

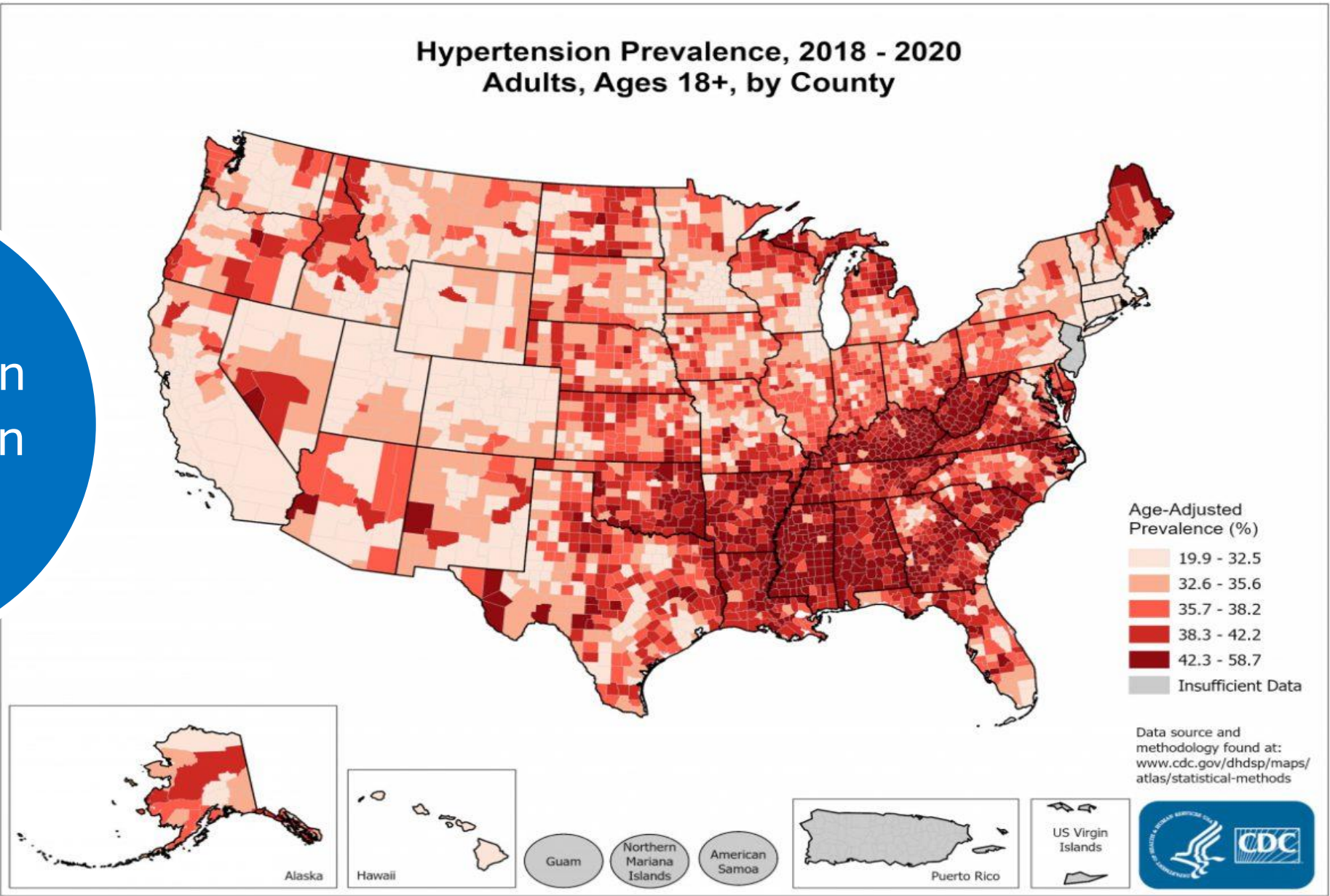
# Hypertension Matters Stats Talk

Jessica Covington, PharmD, BCPS

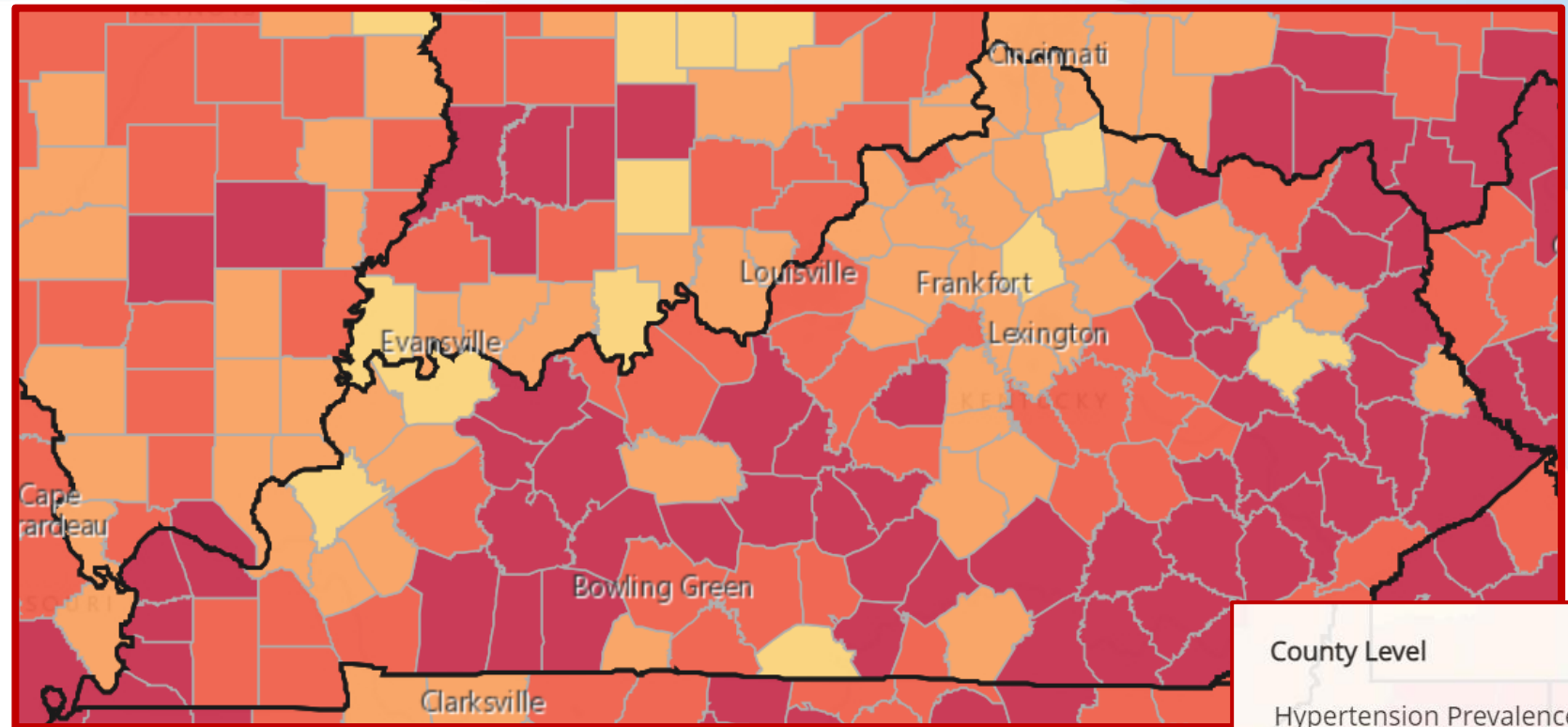
March 2024

Hypertension Awareness Campaign

