

8. 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.

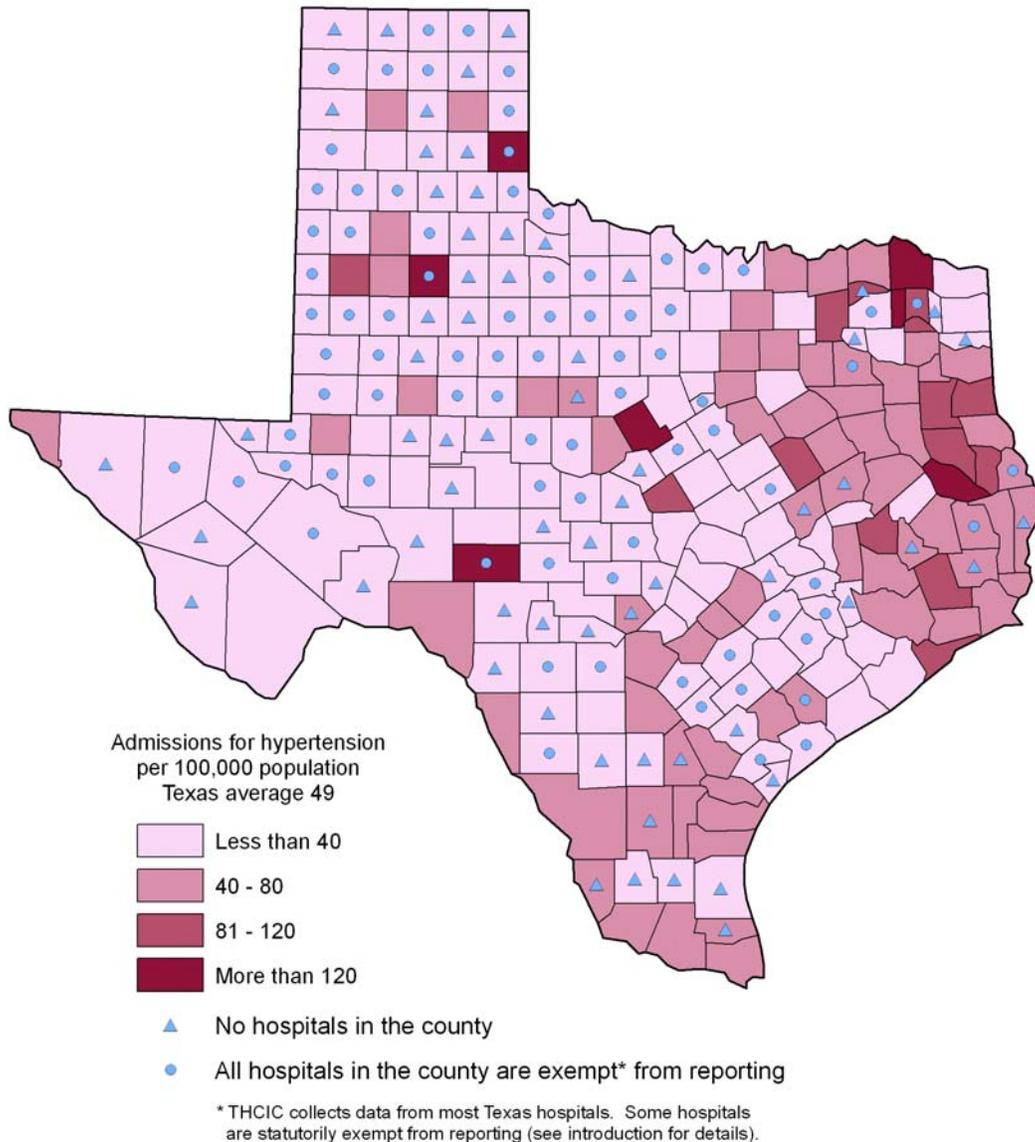


Table 8. Hypertension (high blood pressure) Admission Rate

Includes data from most Texas hospitals. Some hospitals are statutorily exempt from reporting to Department of State Health Services.

