



# COMMUNITY INDICATORS DASHBOARD

## GREATER HAMPTON ROADS

Connecting Resources to Solve Problems

COMMUNITY DATA ▾

COMMUNITY INITIATIVES ▾

COMMUNITY RESOURCES ▾

Home > Community Dashboard > High Blood Pressure Prevalence > Region

## High Blood Pressure Prevalence ▾

Region: Greater Hampton Roads (MSA) ▾

Measurement Period: 2021 ▾

This indicator shows the percentage of adults who have been told they have high blood pressure. Normal blood pressure should be less than 120/80 mm Hg for an adult. Blood pressure above this level (140/90 mm Hg or higher) is considered high (hypertension).

### Why is this important?

High blood pressure is the number one modifiable risk factor for stroke. In addition to stroke, high blood pressure also contributes to heart attacks, heart failure, kidney failure, and atherosclerosis. The higher your blood pressure, the greater your risk of heart attack, heart failure, stroke, and kidney disease. In the United States, one in three adults has high blood pressure, and nearly one-third of these people are not aware that they have it. Because there are no symptoms associated with high blood pressure, it is often called the "silent killer." The only way to tell if you have high blood pressure is to have your blood pressure checked. High blood pressure can occur in people of any age or sex; however, it is more common among those over age 35. It is particularly prevalent in African Americans, older adults, obese people, heavy drinkers, and women taking birth control pills. Blood pressure can be controlled through lifestyle changes, including eating a heart-healthy diet, limiting alcohol, avoiding tobacco, controlling your weight, and staying physically active.

The Healthy People 2030 national health target is to reduce the proportion of adults with high blood pressure to 41.9 percent.

## Region: Greater Hampton Roads (MSA) 👤

This region includes Gloucester County, VA; Isle of Wight County, VA; James City County, VA; Mathews County, VA; York County, VA; Currituck County, NC; Gates County, NC; and the Virginia independent cities of Chesapeake, Hampton, Newport News, Norfolk, Poquoson, Portsmouth, Suffolk, Virginia Beach, and Williamsburg.

### COMPARED TO



U.S. Counties



US Value  
(32.7%)



HP 2030 Target  
(41.9%)

# 34.7%

Source: CDC - PLACES

Measurement period: 2021

Maintained by: Conduent Healthy Communities Institute

Last update: September 2023

**Technical note:** Sub-county small area estimates use state and county data from the CDC's Behavioral Risk Factor Surveillance System (BRFSS) in tandem with demographic data for census tracts and cities. It is not appropriate to use this data for evaluation purposes.

### More details:

[Click here](#) for more information on how to use CDC - PLACES.

### Graph Selections

#### INDICATOR VALUES

Change over Time