# Hypertension Prevalence in US

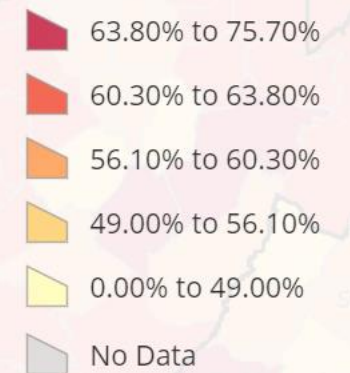


# Hypertension Prevalence in Kentucky



## County Level

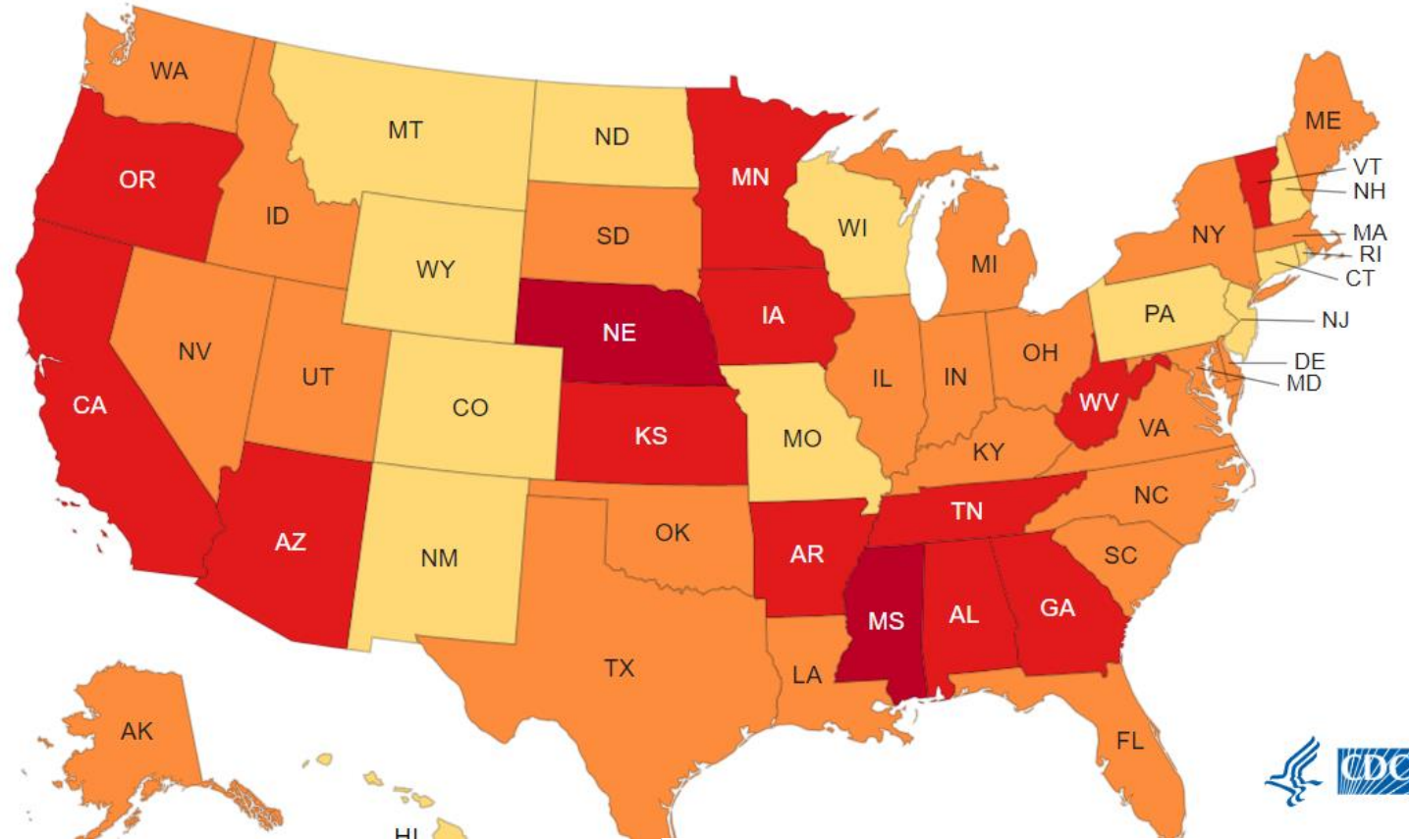
### Hypertension Prevalence



[PLACES: Local Data for Better Health \(arcgis.com\)](https://arcgis.com)  
[Chronic Conditions Prevalence, State/County 2018 \(arcgis.com\)](https://arcgis.com)

