



# At The Heart of it All

## Hypertension & Health Equity

Annie Wagar RN, MSN | December 8, 2022

## Web Search for high blood pressure...

- How high can blood pressure go before it kills you?
- How long can you live with untreated high blood pressure?
- What is the best way to manage high blood pressure?
- How does high blood pressure kill you?

Health Equity – “when everyone has the opportunity to be as healthy as possible.”

## Blood Pressure

**Systolic** – when heart beats

**Diastolic** – at rest in between beats



## Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		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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[heart.org/bplevels](https://heart.org/bplevels)

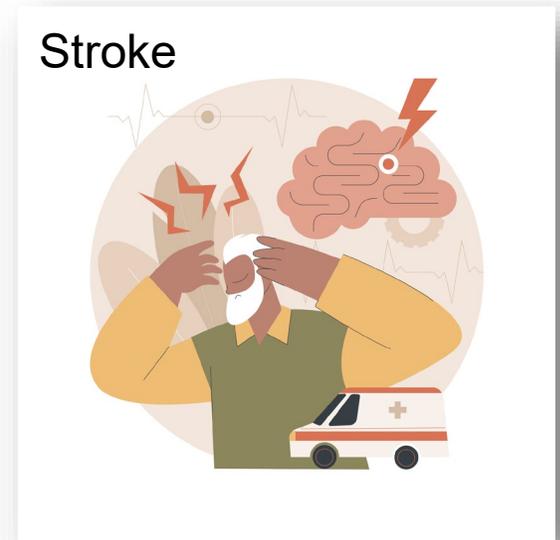
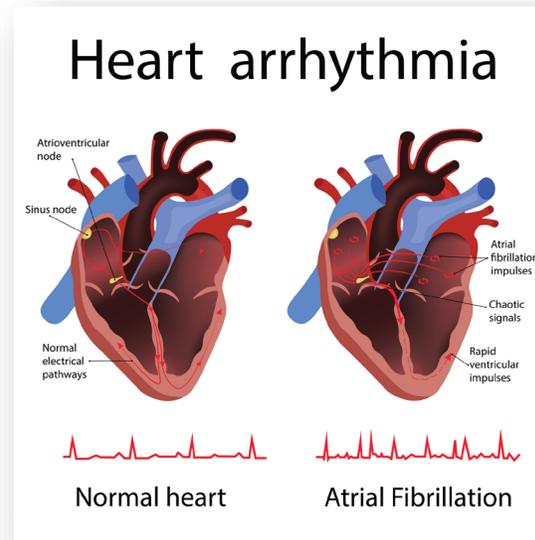
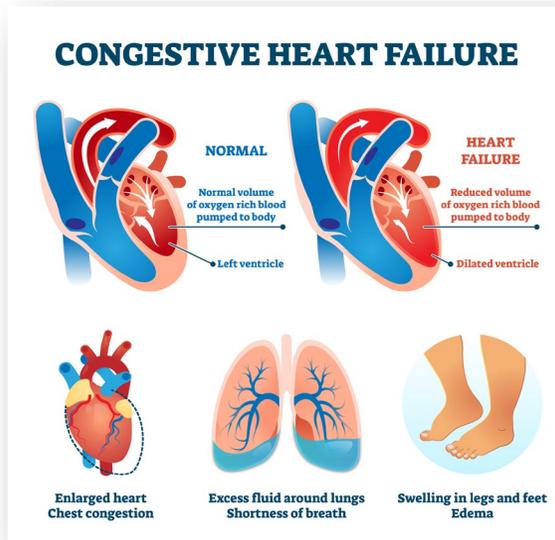
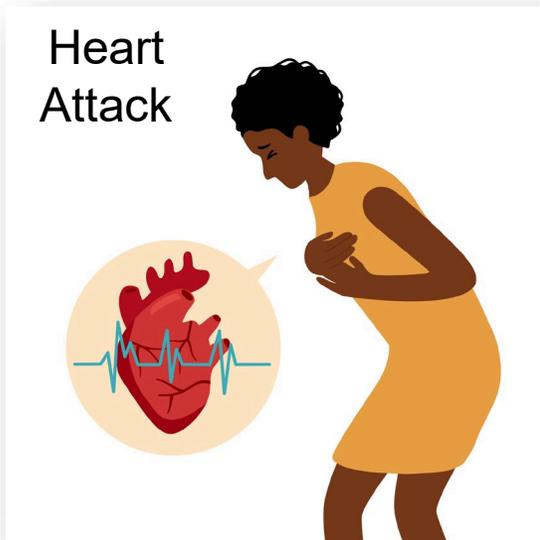
Primary / Essential Hypertension

