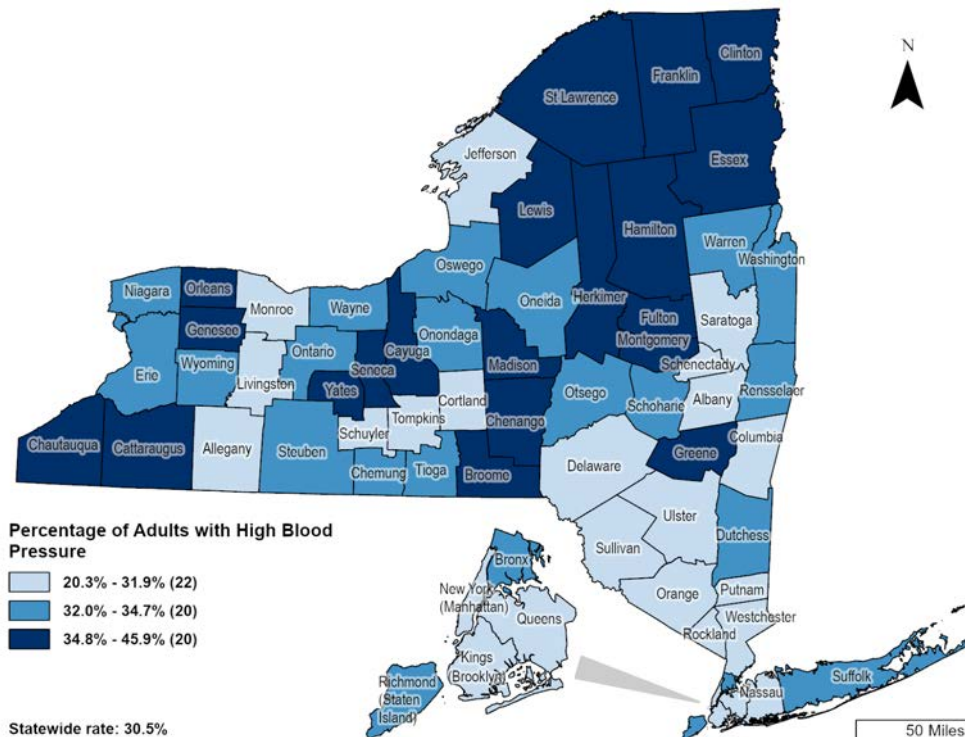




High Blood Pressure Among New York State Adults by County, BRFSS 2021

High blood pressure^a is a chronic condition where the force of blood flowing through the blood vessels, known as blood pressure, is consistently too high.^b High blood pressure, also called hypertension, is a leading risk factor for heart disease and stroke. In New York State, an estimated 4.9 million people, or 30.5% of the adult population, have been diagnosed with high blood pressure. County-level^c prevalence of diagnosed high blood pressure was obtained from the 2021 NYS Behavioral Risk Factor Surveillance System (BRFSS). The prevalence of diagnosed high blood pressure varies by county from 20.3% in Tompkins County to 45.9% in Orleans County.

- Counties outside New York City with the highest percentage of adults with diagnosed high blood pressure are Orleans (45.9%), Seneca (40.5%), and Clinton (40.4%).
- Counties outside New York City with the lowest percentage of adults with diagnosed high blood pressure are Tompkins (20.3%), Westchester (25.9%), and Sullivan (26.1%).
- Among New York City boroughs, the percentage of adults with diagnosed high blood pressure is highest in Bronx (33.0%) and lowest in New York (Manhattan 23.5%).



Public Health Opportunity

To help prevent and manage cardiovascular disease in NYS, the Prevention Agenda focuses on creating community, workplace, and health care environments that support the prevention, early detection, and management of high blood pressure, especially for populations at greatest risk due to social determinants of health. Relevant goals include increasing access to and affordability of lower-sodium foods, promoting evidence-based care in health care systems to prevent and manage cardiovascular disease, and increasing referrals to evidence-based community programs to support individuals diagnosed with high blood pressure. County-level estimates can be used to identify areas of concern, track progress for program interventions, and evaluate the effectiveness of high blood pressure prevention and management activities. Monitoring county-level rates can be helpful towards the development of future program interventions in clinical, community, and workplace settings. Local health departments and their partners can use this information to educate local decision-makers and support NYS Prevention Agenda reporting.

Note:

^a Diagnosed high blood pressure is defined as replying “yes” to “Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?”

