

Biometrics -- Blood Pressure

Blood Pressure	2007		2008	
	Number	Percentage	Number	Percentage
HRAs assessed	638	100%	769	100%
Good	222	35%	261	34%
Borderline high	255	40%	273	36%
Too high	134	21%	127	17%
Unknown	27	4%	108	14%

High blood pressure tends to develop without telltale signs, increasing risks for heart attack, heart failure, stroke, and kidney disease. Some risks may be lowered by improving diet, increasing exercise, taking medication, or a combination of all three.

Among US adults today, about 30% have high blood pressure (140/90 mmHg or higher).