Secondary Hypertension



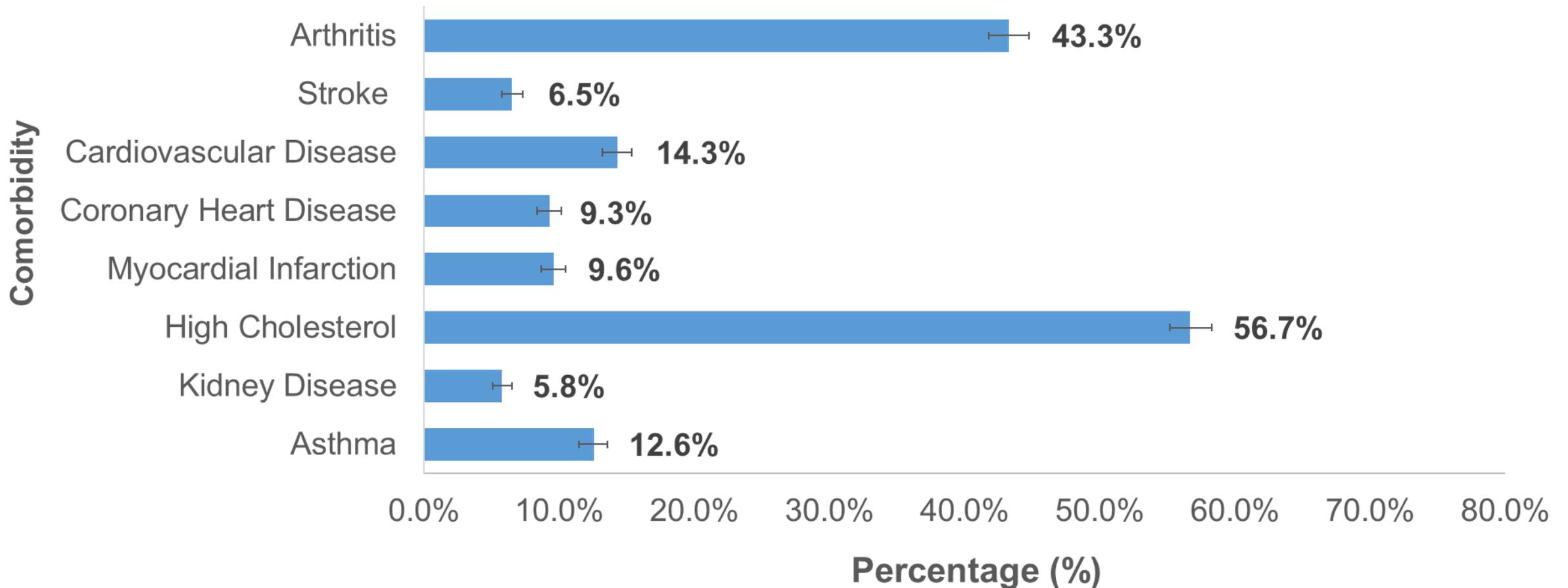
# At The Heart of it All – Hypertension and Health Equity

Long-term hypertension (high blood pressure) is harmful to the heart and other organ systems. Complications include a **heart attack**, **heart failure**, **abnormal heart rhythms** and **stroke**.



# At The Heart of it All – Hypertension and Health Equity

**Prevalence of Select Comorbidities among Kansas Adults Aged 18 Years and Older with Hypertension, KS BRFSS, 2021**



## Risk Factors?



## Not Modifiable

Family History

Age

Race

Chronic Kidney Disease

Gender

Gender-Affirming Hormone Therapy



## Modifiable

- Lack of physical activity
- Unhealthy diet
- Excess sodium
- High cholesterol
- Overweight or obese
- Diabetes
- Sleep apnea
- Too much alcohol
- Smoking and tobacco use
- Stress



## Gestational Hypertension

6-8% of pregnancies

### Risk Factors

- Previous gestational hypertension or preeclampsia
- Family history of gestational hypertension
- Have diabetes or gestational diabetes
- Have an immune disorder, such as lupus
- Kidney disease
- Expecting multiples
- Are black



