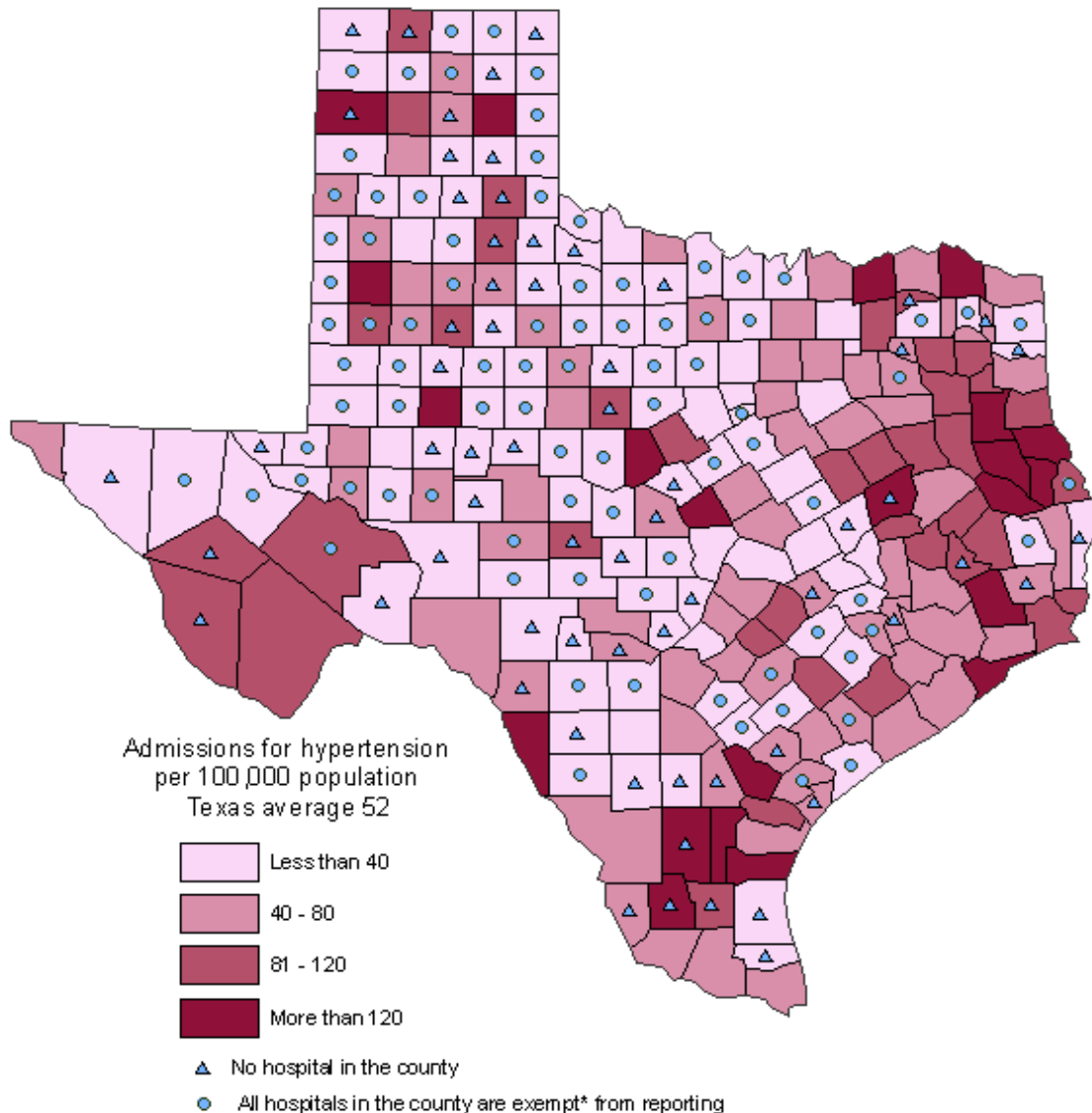## 9. Hypertension (high blood pressure)

Blood pressure is the force of blood pumped by the heart through the body's blood vessels. Hypertension, or high blood pressure, is generally defined as an arterial pressure of greater than 140/90 mmHg over an extended period of time. It is not a single disease, but a syndrome with multiple causes. A number of studies have shown that lifestyle interventions often can help prevent and treat high blood pressure. For high blood pressure, these interventions include increasing the level of aerobic physical activity, maintaining a healthy weight, limiting the consumption of alcohol to moderate levels for those who drink, reducing salt and sodium intake, and eating a reduced-fat diet high in fruits, vegetables, and low-fat dairy food. Hypertension is often controllable in an outpatient setting with appropriate use of drug therapy.

