generally increases as age increases. This includes significant increases as the 30's, 40's, 50's, and 60's are reached.
Race/Ethnicity	The prevalence of high cholesterol does not seem to differ based on race/ethnicity.
Household Income	The prevalence of high cholesterol does not seem to change as household income increases.
Education	The prevalence of high cholesterol does not seem to change as education levels increase.
Employment	Those who are retired or unable to work demonstrate a very high prevalence of high cholesterol, while those who are a student show a very low prevalence.
Marital Status	Those who are widowed exhibit a very high prevalence of high cholesterol, while those who have never been married show a very low prevalence.
Home Ownership	Those who own their home demonstrate a significantly higher prevalence of high cholesterol than those who rent their home.
Children Status	The prevalence of high cholesterol does not seem to differ based on the presence of children in the household.
Phone Status	Those who primarily use a landline phone demonstrate a significantly higher prevalence of high cholesterol than those who primarily use a cell phone.
County	Those in Pennington and Brown counties exhibit a very high prevalence of high cholesterol, while those in Brookings and Meade counties show a very low prevalence.

Figure 24, below, shows the percentage of South Dakotans with high cholesterol who take medication for it. In 2021, 65 percent of those with high cholesterol took medication for it.

Figure 24
Percentage of South Dakotans Who Take Medicine for Their High Cholesterol, 2017-2021



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2017-2021