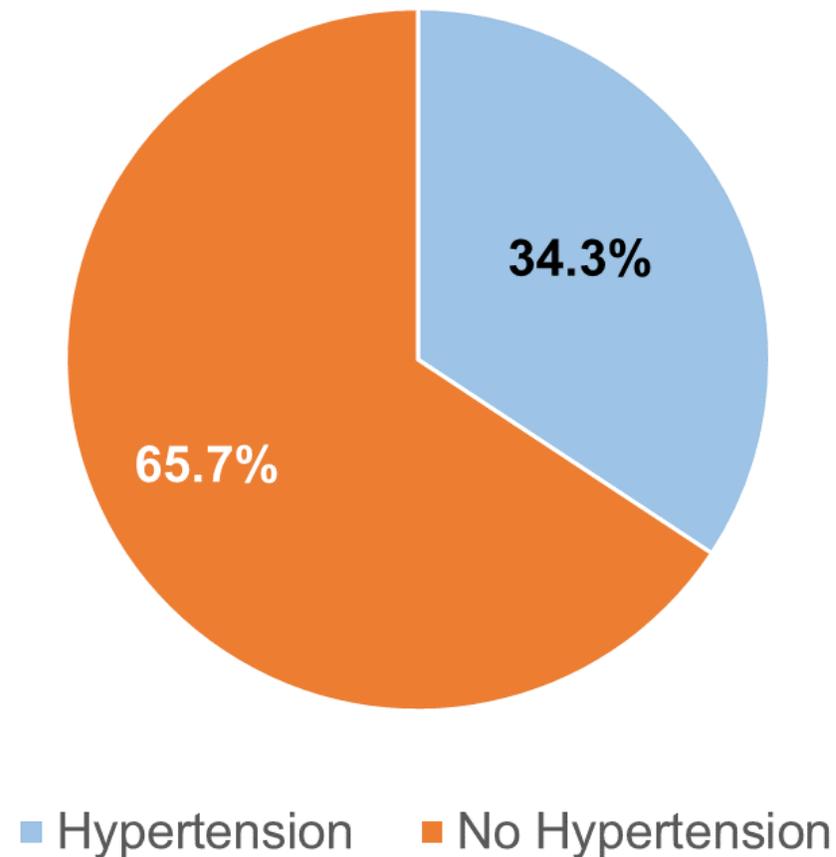
$\geq 140/90$



**WHY?**

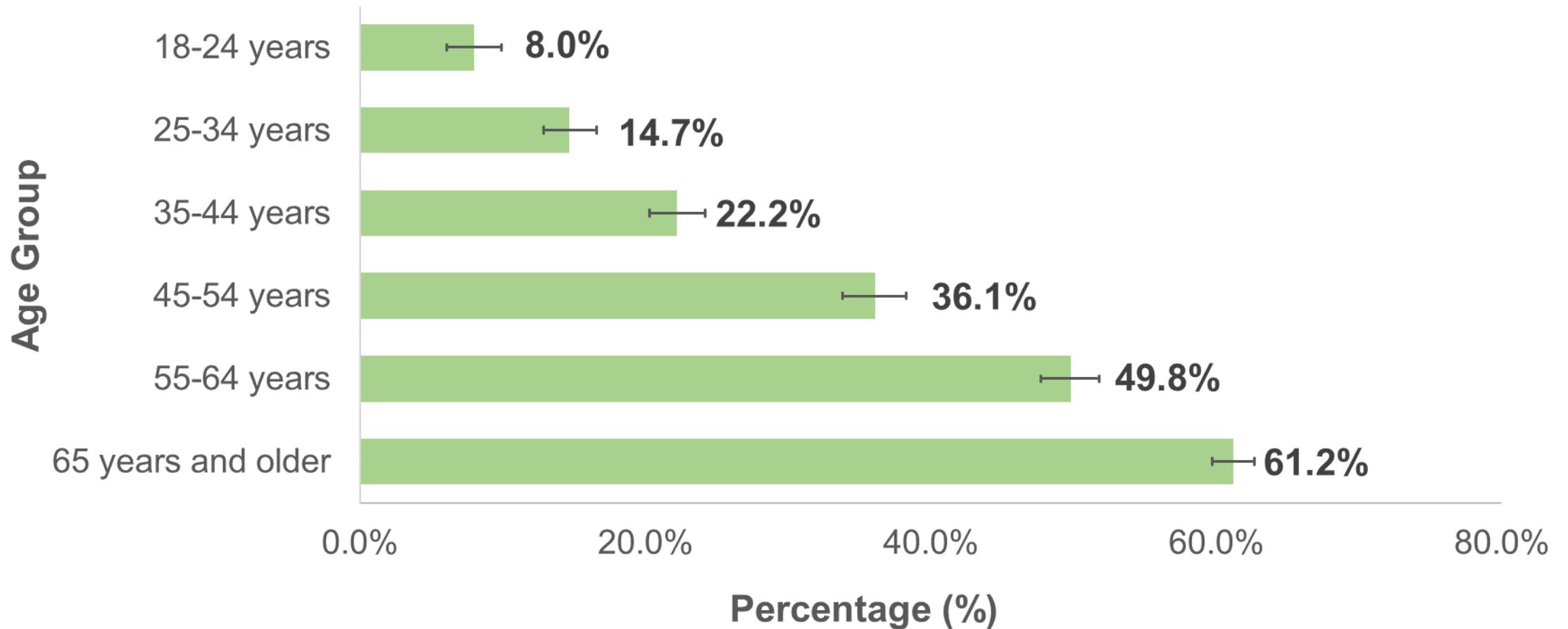
“Longstanding systemic health and social inequities have put many racial and ethnic minority groups at increased risk of becoming sick and dying.”

