



What do Texas adults know about their blood pressure?

3 in 10 aren't sure what their numbers should be

For **World Hypertension Day**, we surveyed adult residents of Texas and four other states (CO, MD, MO and NE) to see what they know about blood pressure.

Do Americans monitor their blood pressure?

Of 587 respondents, two-thirds (68%) reported having their blood pressure checked by a health professional in the last 12 months. Older adults (60+) were more likely than those under age 60 to have had it checked (90% vs 65%), as were females compared to males (75% vs 57%).

Respondents in Texas were most likely to report getting their blood pressure checked in the last year (92%), followed by St. Louis (84%), Omaha (79%), Colorado (71%) and Baltimore (38%).

Adults 40 and older **should be screened** for high blood pressure every year.

Do Americans know what their blood pressure numbers should be?

Over half of respondents (55%) reported knowing what their blood pressure numbers should be; 25% did not know, and 20% weren't sure. Hispanic respondents were more likely than non-Hispanics to report not knowing what their blood pressure numbers should be (35% vs. 22%).

In Texas, 69% reported knowing the numbers; 20% did not know, and 11% weren't sure. According to the **American Heart Association**, a normal blood pressure reading should be less than 120/80. The first number is *systolic* blood pressure (the pressure of your blood against artery walls when your heart beats) and the second number is *diastolic* blood pressure (the pressure of your blood against artery walls when the heart rests between beats).

Sixty-one percent of respondents knew what systolic and diastolic blood pressure numbers meant. Black respondents were more likely than whites to know the meaning (68% vs 58%), as were men vs. women (68% vs. 57%). Respondents who reported knowing what their blood pressure numbers should be (n=319) were asked to provide the specific

numbers. The average response was 124/81, indicating a high level of accurate knowledge.

Help build blood pressure awareness in Texas

Community organizations in Texas can share the resources below to build public knowledge about hypertension and encourage regular blood pressure monitoring.

Survey information

This week's report is based on responses from a panel of adult residents of Texas (n = 71), Baltimore, MD (n = 175), Colorado (n = 99), Omaha, NE (n = 89) and St. Louis, MO (n = 152) surveyed May 18-20, 2024.

Shareable Resources

You can click the button below to download the resources as PDFs or right-click the images to download as PNGs so you can share them in your community. Remember to include **#iHeardTexas #iHeardTX** when sharing on social media!

High Blood Pressure Prevention



Suggested caption:

Take control of your health one heartbeat at a time! High blood pressure doesn't stand a chance when you're armed with knowledge and healthy habits.
#iHeardTexas#PreventHBP #HeartHealth

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Understanding Blood Pressure

Blood pressure
iHeard Texas

I got my blood pressure checked, but I don't know if it's normal...

Normal blood pressure is less than **120/80**.

Adults **age 40+** should get blood pressure screening **yearly**.

Source: American Heart Association, U.S. Preventive Services Task Force

Blood pressure
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What do the two numbers mean?

120
—
80

The first number is **systolic** blood pressure, when blood is pushing against the artery walls as your heart beats

The second number is **diastolic** blood pressure, when blood pushes against your artery walls while your heart rests

Source: American Heart Association

Blood pressure
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Is my blood pressure normal, elevated, or high?

Blood pressure category	Systolic mm Hg		Diastolic mm Hg
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	Higher than 180	and/or	Higher than 120

Graphic adapted from: American Heart Association

Suggested caption:

High blood pressure, also known as hypertension, can lead to serious health problems. Measuring your blood pressure is the only way to know if you have it.

#iHeardTexas #HeartHealth #KnowYourNumbers

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Combined Resource

Click to download a printer-friendly PDF with all the information above!

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[Coming soon!](#)

Explore past alert topics and shareable print and digital graphics from our partners in St. Louis.

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