2021 ▾

# Kentucky Death Rate 9.6 - Death 516



Age-Adjusted Death Rates<sup>1</sup>

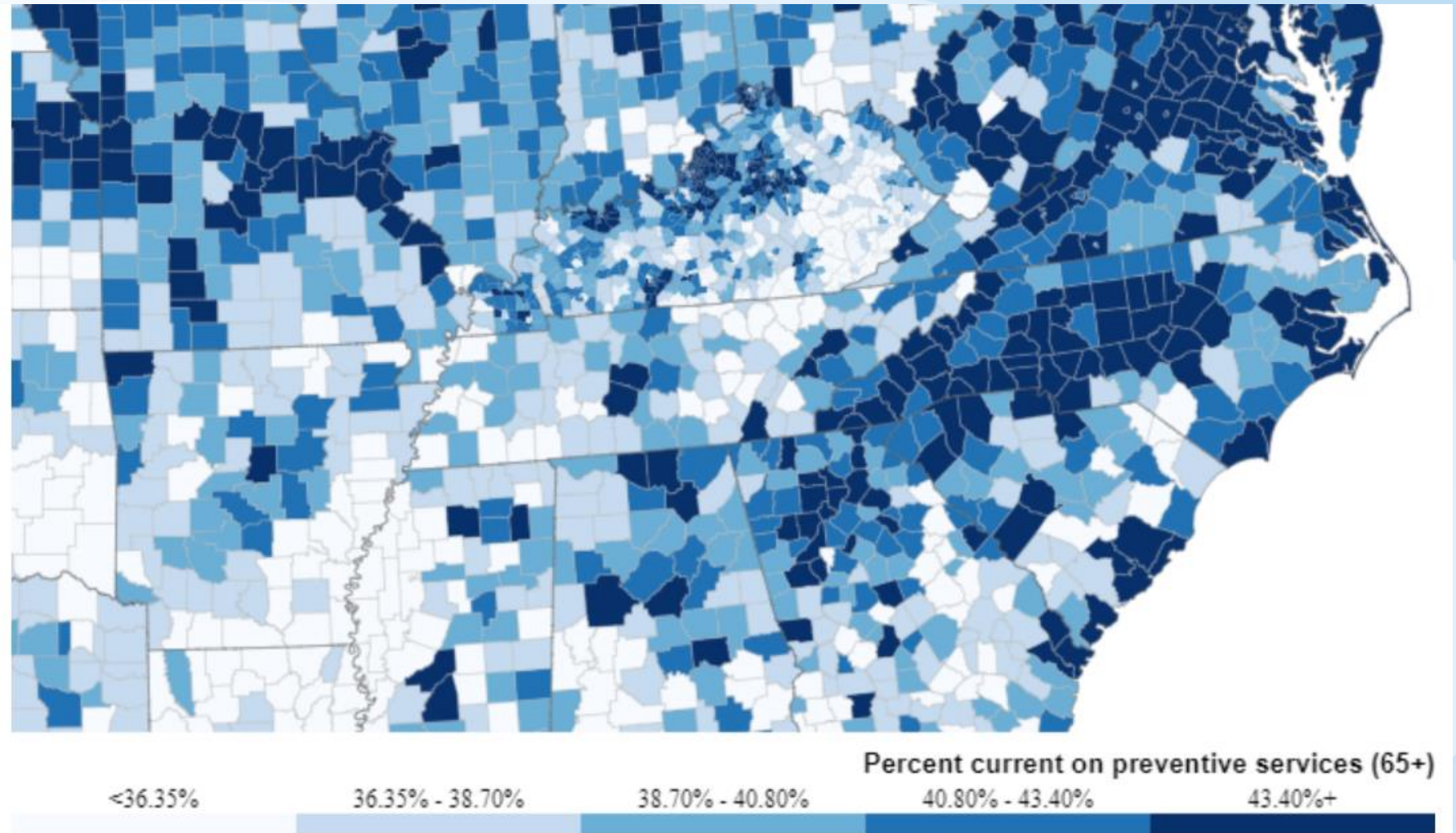


Hypertension Mortality

[Stats of the States - Hypertension Mortality \(cdc.gov\)](https://www.cdc.gov/data/statestats/hypertension-mortality)

