High Blood Pressure and High Blood Cholesterol
New York State Adults 2005

Introduction

High blood pressure increases the risk for a number of diseases, including congestive heart failure, kidney failure, heart attack, and stroke.

High blood cholesterol is a major risk factor for heart disease and stroke. Lowering high blood cholesterol levels will decrease the incidence of coronary heart disease and decrease mortality.

BRFSS Questions

**High blood pressure**

1. Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?

[If “yes”]

2. Are you currently taking medicine for your high blood pressure?

**High blood cholesterol**

1. Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?

[If “yes”]

2. About how long has it been since you last had your blood cholesterol checked?

3. Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?
High blood pressure* among New York State adults, by BRFSS survey year

* Those ever told by doctor, nurse, or other health professional that had high blood pressure.

Note: Error bars represent 95% confidence intervals.

High blood cholesterol* among New York State adults, by BRFSS survey year

* Those who ever had blood cholesterol checked.

Note: Error bars represent 95% confidence intervals.
<table>
<thead>
<tr>
<th>Race/ethnicity</th>
<th>Taking medication</th>
<th>5 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>White non-Hispanic</td>
<td>82.0</td>
<td>79.6-84.3</td>
</tr>
<tr>
<td>Black non-Hispanic</td>
<td>81.3</td>
<td>74.8-87.8</td>
</tr>
<tr>
<td>Hispanic</td>
<td>66.6</td>
<td>56.9-76.3</td>
</tr>
<tr>
<td>Other non-Hispanic</td>
<td>74.2</td>
<td>64.4-84.0</td>
</tr>
<tr>
<td>Total New York State (NYS)</td>
<td>77.2</td>
<td>76.8-81.6</td>
</tr>
</tbody>
</table>

**Blood pressure and blood cholesterol screening and control among New York State adults: 2005 BRFSS**

**Blood pressure**

<table>
<thead>
<tr>
<th>Region</th>
<th>Taking medication</th>
<th>5 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>New York City (NYC)</td>
<td>78.1</td>
<td>75.8-80.4</td>
</tr>
<tr>
<td>NYS exclusive of NYC</td>
<td>78.3</td>
<td>75.8-80.4</td>
</tr>
</tbody>
</table>

**Blood cholesterol**

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<tbody>
<tr>
<td>New York City (NYC)</td>
<td>77.7</td>
<td>76.3-79.1</td>
</tr>
<tr>
<td>NYS exclusive of NYC</td>
<td>78.2</td>
<td>76.4-79.9</td>
</tr>
</tbody>
</table>
Copies may be obtained by contacting:

BRFSS Coordinator
New York State Department of Health
Bureau of Chronic Disease, Epidemiology and Surveillance
Empire State Plaza, Rm. 565, Corning Tower
Albany, NY 12237-0679

or by phone or electronic mail:
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BRFSS@health.state.ny.us or
www.health.state.ny.us

State of New York
Eliot Spitzer, Governor
Department of Health
Richard F. Daines, M.D., Commissioner