## Prevalence of Hypertension among Kansas Adults Aged 18 Years and Older, KS BRFSS, 2021

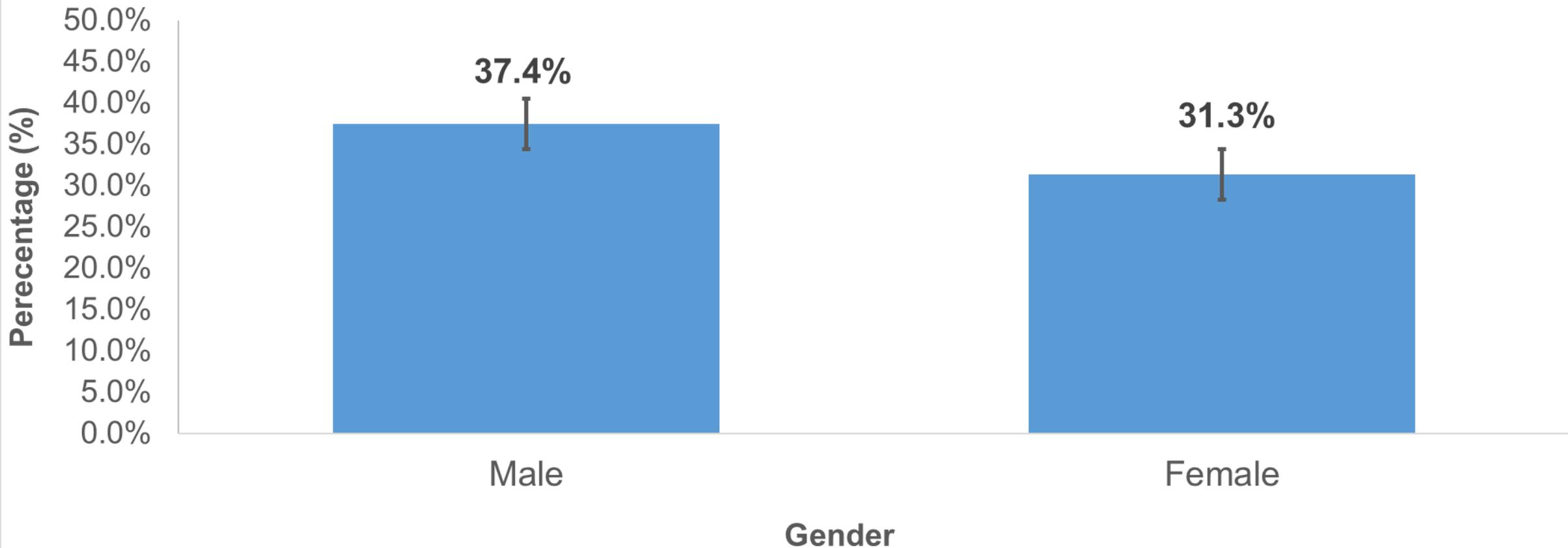


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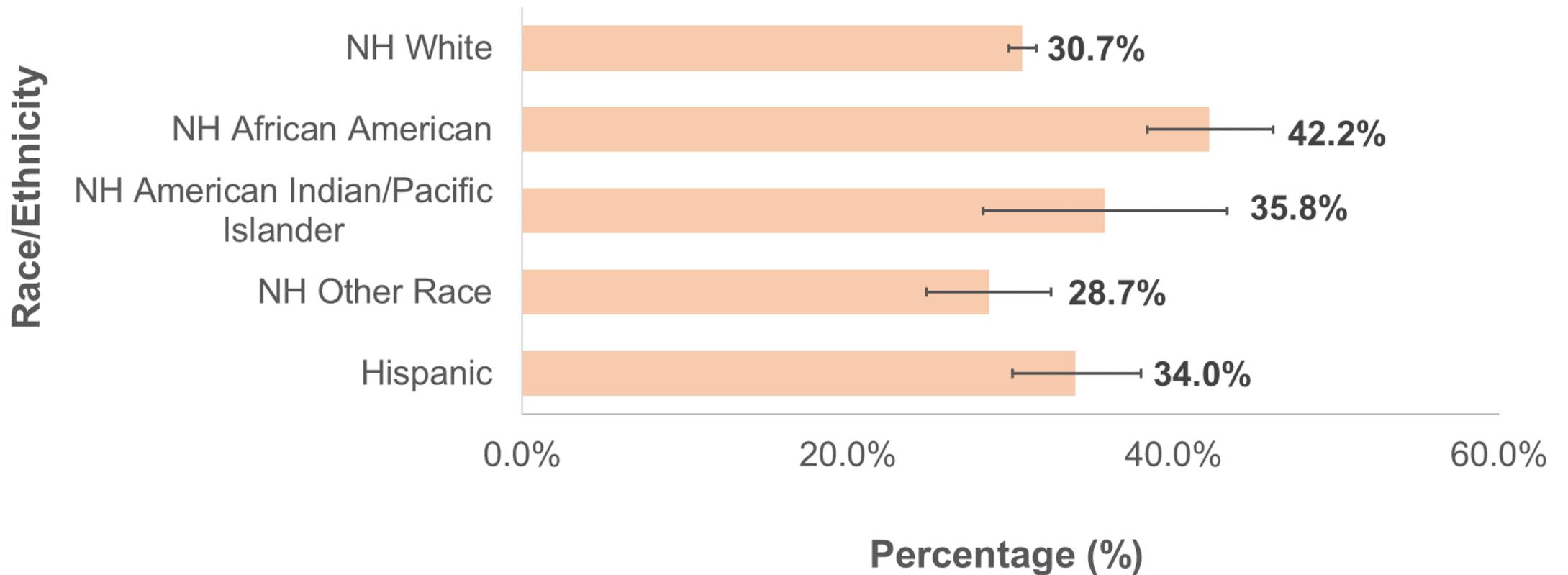
**Prevalence of Hypertension among Kansas Adults Aged 18 Years and Older by Age Group, KS BRFSS, 2021**



