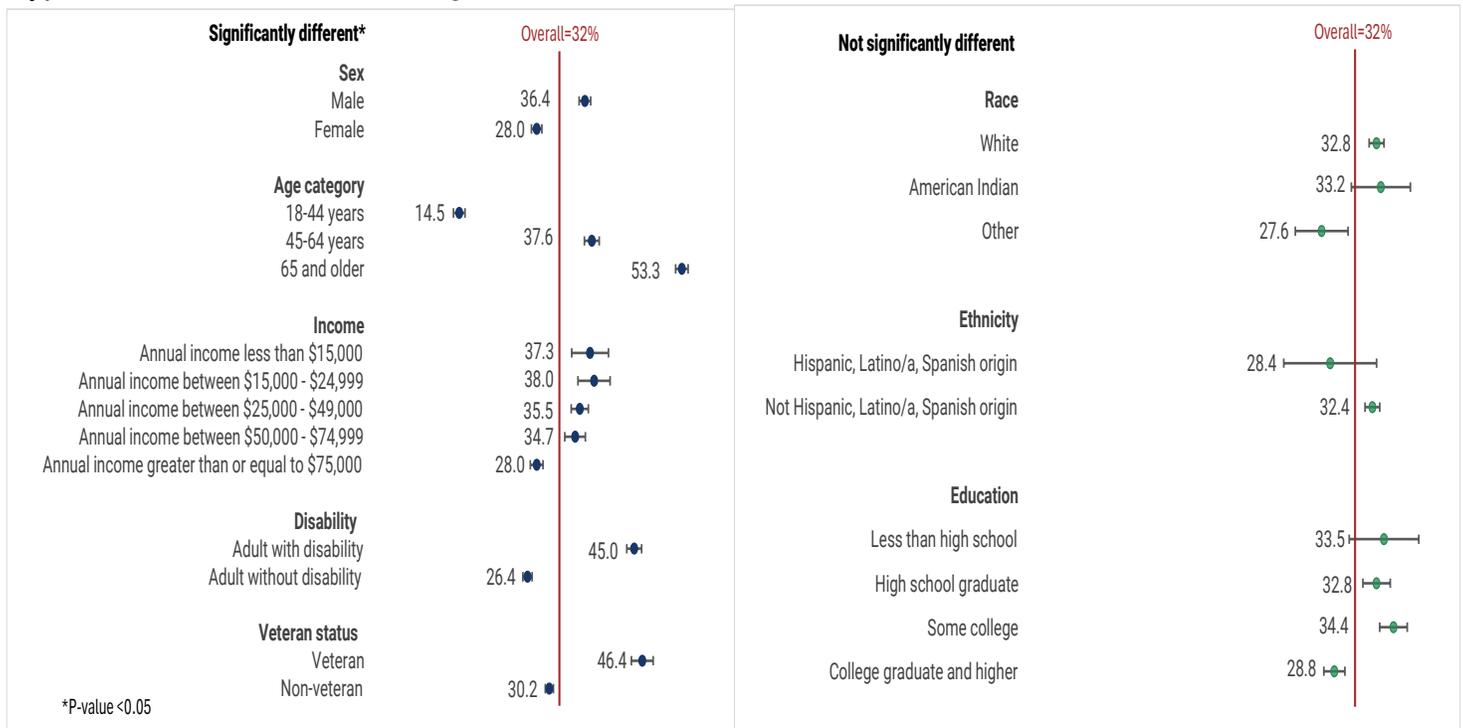




Montana Quick Stats

Cardiovascular Health Program

Hypertension Prevalence among Adult Montanans, 2023.



Background:

Hypertension (also known as high blood pressure) raises the risk of heart disease, stroke, and heart failure. Lifestyle change can help manage hypertension. Key steps are choosing lower-sodium foods and more produce, managing weight, smoking cessation, limit alcohol consumption, and staying physically active.

Highlights:

- In 2023, 32% of Montana adults reported having hypertension. There were significant differences in hypertension prevalence by sex, age, income, disability, and veteran status. Hypertension prevalence was 3.7 times higher among older (65 years and older) than younger (less than 45 years) adults, 1.5 times higher among veterans and 1.7 higher among adults with disabilities. Adults at the highest income category had the lowest hypertension prevalence compared to other income categories.
- There were no differences in hypertension prevalence by race, ethnicity, or education.

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DATA SOURCE

Montana Behavioral Risk Factor Surveillance System, 2023

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