Admissions for hypertension
per 100,000 population
Texas average 52

- Less than 40
- 40 - 80
- 81 - 120
- More than 120

△ No hospital in the county
○ All hospitals in the county are exempt* from reporting

*THCIC collects data from most Texas hospitals. Some hospitals are statutorily exempt from reporting (see introduction for details).

TEXAS
Department of
State Health Services

Source: Department of State Health Services, Center for Health Statistics, Texas Health Care Information Collection. Texas Inpatient Hospital Discharge Data, 2002.

9. Hypertension, page 2

Includes data from most Texas hospitals. Some hospitals are statutorily exempt from reporting to THCIC.

County	Admissions	Population	Observed Admissions per 100,000 Population	Risk-Adjusted Admissions per 100,000 Population	99% Confidence Interval for Risk-Adjusted Admissions
State Total	8,860	15,678,989	56.5	62.5	
Anderson	40	43,138	92.7	99.1 **	(63.6, 134.5)
Andrews	Less than 5				
Angelina	83	58,616	141.6	146.3 **	(109.4, 183.3)
Aransas	13	17,723	73.4	65.4	(20.4, 110.3)
Archer	Less than 5				
Armstrong	0	1,594	0.0	0.0 *	(0.0, 0.0)
Atascosa	14	28,584	49.0	52.8	(21.0, 84.6)
Austin	9	18,205	49.4	46.6	(9.2, 84.1)
Bailey	Less than 5				
Bandera	9	14,679	61.3	57.4	(11.2, 103.7)
Bastrop	41	46,630	87.9	94.7	(61.3, 128.0)
Baylor	Less than 5				
Bee	42	24,775	169.5	184.1 **	(120.4, 247.8)
Bell	78	170,238	45.8	54.0	(40.9, 67.2)
Bexar	478	1,035,771	46.1	51.0 *	(45.9, 56.2)
Blanco	0	6,775	0.0	0.0 *	(0.0, 0.0)
Borden	0	531	0.0	0.0 *	(0.0, 0.0)
Bosque	Less than 5				
Bowie	34	67,967	50.0	49.3	(29.3, 69.2)
Brazoria	111	185,574	59.8	66.9	(52.8, 80.9)
Brazos	18	119,106	15.1	31.5 *	(19.5, 43.6)
Brewster	6	6,956	86.3	88.8	(5.2, 172.3)
Briscoe	0	1,239	0.0	0.0 *	(0.0, 0.0)
Brooks	6	5,331	112.5	112.2	(4.9, 219.5)
Brown	38	28,238	134.6	134.7 **	(83.6, 185.7)
Burleson	Less than 5				
Burnet	11	28,101	39.1	33.2 *	(7.8, 58.6)
Caldwell	26	25,382	102.4	107.7	(59.5, 155.9)
Calhoun	Less than 5				
Callahan	11	9,632	114.2	111.2	(31.7, 190.6)
Cameron	149	235,345	63.3	68.4	(55.8, 81.0)
Camp	6	8,511	70.5	66.9	(1.3, 132.5)
Carson	Less than 5				
Cass	6	23,061	26.0	17.1 *	(0.0, 37.2)
Castro	Less than 5				
Chambers	14	19,839	70.6	77.2	(31.0, 123.3)
Cherokee	36	35,003	102.8	102.8 **	(62.7, 142.9)

  * Risk adjusted admission rate is significantly LOWER (based on 99% confidence interval) than Texas average.
** Risk adjusted admission rate is significantly HIGHER (based on 99% confidence interval) than Texas average.

