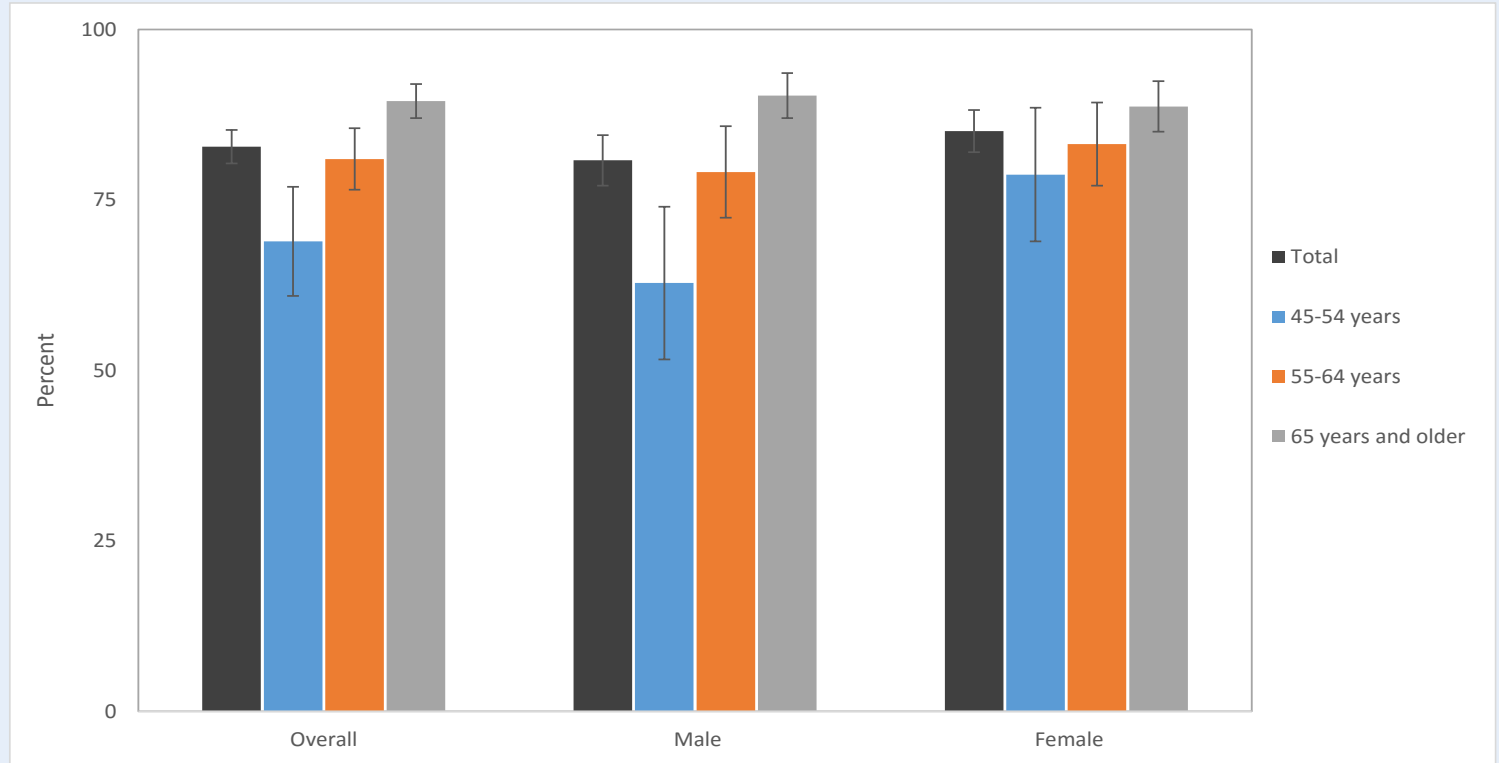


Percentage\* of adults aged 45 years and older with hypertension who are currently taking medication† for their hypertension, by sex and age category, Montana, 2015.



\*With 95% confidence interval indicated by error bars.

†Respondents with hypertension who have been told that they have high blood pressure by a doctor, nurse, or other health professional and are currently taking medication for high blood pressure.

### Highlights:

- About half of people with high blood pressure do not have it well managed. Taking medication as prescribed can help manage blood pressure levels.
- About 83% of adults aged 45 years and older reported currently taking medication for their high blood pressure and medication use varied with age group, but not by sex.
- Making lifestyle changes (not smoking, maintaining a healthy weight, eating foods lower in sodium, staying active) may help prevent and control high blood pressure.

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Data Source: Montana Department of Public Health and Human Services, Montana Behavioral Risk Factor Surveillance System, 2015.

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