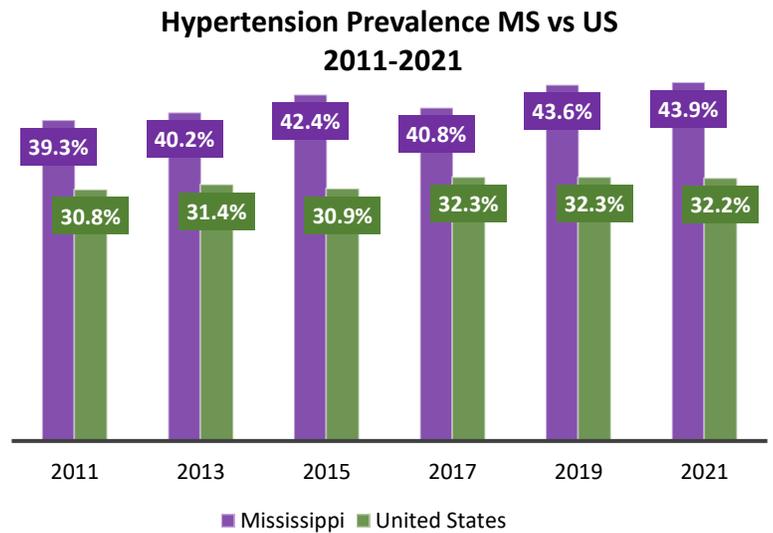


Hypertension Prevalence, Mississippi- 2021

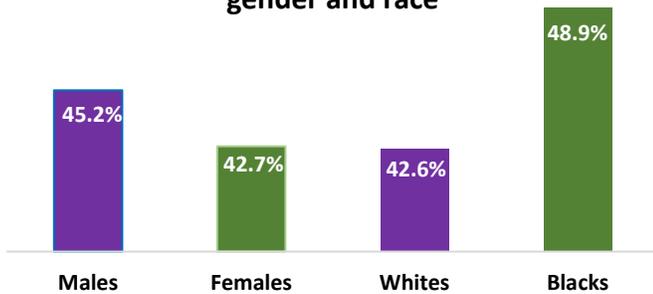
Introduction

Hypertension (high blood pressure) increases the risk of heart disease and stroke, the first and fifth leading causes of death in the United States. Every year during the decade (2011-2021), Hypertension prevalence in Mississippi was higher than the US national average. As of 2021, there were nearly 1 million adult Mississippians (**43.9%**) experienced high blood pressure. During the past decade (2011-2021), the prevalence of hypertension in Mississippi increased by **11.7%** (2011- 39.3%, 2021- 43.9%). In 2021, the Hypertension prevalence in MS was **36.3% higher** than the national average (MS- 43.9%, US- 32.2%).



Focus on Equity in Mississippi

Hypertension Prevalence in MS -2021 by gender and race

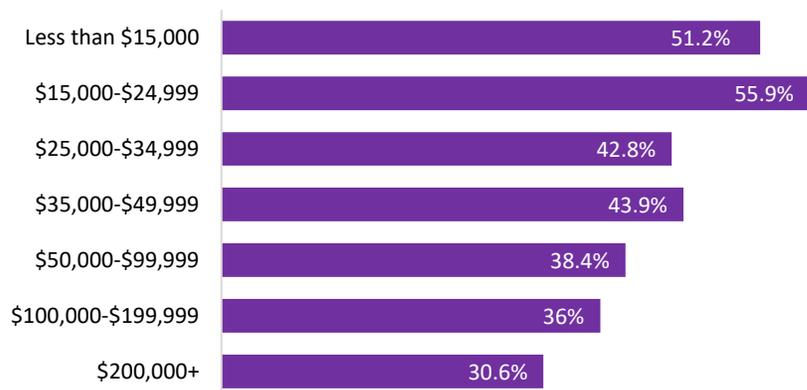


Males experienced higher hypertension prevalence than females in MS- 2021 (Males-45.2%, Females-42.7%). This prevalence was **5.8%** higher among males than females.

In 2021, black Mississippians experienced more hypertension than white Mississippians (Blacks- 48.9%, Whites- 42.6%). The prevalence was **14.8%** higher among blacks than whites.