9. Hypertension, page 3

County	Admissions	Population	Observed Admissions per 100,000 Population	Risk-Adjusted Admissions per 100,000 Population	99% Confidence Interval for Risk-Adjusted Admissions
State Total	8,860	15,678,989	56.5	62.5	
Childress	Less than 5				
Clay	Less than 5				
Cochran	0	2,464	0.0	0.0*	(0.0, 0.0)
Coke	0	2,918	0.0	0.0*	(0.0, 0.0)
Coleman	Less than 5				
Collin	89	407,343	21.8	32.4*	(25.8, 39.0)
Collingsworth	0	2,327	0.0	0.0*	(0.0, 0.0)
Colorado	5	15,221	32.8	24.9*	(0.0, 54.8)
Comal	19	64,269	29.6	26.0*	(11.1, 40.9)
Comanche	10	10,189	98.1	89.0	(19.9, 158.1)
Concho	0	3,242	0.0	2.2*	(0.0, 21.3)
Cooke	7	27,637	25.3	21.8*	(1.0, 42.6)
Coryell	27	53,703	50.3	66.8	(40.7, 92.9)
Cottle	0	1,359	0.0	0.0*	(0.0, 0.0)
Crane	Less than 5				
Crockett	0	2,792	0.0	0.0*	(0.0, 0.0)
Crosby	Less than 5				
Culberson	0	1,949	0.0	0.0*	(0.0, 0.0)
Dallam	Less than 5				
Dallas	900	1,643,801	54.8	63.8	(59.2, 68.4)
Dawson	Less than 5				
Deaf Smith	Less than 5				
Delta	Less than 5				
Denton	150	353,299	42.5	55.9	(46.6, 65.2)
DeWitt	Less than 5				
Dickens	Less than 5				
Dimmit	Less than 5				
Donley	Less than 5				
Duval	14	9,215	151.9	155.7	(59.6, 251.8)
Eastland	6	13,945	43.0	32.1	(0.0, 67.5)
Ector	45	85,954	52.4	55.9	(37.1, 74.8)
Edwards	0	1,499	0.0	0.0*	(0.0, 0.0)
Ellis	25	85,378	29.3	34.1*	(19.3, 48.9)
El Paso	243	477,015	50.9	56.4	(48.3, 64.4)
Erath	6	24,840	24.2	25.7*	(1.9, 49.5)
Falls	Less than 5				
Fannin	44	24,427	180.1	182.5**	(118.6, 246.4)
Fayette	Less than 5				

 * Risk adjusted admission rate is significantly LOWER (based on 99% confidence interval) than Texas average.
** Risk adjusted admission rate is significantly HIGHER (based on 99% confidence interval) than Texas average.