## Prevalence of Hypertension among Kansas Adults Aged 18 Years and Older by Gender, KS BRFSS, 2021

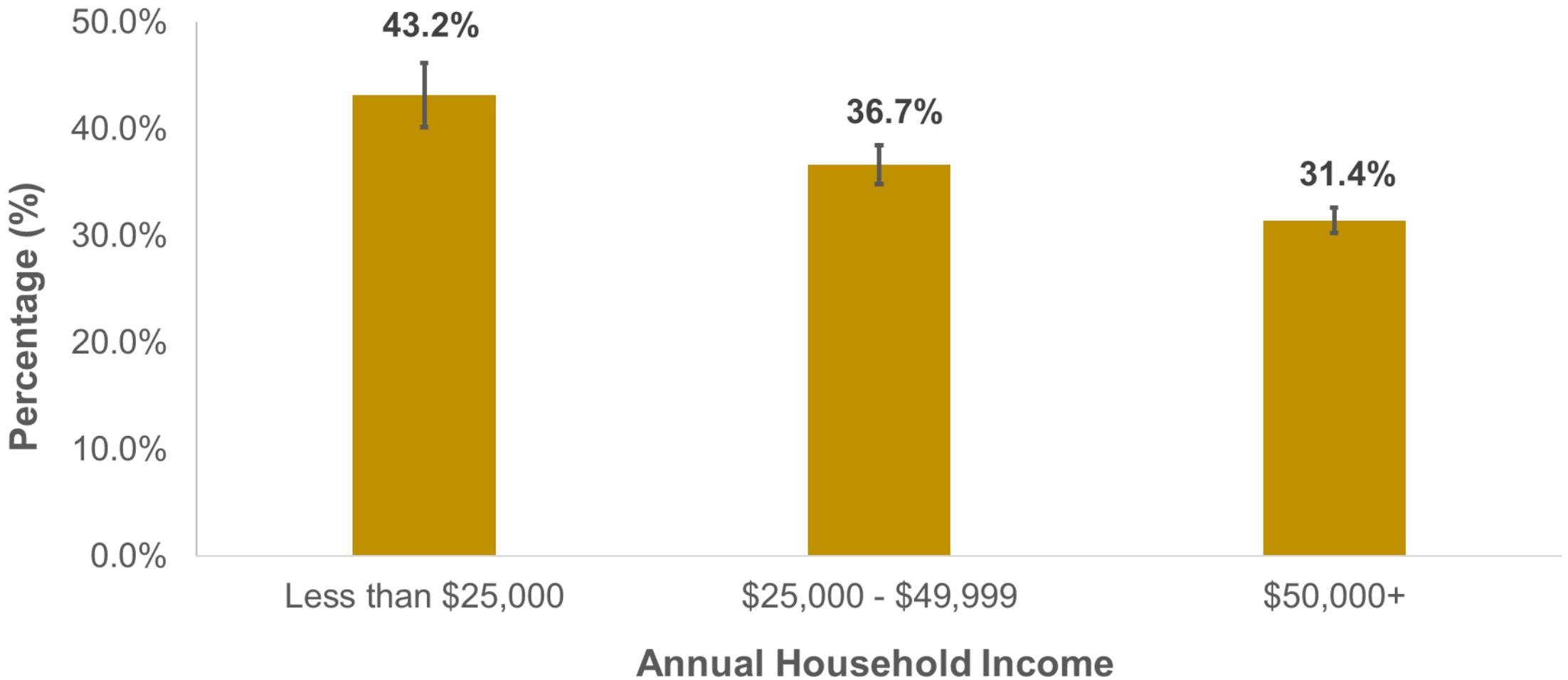


## Age-Adjusted Prevalence of Hypertension among Kansas Adults Aged 18 Years and Older by Race/Ethnicity, KS BRFSS, 2021