County	Admissions	Population	Observed Admissions per 100,000 Population	Expected Admissions per 100,000 Population	Risk-Adjusted Admissions per 100,000 Population	99% Confidence Interval for Risk-Adjusted Admissions
State Total	8,194	16,501,931	49.65	40.89	49.17	
Anderson	35	45,261	77.33	40.99	76.37**	(57.96, 94.78)
Andrews	Less Than 5					
Angelina	83	60,254	137.75	45.96	121.33**	(106.3, 136.4)
Aransas	Less Than 5					
Archer	Less Than 5					
Armstrong	Less Than 5					
Atascosa	25	30,686	81.47	42.50	77.60**	(55.64, 99.57)
Austin	7	19,570	35.77	48.88	29.63	(3.98, 55.27)
Bailey	Less Than 5					
Bandera	5	15,486	32.29	49.81	26.24	(0.00, 54.80)
Bastrop	36	51,151	70.38	41.08	69.36**	(52.06, 86.66)
Baylor	Less Than 5					
Bee	19	26,360	72.08	36.53	79.89**	(54.33, 105.4)
Bell	42	175,017	24.00	39.00	24.91*	(15.31, 34.51)
Bexar	488	1,092,266	44.68	41.77	43.30*	(39.59, 47.01)
Blanco	Less Than 5					
Borden	Less Than 5					
Bosque	Less Than 5					
Bowie	28	69,675	40.19	46.60	34.91*	(20.99, 48.83)
Brazoria	75	199,288	37.63	39.55	38.52*	(29.59, 47.46)
Brazos	28	124,256	22.53	28.78	31.70*	(18.44, 44.97)
Brewster	Less Than 5					
Briscoe	Less Than 5					
Brooks	Less Than 5					
Brown	28	29,107	96.20	50.16	77.65**	(56.89, 98.41)
Burleson	Less Than 5					
Burnet	15	31,775	47.21	54.39	35.14	(16.06, 54.22)
Caldwell	19	26,939	70.53	43.11	66.23	(42.96, 89.51)
Calhoun	Less Than 5					
Callahan	7	10,446	67.01	52.10	52.07	(18.07, 86.07)
Cameron	122	249,884	48.82	42.12	46.93	(39.20, 54.66)
Camp	12	8,877	135.18	50.60	108.16**	(70.73, 145.6)
Carson	Less Than 5					
Cass	9	23,437	38.40	54.38	28.59	(6.37, 50.80)
Castro	Less Than 5					
Chambers	9	21,167	42.52	40.18	42.84	(15.64, 70.04)
Cherokee	19	36,027	52.74	48.27	44.24	(25.22, 63.26)
Childress	Less Than 5					
Clay	Less Than 5					
Cochran	Less Than 5					
Coke	Less Than 5					
Coleman	Less Than 5					
Collin	154	460,207	33.46	35.39	38.28*	(32.06, 44.49)
Collingsworth	6	2,340	256.41	59.21	175.31**	(107.9, 242.7)
Colorado	Less Than 5					
Comal	28	71,006	39.43	47.42	33.66*	(20.00, 47.33)

* 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.

Table 8. Hypertension (high blood pressure) Admission Rate (cont'd)

County	Admissions	Population	Observed Admissions per 100,000 Population	Expected Admissions per 100,000 Population	Risk-Adjusted Admissions per 100,000 Population	99% Confidence Interval for Risk-Adjusted Admissions
State Total	8,194	16,501,931	49.65	40.89	49.17	
Comanche	20	10,508	190.33	56.56	136.24**	(103.7, 168.8)
Concho	Less Than 5					
Cooke	8	29,069	27.52	48.44	23.00*	(1.87, 44.14)
Coryell	13	56,205	23.13	30.49	30.72	(11.55, 49.88)
Cottle	Less Than 5					
Crane	Less Than 5					
Crockett	Less Than 5					
Crosby	11	4,815	228.45	52.84	175.05**	(125.3, 224.8)
Culberson	Less Than 5					
Dallam	Less Than 5					
Dallas	890	1,666,566	53.40	38.43	56.26**	(53.12, 59.39)
Dawson	Less Than 5					
Deaf Smith	5	12,689	39.40	45.51	35.05	(2.05, 68.06)
Delta	6	4,279	140.22	50.69	111.99**	(58.14, 165.8)
Denton	143	391,729	36.50	33.09	44.66	(37.69, 51.62)
De Witt	Less Than 5					
Dickens	Less Than 5					
Dimmit	Less Than 5					
Donley	Less Than 5					
Duval	7	9,317	75.13	48.02	63.34	(25.85, 100.8)
Eastland	8	14,523	55.09	55.89	39.90	(12.06, 67.74)
Ector	44	89,041	49.42	43.27	46.23	(33.45, 59.01)
Edwards	Less Than 5					
Ellis	31	94,353	32.86	40.36	32.96*	(20.11, 45.82)
El Paso	328	496,822	66.02	41.58	64.28**	(58.76, 69.80)
Erath	Less Than 5					
Falls	5	13,251	37.73	51.74	29.52	(0.00, 59.81)
Fannin	25	25,857	96.69	49.01	79.88**	(57.59, 102.2)
Fayette	Less Than 5					
Fisher	Less Than 5					
Floyd	Less Than 5					
Foard	Less Than 5					
Fort Bend	103	323,125	31.88	36.19	35.66*	(28.33, 43.00)
Franklin	16	7,985	200.38	51.94	156.18**	(117.2, 195.1)
Freestone	10	14,739	67.85	48.20	56.99	(27.24, 86.75)
Frio	Less Than 5					
Gaines	Less Than 5					
Galveston	182	204,871	88.84	43.52	82.64**	(74.24, 91.04)
Garza	Less Than 5					
Gillespie	Less Than 5					
Glasscock	Less Than 5					
Goliad	Less Than 5					
Gonzales	Less Than 5					
Gray	11	16,764	65.62	53.67	49.50	(23.06, 75.94)
Grayson	72	89,043	80.86	48.86	67.00**	(54.97, 79.02)
Gregg	53	85,788	61.78	46.46	53.83	(41.27, 66.40)