9. Hypertension, page 4

County	Admissions	Population	Observed Admissions per 100,000 Population	Risk-Adjusted Admissions per 100,000 Population	99% Confidence Interval for Risk-Adjusted Admissions
State Total	8,860	15,678,989	56.5	62.5	
Fisher	0	3,293	0.0	0.0*	(0.0, 0.0)
Floyd	0	5,153	0.0	0.0*	(0.0, 0.0)
Foard	0	1,160	0.0	0.0*	(0.0, 0.0)
Fort Bend	129	280,801	45.9	55.7	(45.3, 66.1)
Franklin	Less than 5				
Freestone	12	14,342	83.7	81.8	(25.9, 137.7)
Frio	Less than 5				
Gaines	0	9,500	0.0	0.2*	(0.0, 3.9)
Galveston	252	192,663	130.8	136.7**	(117.0, 156.4)
Garza	Less than 5				
Gillespie	0	17,152	0.0	0.0*	(0.0, 0.0)
Glasscock	0	948	0.0	0.1*	(0.0, 6.2)
Goliad	Less than 5				
Gonzales	11	13,762	79.9	77.8	(22.2, 133.5)
Gray	25	16,812	148.7	145.9**	(77.0, 214.7)
Grayson	61	85,244	71.6	69.7	(48.6, 90.9)
Gregg	71	83,114	85.4	86.9**	(63.0, 110.8)
Grimes	13	18,780	69.2	70.9	(25.5, 116.4)
Guadalupe	31	68,383	45.3	47.7	(28.2, 67.3)
Hale	8	25,011	32.0	31.5*	(5.2, 57.7)
Hall	Less than 5				
Hamilton	Less than 5				
Hansford	Less than 5				
Hardeman	Less than 5				
Hardin	17	36,046	47.2	48.2	(21.1, 75.2)
Harris	1,590	2,536,612	62.7	72.4**	(68.5, 76.4)
Harrison	23	46,213	49.8	49.8	(25.5, 74.1)
Hartley	0	4,347	0.0	0.0*	(0.0, 0.0)
Haskell	Less than 5				
Hays	29	81,634	35.5	47.5	(29.6, 65.3)
Hemphill	0	2,493	0.0	0.0*	(0.0, 0.0)
Henderson	36	57,676	62.4	56.5	(33.3, 79.6)
Hidalgo	278	399,745	69.5	78.5**	(68.2, 88.9)
Hill	21	25,148	83.5	79.4	(37.9, 121.0)
Hockley	19	16,286	116.7	121.5	(57.6, 185.3)
Hood	9	34,183	26.3	19.2*	(1.6, 36.7)
Hopkins	Less than 5				
Houston	15	18,038	83.2	77.8	(29.2, 126.4)

* Risk adjusted admission rate is significantly LOWER (based on 99% confidence interval) than Texas average.
** Risk adjusted admission rate is significantly HIGHER (based on 99% confidence interval) than Texas average.

9. Hypertension, page 5

County	Admissions	Population	Observed Admissions per 100,000 Population	Risk-Adjusted Admissions per 100,000 Population	99% Confidence Interval for Risk-Adjusted Admissions
State Total	8,860	15,678,989	56.5	62.5	
Howard	34	25,186	135.0	138.5 **	(83.7, 193.4)
Hudspeth	0	2,277	0.0	1.1 *	(0.0, 17.0)
Hunt	60	58,713	102.2	106.2 **	(74.7, 137.6)
Hutchinson	9	16,843	53.4	49.6	(9.5, 89.8)
Irion	0	1,332	0.0	0.0 *	(0.0, 0.0)
Jack	Less than 5				
Jackson	5	10,541	47.4	43.3	(0.0, 90.7)
Jasper	16	26,493	60.4	57.6	(23.1, 92.1)
Jeff Davis	Less than 5				
Jefferson	195	185,485	105.1	107.3 **	(89.6, 125.1)
Jim Hogg	5	3,615	138.3	138.5	(0.0, 283.2)
Jim Wells	40	27,926	143.2	149.2 **	(95.2, 203.3)
Johnson	51	98,667	51.7	56.5	(38.8, 74.2)
Jones	8	15,889	50.4	53.0	(10.3, 95.7)
Karnes	Less than 5				
Kaufman	32	56,241	56.9	61.2	(36.8, 85.6)
Kendall	Less than 5				
Kenedy	0	301	0.0	0.0 *	(0.0, 0.0)
Kent	0	654	0.0	0.0 *	(0.0, 0.0)
Kerr	27	34,935	77.3	63.4	(31.9, 94.9)
Kimble	0	3,493	0.0	0.0 *	(0.0, 0.0)
King	0	226	0.0	0.0 *	(0.0, 0.0)
Kinney	Less than 5				
Kleberg	30	22,497	133.3	143.8 **	(84.7, 202.9)
Knox	Less than 5				
Lamar	30	36,376	82.5	79.2	(44.7, 113.7)
Lamb	5	10,482	47.7	41.2	(0.0, 87.6)
Lampasas	17	13,929	122.0	123.9	(54.1, 193.6)
La Salle	Less than 5				
Lavaca	17	14,531	117.0	106.0	(42.8, 169.2)
Lee	7	11,738	59.6	58.8	(6.4, 111.2)
Leon	21	12,162	172.7	168.9 **	(81.8, 256.0)
Liberty	62	53,939	114.9	122.9 **	(87.6, 158.2)
Limestone	16	16,720	95.7	94.6	(39.0, 150.2)
Lipscomb	0	2,300	0.0	0.0 *	(0.0, 0.0)
Live Oak	7	9,489	73.8	71.3	(7.2, 135.4)
Llano	Less than 5				
Loving	0	53	0.0	0.0 *	(0.0, 0.0)