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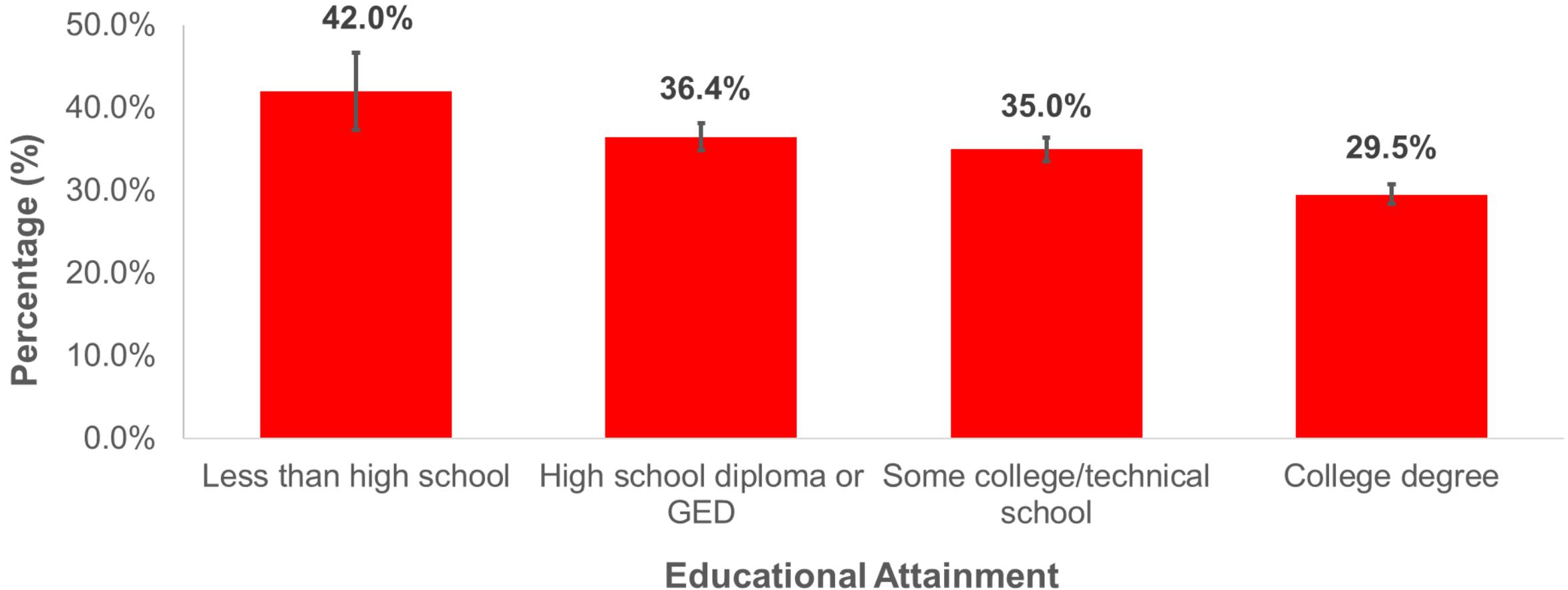
**Prevalence of Hypertension among Kansas Adults Aged 18 Years and Older by Annual Household Income, KS BRFSS, 2021**



Reference 12

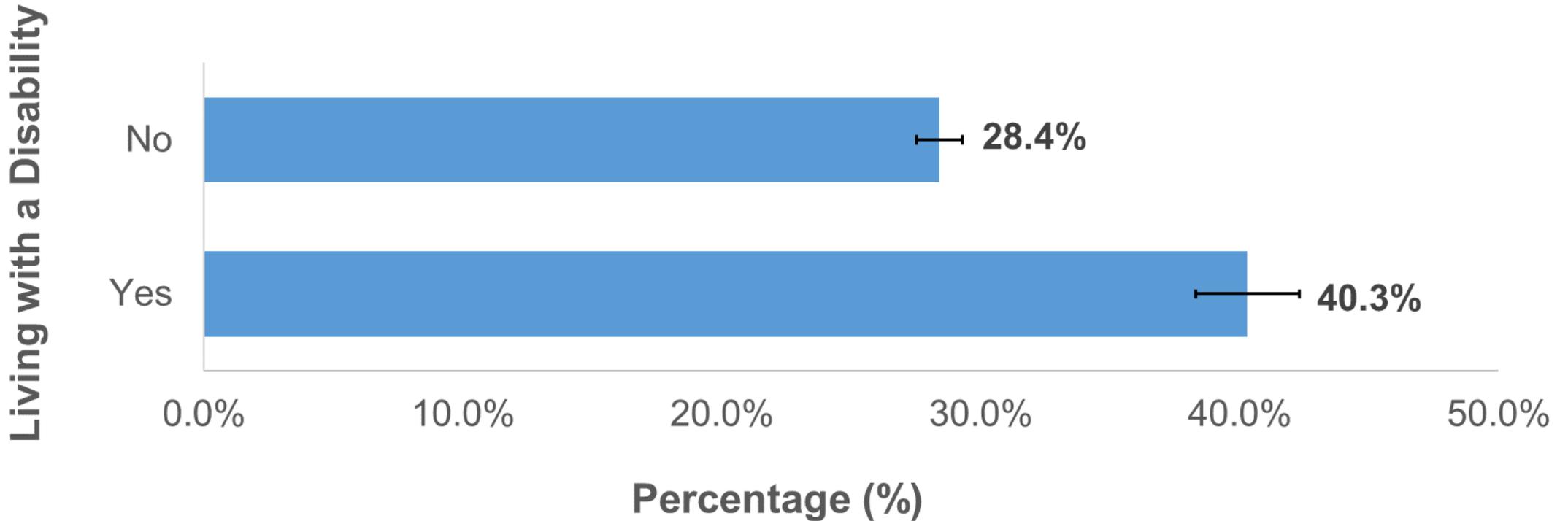
# At The Heart of it All – Hypertension and Health Equity