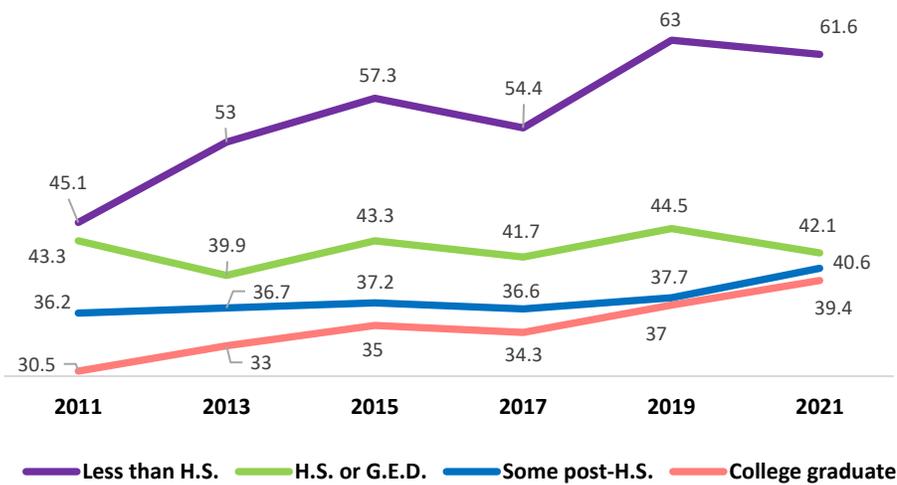
In 2021, among adult Mississippians, **51.2%** who had a Household income of less than \$15,000 experienced high blood pressure. More than half of the Mississippians with a household income of \$25,000 or less experienced hypertension. Only about **30.6%** with household incomes greater than \$200,000 experienced high blood pressure. It was observed that the higher the household income the lower the hypertension prevalence.

Hypertension Prevalence in MS -2021 by Household income



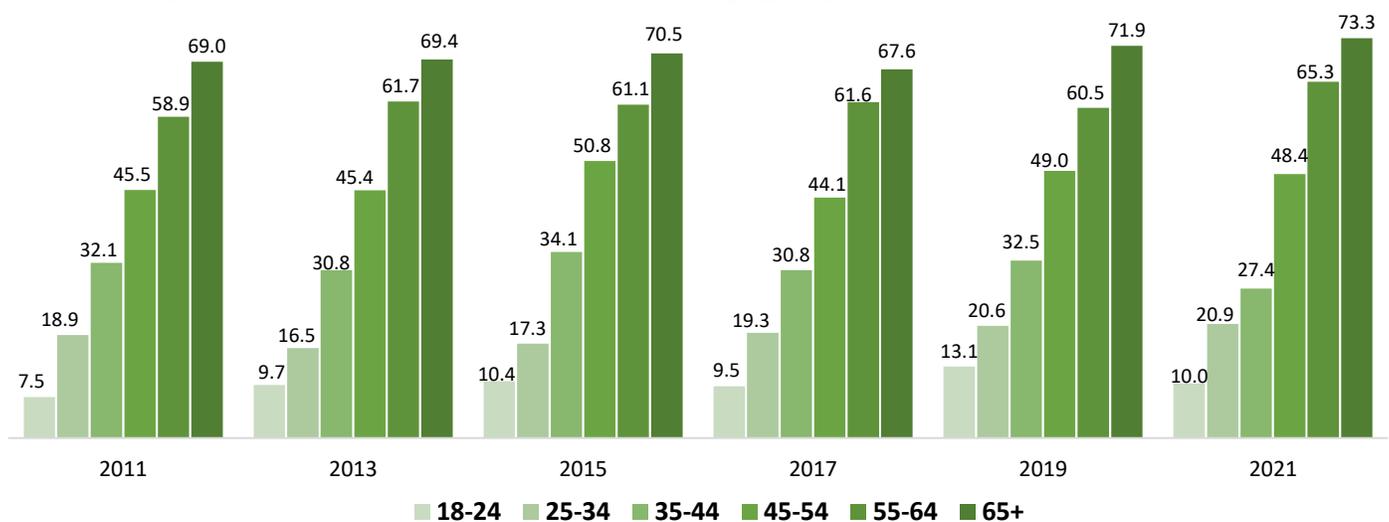
Focus on Education level and Age groups

Hypertension Prevalence % in MS -2021 by Education



The prevalence of hypertension varied significantly among adult Mississippians by the level of educational attainment. During the past decade (2011-2021), hypertension prevalence among adults with an education level of less than high school increased by **36.6%** (2011- 45.1%, 2021-61.6%). In 2021, **39.4%** of Mississippiian adults who were college graduates experienced hypertension which was significantly lower than other groups.

Hypertension Prevalence % in MS -2021 by Age groups



In MS, hypertension prevalence increased gradually with the increase in age. During the past decade, the highest prevalence was observed in adults older than 65 years with a **6.2%** increase (2011- 69%, 2021- 73.3%).

For more information contact the Office of Preventive Health and Health Equity, Heart disease and Stroke Prevention program at 601-206-1559, webpage [High Blood Pressure - Mississippi State Department of Health \(ms.gov\)](https://www.ms.gov/High-Blood-Pressure)

Data Source:

- Behavioral Risk Factor Surveillance System (BRFSS), Hypertension Crude Prevalence, Accessed 12/02/2022
- Centers for Disease Control and Prevention. Hypertension Cascade: Hypertension Prevalence, Treatment and Control Estimates Among U.S. Adults Aged 18 Years and Older Applying the Criteria from the American College of Cardiology and American Heart Association's 2017 Hypertension Guideline—NHANES 2015–2018. Atlanta, GA: U.S. Department of Health and Human Services; 2021., Accessed 12/02/2022