 * Risk adjusted admission rate is significantly LOWER (based on 99% confidence interval) than Texas average.
** Risk adjusted admission rate is significantly HIGHER (based on 99% confidence interval) than Texas average.

9. Hypertension, page 6

County	Admissions	Population	Observed Admissions per 100,000 Population	Risk-Adjusted Admissions per 100,000 Population	99% Confidence Interval for Risk-Adjusted Admissions
State Total	8,860	15,678,989	56.5	62.5	
Lubbock	131	182,713	71.7	78.7**	(63.4, 94.1)
Lynn	Less than 5				
McCulloch	Less than 5				
McLennan	39	158,695	24.6	25.7*	(16.3, 35.2)
McMullen	0	682	0.0	0.0*	(0.0, 0.0)
Madison	9	10,290	87.5	92.3	(22.3, 162.4)
Marion	Less than 5				
Martin	0	3,187	0.0	0.0*	(0.0, 0.0)
Mason	0	2,966	0.0	0.0*	(0.0, 0.0)
Matagorda	16	27,046	59.2	59.8	(25.0, 94.6)
Maverick	36	31,350	114.8	124.1**	(77.6, 170.6)
Medina	Less than 5				
Menard	Less than 5				
Midland	31	83,377	37.2	38.1*	(22.3, 54.0)
Milam	7	18,176	38.5	32.4	(1.1, 63.6)
Mills	Less than 5				
Mitchell	0	7,462	0.0	0.0*	(0.0, 0.0)
Montague	Less than 5				
Montgomery	145	235,981	61.4	67.9	(55.4, 80.5)
Moore	Less than 5				
Morris	5	9,993	50.0	42.7	(0.0, 91.1)
Motley	Less than 5				
Nacogdoches	75	44,171	169.8	181.8**	(134.4, 229.2)
Navarro	20	34,083	58.7	58.4	(27.8, 89.0)
Newton	Less than 5				
Nolan	Less than 5				
Nueces	136	226,363	60.1	63.2	(50.8, 75.6)
Ochiltree	Less than 5				
Oldham	Less than 5				
Orange	64	62,309	102.7	104.8**	(74.5, 135.1)
Palo Pinto	Less than 5				
Panola	19	17,129	110.9	109.0	(50.0, 167.9)
Parker	24	70,020	34.3	36.9*	(19.9, 53.9)
Parmer	Less than 5				
Pecos	13	12,025	108.1	116.5	(43.7, 189.3)
Polk	35	34,454	101.6	99.0	(59.3, 138.6)
Potter	66	82,935	79.6	83.7	(60.2, 107.2)
Presidio	5	5,215	95.9	96.9	(0.0, 197.7)

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** Risk adjusted admission rate is significantly HIGHER (based on 99% confidence interval) than Texas average.