**Prevalence of Hypertension among Kansas Adults Aged 18 Years and Older by Educational Attainment, KS BRFSS, 2021**



# At The Heart of it All – Hypertension and Health Equity

**Prevalence of Hypertension among Kansas Adults Aged 18 Years and Older by Living with a Disability, KS BRFSS, 2021**



## What Can We Do About It?

- The CDC has a Hypertension Management Program (HMP) Toolkit
- [Hypertension Management Program \(HMP\) Toolkit | cdc.gov](https://www.cdc.gov/hypertension/)

## Hypertension Care Team

- Outreach
- Patient Registries
- No Co-Pay walk-in / scheduled BP checks
- Protocols, order sets

Across specialties and primary care providers so that all providers involved in patients care are aware of patients HTN diagnosis and which provider is treating patient for HTN.

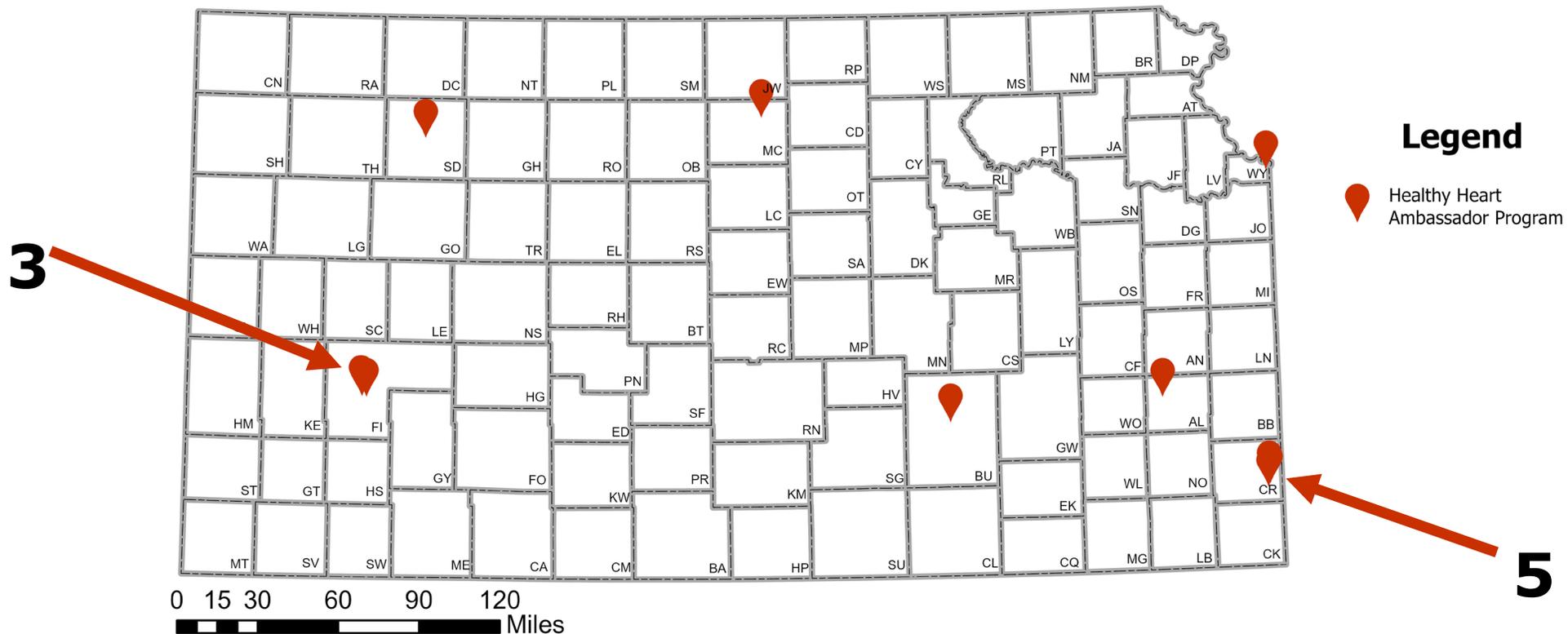
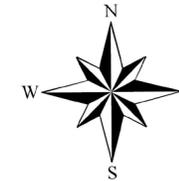
- EHR, billing and coding
- Staff Education