^b American Heart Association. Health Topics: High Blood Pressure. <https://www.heart.org/en/health-topics/high-blood-pressure>

^c County estimates are not age-adjusted. Age-adjusted estimates can be accessed on Health Data NY at this [link](#). Map categories (shading) reflect tertials and do not represent a statistically significant difference.



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County	Crude Rate	[95%CI] ^d		County	Crude Rate	[95%CI] ^d
Albany	29.6	[26.1 - 33.1]		Niagara	33.7	[28.5 - 38.9]
Allegany	31.3	[25.0 - 37.6]		Oneida	33.4	[28.5 - 38.3]
Bronx	33.0	[29.9 - 36.0]		Onondaga	33.7	[29.8 - 37.5]
Broome	36.0	[31.2 - 40.7]		Ontario	33.3	[28.0 - 38.6]
Cattaraugus	37.6	[31.2 - 44.0]		Orange	30.2	[25.5 - 35.0]
Cayuga	34.9	[29.4 - 40.4]		Orleans	45.9	[37.3 - 54.5]
Chautauqua	36.2	[30.0 - 42.4]		Oswego	33.0	[27.4 - 38.6]
Chemung	32.6	[27.5 - 37.8]		Otsego	33.4	[26.9 - 39.9]
Chenango	34.9	[28.7 - 41.1]		Putnam	31.7	[25.7 - 37.7]
Clinton	40.4	[33.7 - 47.0]		Queens	30.2	[27.7 - 32.7]
Columbia	31.4	[24.5 - 38.3]		Rensselaer	32.9	[26.1 - 39.6]
Cortland	27.6	[19.7 - 35.4]		Richmond	33.0	[28.2 - 37.8]
Delaware	31.5	[25.2 - 37.8]		Rockland	28.7	[23.3 - 34.0]
Dutchess	32.8	[26.9 - 38.7]		Saratoga	28.5	[23.0 - 33.9]
Erie	33.3	[30.4 - 36.3]		Schenectady	31.8	[25.4 - 38.1]
Essex	35.4	[29.6 - 41.2]		Schoharie	32.7	[26.8 - 38.6]
Franklin	40.1	[34.2 - 46.0]		Schuyler	31.6	[24.2 - 39.1]
Fulton	37.3	[32.1 - 42.6]		Seneca	40.5	[32.6 - 48.4]
Genesee	36.2	[30.1 - 42.4]		St. Lawrence	36.6	[30.6 - 42.5]
Greene	36.4	[26.0 - 46.7]		Steuben	33.5	[28.4 - 38.5]
Hamilton	39.7	[24.8 - 54.6]		Suffolk	32.9	[30.1 - 35.8]
Herkimer	36.7	[30.3 - 43.1]		Sullivan	26.1	[20.3 - 31.8]
Jefferson	31.9	[28.2 - 35.6]		Tioga	34.7	[27.7 - 41.8]
Kings	27.5	[25.2 - 29.7]		Tompkins	20.3	[15.6 - 24.9]
Lewis	39.1	[32.0 - 46.3]		Ulster	30.7	[24.5 - 36.9]
Livingston	28.8	[22.2 - 35.4]		Warren	34.1	[29.1 - 39.1]
Madison	36.9	[30.0 - 43.7]		Washington	33.7	[28.2 - 39.3]
Monroe	31.9	[29.0 - 34.7]		Wayne	34.7	[29.7 - 39.6]
Montgomery	38.1	[32.1 - 44.0]		Westchester	25.9	[22.8 - 29.0]
Nassau	27.4	[24.7 - 30.2]		Wyoming	33.8	[26.2 - 41.3]
New York	23.5	[21.2 - 25.9]		Yates	36.0	[28.8 - 43.2]

Note:
^d When comparing rates, the 95% confidence interval (95% CI) provides the statistical range containing the true population rate with a 95% probability.

Contact:
For more information, please send an e-mail to BCDER@health.ny.gov with IFA # 2023-08 in the subject line. To access other Information for Action reports, visit the NYSDOH public website: https://www.health.ny.gov/statistics/prevention/injury_prevention/information_for_action/index.htm
For more information about cardiovascular disease visit: <https://www.health.ny.gov/statistics/diseases/cardiovascular/>
For other cardiovascular reports including high blood pressure data visit: <https://www.health.ny.gov/statistics/brfss/reports/#cardiac>