9. Hypertension, page 7

County	Admissions	Population	Observed Admissions per 100,000 Population	Risk-Adjusted Admissions per 100,000 Population	99% Confidence Interval for Risk-Adjusted Admissions
State Total	8,860	15,678,989	56.5	62.5	
Rains	6	7,891	76.0	74.8	(2.8, 146.8)
Randall	34	79,598	42.7	44.8*	(27.2, 62.3)
Reagan	Less than 5				
Real	Less than 5				
Red River	23	10,665	215.7	212.3**	(108.0, 316.6)
Reeves	.	8,875	0.0	0.0*	(0.0, 0.0)
Refugio	Less than 5				
Roberts	.	656	0.0	0.0*	(0.0, 0.0)
Robertson	Less than 5				
Rockwall	8	36,507	21.9	27.0*	(6.9, 47.1)
Runnels	Less than 5				
Rusk	63	36,131	174.4	176.0**	(124.4, 227.6)
Sabine	8	8,224	97.3	84.8	(9.7, 159.9)
San Augustine	12	6,821	175.9	167.6	(51.7, 283.5)
San Jacinto	18	17,626	102.1	100.5	(44.7, 156.4)
San Patricio	36	46,738	77.0	81.9	(50.9, 112.9)
San Saba	Less than 5				
Schleicher	Less than 5				
Scurry	Less than 5				
Shackelford	0	2,514	0.0	0.0*	(0.0, 0.0)
Shelby	52	18,820	276.3	281.2**	(190.8, 371.5)
Sherman	Less than 5				
Smith	115	133,789	86.0	86.3**	(67.5, 105.1)
Somervell	Less than 5				
Starr	24	35,840	67.0	76.2	(42.1, 110.3)
Stephens	0	7,187	0.0	0.0*	(0.0, 0.0)
Sterling	0	993	0.0	0.0*	(0.0, 0.0)
Stonewall	Less than 5				
Sutton	0	2,975	0.0	0.0*	(0.0, 0.0)
Swisher	Less than 5				
Tarrant	410	1,099,370	37.3	44.6*	(39.9, 49.3)
Taylor	48	91,077	52.7	54.9	(36.8, 73.1)
Terrell	0	750	0.0	0.0*	(0.0, 0.0)
Terry	9	9,212	97.7	98.1	(21.8, 174.5)
Throckmorton	0	1,308	0.0	0.0*	(0.0, 0.0)
Titus	Less than 5				
Tom Green	40	75,815	52.8	53.1	(33.5, 72.6)
Travis	206	642,139	32.1	44.1*	(38.0, 50.3)

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** Risk adjusted admission rate is significantly HIGHER (based on 99% confidence interval) than Texas average.

9. Hypertension, page 8

County	Admissions	Population	Observed Admissions per 100,000 Population	Risk-Adjusted Admissions per 100,000 Population	99% Confidence Interval for Risk-Adjusted Admissions
State Total	8,860	15,678,989	56.5	62.5	
Trinity	11	10,906	100.9	91.8	(24.0, 159.7)
Tyler	5	16,011	31.2	26.0*	(0.0, 55.8)
Upshur	24	27,088	88.6	88.0	(45.8, 130.2)
Upton	Less than 5				
Uvalde	Less than 5				
Val Verde	12	31,441	38.2	40.0	(13.6, 66.3)
Van Zandt	29	37,894	76.5	72.3	(40.0, 104.6)
Victoria	41	60,919	67.3	69.3	(44.3, 94.2)
Walker	39	49,815	78.3	91.7	(59.9, 123.4)
Waller	16	24,817	64.5	73.0	(32.9, 113.2)
Ward	Less than 5				
Washington	9	23,012	39.1	34.0*	(5.5, 62.4)
Webb	61	132,563	46.0	56.0	(40.8, 71.2)
Wharton	32	29,827	107.3	108.2**	(63.7, 152.7)
Wheeler	Less than 5				
Wichita	45	95,608	47.1	49.1	(32.3, 65.9)
Wilbarger	Less than 5				
Willacy	5	13,805	36.2	39.5	(0.0, 79.0)
Williamson	58	205,348	28.2	37.0*	(27.0, 46.9)
Wilson	6	24,929	24.1	24.7*	(1.4, 48.0)
Winkler	0	4,964	0.0	0.0*	(0.0, 0.0)
Wise	9	38,498	23.4	26.4*	(7.0, 45.8)
Wood	30	29,859	100.5	92.4	(51.3, 133.5)
Yoakum	0	5,067	0.0	0.0*	(0.0, 0.0)
Young	Less than 5				
Zapata	6	8,655	69.3	71.3	(4.2, 138.5)
Zavala	0	7,765	0.0	0.7*	(0.0, 7.8)

Source: Department of State Health Services, Center for Health Statistics, Texas Health Care Information Collection. Texas Inpatient Hospital Discharge Data, 2002.

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