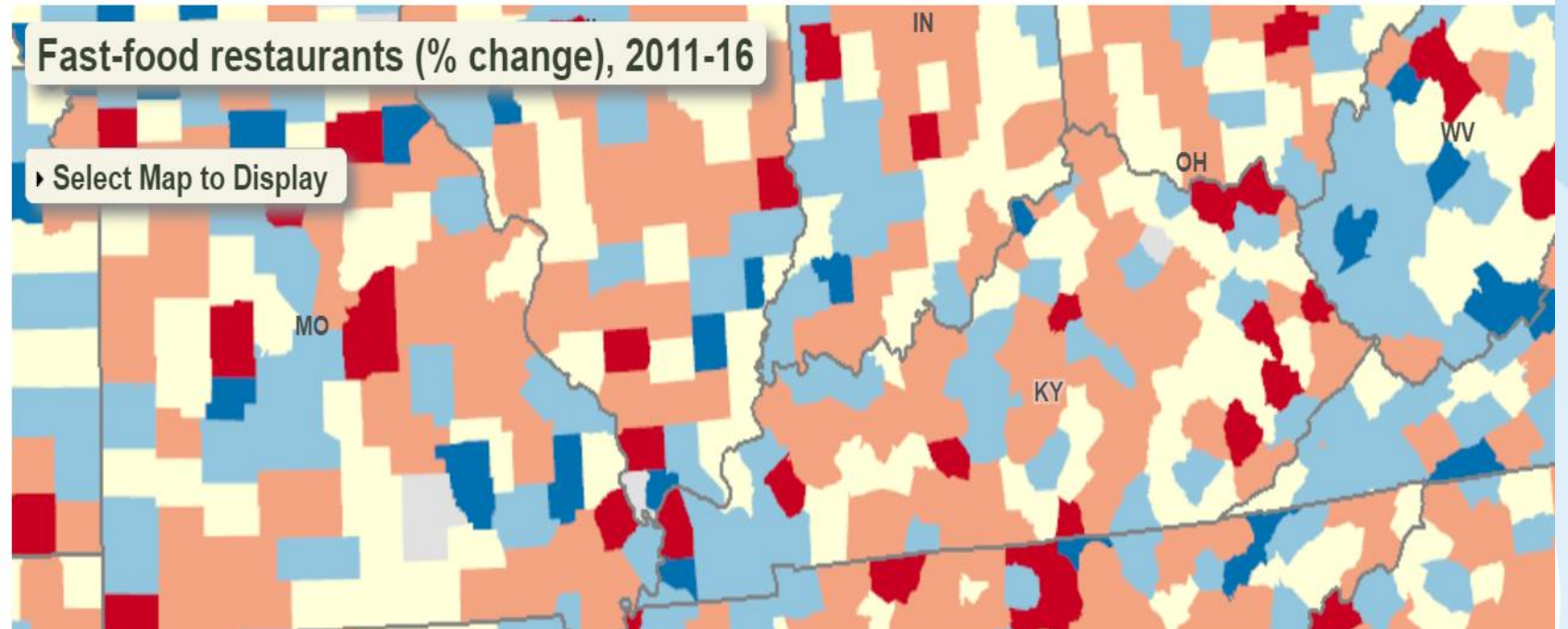


# Contributing Factors Compounding Hypertension



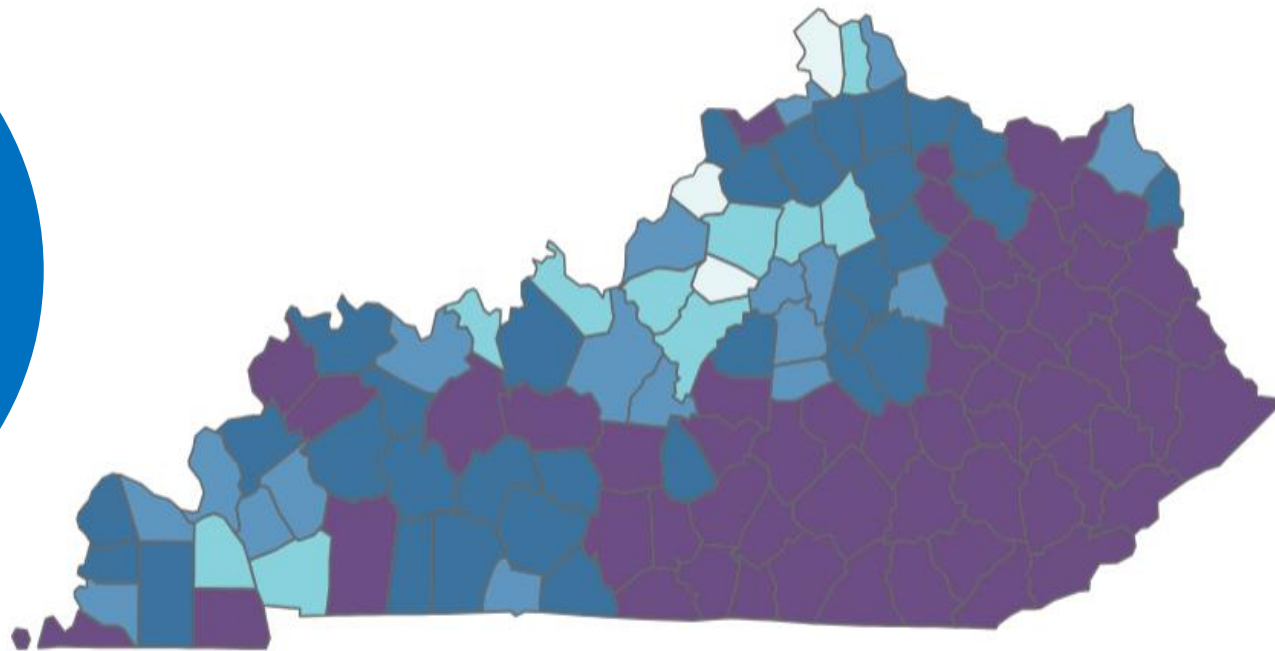
[Mapping Disparities by Social Determinants of Health - Centers for Medicare & Medicaid Services Data \(cms.gov\)](#)

# Contributing Factors Compounding Hypertension



[USDA ERS - Go to the Atlas](#)

# Contributing Factors Compounding Hypertension



## Data Points

- Any broadband, including cellular
- No computing device
- Smartphone only, no other device
- Percent in poverty

## State

Kentucky

## County Quintiles

- 2.3 - <10.1
- 10.1 - <13.3
- 13.3 - <16.2
- 16.2 - <20.2
- 20.2 - 55.1

[Poverty and Access to Internet, by County | Agency for Healthcare Research and Quality \(ahrq.gov\)](https://www.ahrq.gov)



Help  
is on the  
Way



**KyNECT is a statewide database that allows users (hospital, nursing home, community partner, patient, family member, etc.) access to local resources at the zip code level.**

**Kentucky Assistance Programs Include:**

- Medicaid and KCHIP
- Premium Assistance
- Qualified Health Plan
- Food Assistance
- Cash Assistance
- Child Care Assistance
- Employee Child Care Assistance Partnership

[Kentucky Benefits | kynect](#)



# Other Community Resources

Help  
is on the  
Way

- [Senior Housing for Low-Income Residents \(seniorhomes.com\)](http://seniorhomes.com)