Barriers not only found in articles, but our partners reports:

- Staffing
- Financial burden
- Electronic Health Records
- Reimbursement
- Technology
- Sustainability

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## Healthy Heart Ambassador Program Locations, Kansas, November 2022



Source: Kansas Department of Health and Environment. (2022). Healthy Heart Ambassador Programs. Program Data. Bureau of Health Promotion, KDHE.

## Health and Lifestyle Training

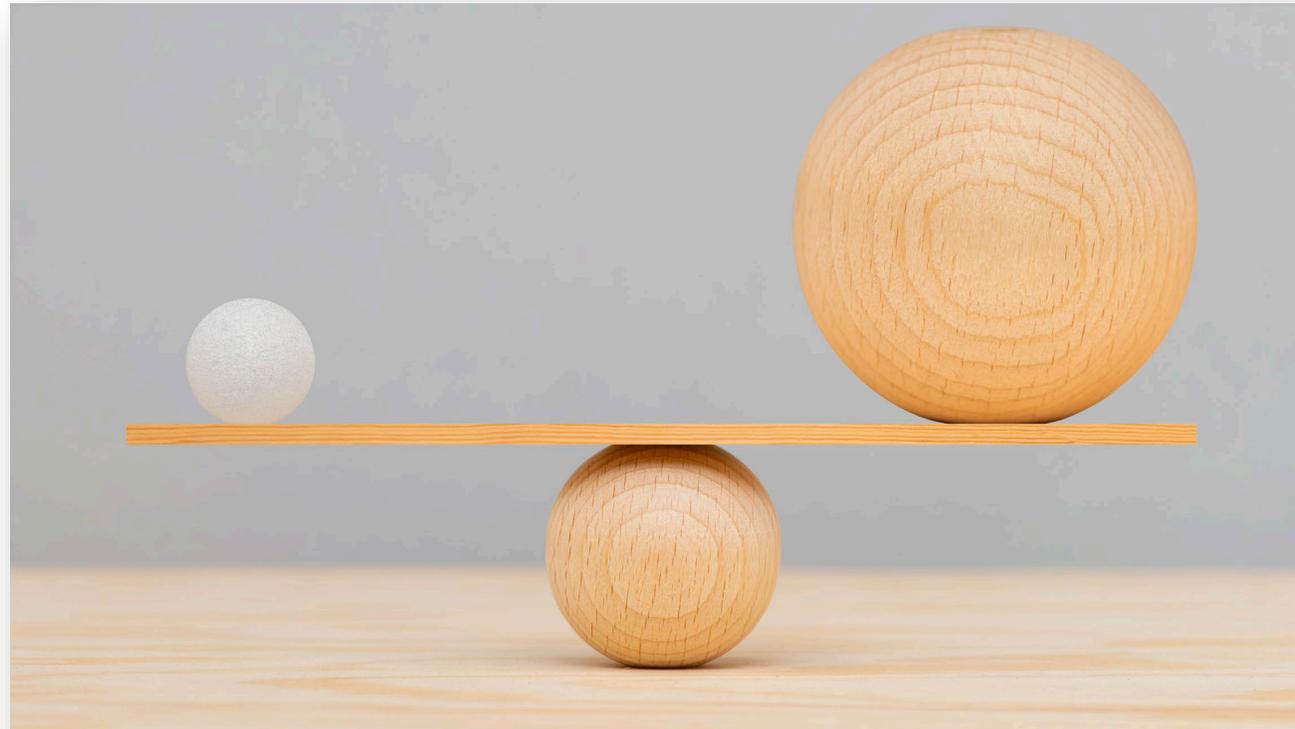
[haltdpp.org](http://haltdpp.org)

No worries if you don't know what that is. Meghan Stone will be telling you all about it in a couple weeks.

Health equity  
is a puzzle



“It is unfortunate that people do not understand from what small things diseases come.” – Charles Mayo



# At The Heart of it All – Hypertension and Health Equity



**THANK  
YOU!**

**Shannon R. Metz, MPH**  
Advanced Chronic Disease  
Epidemiologist

**Meghan Stone, MPH**  
Diabetes Program Manager

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