- [Center of Excellence in Rural Health | Kentucky Homeplace | University of Kentucky College of Medicine \(uky.edu\)](http://uky.edu)
- Feeding Faith: [Programs - Scottsville Allen County Faith Coalition \(scottsvillefaith.org\)](http://scottsvillefaith.org)
  - Network: **Scottsville/Allen County Faith Coalition**
  - Network Director: **Christopher Britt**
  - Director Phone: **270-622-8941**
  - Director E-mail: [shane.britt@icloud.com](mailto:shane.britt@icloud.com)
- Meals on Wheels: [Who is Eligible? – Meals on Wheels Lexington](#)
- Nutrition Program for the Elderly: [Nutrition Program for the Elderly - Cabinet for Health and Family Services \(ky.gov\)](http://ky.gov)
- KIPDA Senior Nutrition Program: [Senior Nutrition Program » KIPDA](#)
- Dare to Care Food Bank: [Find Assistance Near You - Dare To Care](#)
- 211 (Housing, Utilities, Food): [Call 211 for Essential Community Services | United Way 211](#)
- Coalition for the Homeless: [Mission, Vision, & Work – Coalition for the Homeless \(louhomeless.org\)](http://louhomeless.org)
- **Don't forget about your MCO's! They have a lot of resources to help your patients navigate community resources**

# Tools to Use

Help is on the Way

## ZONE TOOL | High Blood Pressure

### Remember:

- ✓ Keep your doctors' appointments.
- ✓ Take all of your medications to each doctors' appointment.
- ✓ Ask your doctor about getting a pneumonia vaccine.
- ✓ Get a flu shot and COVID vaccine every year.

### GREEN Zone: Great Control

- High blood pressure usually does NOT have any symptoms
- No headaches, nose bleeds
- Blood pressure is within goal of:
  - \_\_\_\_\_ systolic (top number)
  - \_\_\_\_\_ diastolic (bottom number)

### GREEN Zone Means I Should:

- Your symptoms are under control
- Actions:
  - Take medicines as ordered
  - Check blood pressure periodically
  - Keep weight under control
  - Follow healthy eating habits
  - Exercise regularly

### YELLOW Zone: Warning

- Call Your Physician**
- Repeated blood pressures outside of your normal range – remember, very high blood pressures will not have symptoms
  - Ringing in the ears
  - Headache
  - Lightheadedness
  - Nausea
  - Shortness of breath
  - Heart palpitations (a fast-beating, fluttering, or pounding heart)
  - Nose Bleed
  - Anxiety

### YELLOW Zone Means I Should:

- You may need your medicines changed
- Actions:
  - Stop vigorous exercise
  - Call your home health nurse
  - \_\_\_\_\_ (agency's phone number)
  - Or call your doctor
  - \_\_\_\_\_ (doctor's phone number)

### RED Zone: Emergency

- Severe chest pain
- Severe headache, accompanied by confusion and blurred vision
- Nausea and vomiting
- Severe anxiety
- Severe shortness of breath or trouble breathing
- Sudden confusion, trouble speaking, or understanding
- Sudden numbness or weakness in face, arm, or leg
- Seizures
- Unresponsiveness

### RED Zone Means I Should:

- Act Fast... High Blood Pressure is Serious!
- Call 9-1-1 and request an ambulance to the Emergency Department



This material was prepared by West Virginia Medical Institute and modified by Alliant Health Solutions, a Quality Innovation Network - Quality Improvement Organization (QIN - QIO) under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. Publication No. TSOOW-MPQHFA5-CC-17-11

High blood pressure can damage your health, causing heart disease, stroke and more. Fortunately, high blood pressure can be monitored, treated and managed.



### HELPFUL RESOURCE

**CCC Tracker** is an online tool that helps you track and manage your blood pressure. A campaign code is needed to create a Tracker account. Find the code on the map for your state. [ccctracker.com/aha](http://ccctracker.com/aha)



Learn more about high blood pressure at [heart.org/hbp](http://heart.org/hbp)

Date/Time	Blood Pressure
(1/1/15 8:00pm)	(132/85 mm Hg)

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and	DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

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## DASH Eating Plan

The Benefits: Lowers blood pressure & LDL "bad" cholesterol.

Eat This		Limit This	
	Vegetables		Fatty meats
	Fruits		Full-fat dairy
	Whole grains		Sugar sweetened beverages
	Fat-free or low-fat dairy		Sweets
	Fish		Sodium intake
	Poultry		
	Beans		
	Nuts & seeds		
	Vegetable oils		

[www.nhlbi.nih.gov/DASH](http://www.nhlbi.nih.gov/DASH)

Find High Blood Pressure Tools and Resources | [American Heart Association](http://AmericanHeartAssociation.org)  
 High Blood Pressure | [cdc.gov](http://cdc.gov)  
 Control Your BP Postcard- 10 30 17 ([heart.org](http://heart.org))  
 Blood Pressure Zone Tool ([allianthealth.org](http://allianthealth.org))



# KHA Here To Help

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Help  
is on the  
Way

## Contact:

**Jessica Covington, PharmD, BCPS**  
[jcovington@kyha.com](mailto:jcovington@kyha.com)

## KHA Resources:

- Networking
- Connectors
- Idea sharing
- Access to SME's
- Education