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Table 8. Hypertension (high blood pressure) Admission Rate (cont'd)

County	Admissions	Population	Observed Admissions per 100,000 Population	Expected Admissions per 100,000 Population	Risk-Adjusted Admissions per 100,000 Population	99% Confidence Interval for Risk-Adjusted Admissions
State Total	8,194	16,501,931	49.65	40.89	49.17	
Grimes	10	19,655	50.88	45.58	45.19	(18.69, 71.69)
Guadalupe	33	74,721	44.16	43.49	41.11	(27.20, 55.03)
Hale	13	25,744	50.50	45.24	45.19	(21.95, 68.43)
Hall	Less Than 5					
Hamilton	Less Than 5					
Hansford	Less Than 5					
Hardeman	Less Than 5					
Hardin	18	38,176	47.15	45.49	41.96	(22.93, 61.00)
Harris	1,448	2,632,813	55.00	37.83	58.86**	(56.34, 61.37)
Harrison	28	47,735	58.66	46.30	51.29	(34.42, 68.16)
Hartley	Less Than 5					
Haskell	Less Than 5					
Hays	24	92,698	25.89	33.49	31.30*	(17.06, 45.53)
Hemphill	Less Than 5					
Henderson	50	61,565	81.21	51.04	64.42**	(50.27, 78.56)
Hidalgo	220	433,294	50.77	38.93	52.81	(46.70, 58.92)
Hill	18	26,862	67.01	50.36	53.87	(32.31, 75.44)
Hockley	16	16,910	94.62	44.52	86.05**	(57.14, 115.0)
Hood	11	36,742	29.94	51.95	23.33*	(5.18, 41.48)
Hopkins	Less Than 5					
Houston	15	18,513	81.02	52.73	62.21	(36.82, 87.59)
Howard	16	25,582	62.54	46.98	53.90	(31.02, 76.78)
Hudspeth	Less Than 5					
Hunt	58	62,074	93.44	44.06	85.86**	(70.69, 101.0)
Hutchinson	Less Than 5					
Irion	Less Than 5					
Jack	1	7,157	13.97	45.59	12.41	(0.00, 56.31)
Jackson	8	10,866	73.62	49.97	59.65	(25.61, 93.68)
Jasper	20	26,996	74.09	49.26	60.88	(39.13, 82.63)
Jeff Davis	Less Than 5					
Jefferson	140	188,775	74.16	46.54	64.52**	(56.06, 72.98)
Jim Hogg	Less Than 5					
Jim Wells	24	29,243	82.07	44.70	74.33**	(52.39, 96.26)
Johnson	54	106,780	50.57	40.88	50.08	(38.07, 62.08)
Jones	6	16,216	37.00	43.14	34.72	(4.74, 64.71)
Karnes	Less Than 5					
Kaufman	50	63,271	79.03	41.13	77.79**	(62.24, 93.33)
Kendall	10	20,816	48.04	47.85	40.64	(15.51, 65.77)
Kenedy	Less Than 5					
Kent	Less Than 5					
Kerr	8	36,392	21.98	60.97	14.60*	(0.00, 31.43)
Kimble	Less Than 5					
King	Less Than 5					
Kinney	Less Than 5					
Kleberg	14	23,524	59.51	39.99	60.25	(34.39, 86.11)
Knox	Less Than 5					

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State Total	8,194	16,501,931	49.65	40.89	49.17	
Lamar	36	37,728	95.42	51.10	75.60**	(57.54, 93.67)
Lamb	5	10,634	47.02	52.41	36.32	(2.73, 69.92)
Lampasas	17	15,662	108.54	45.80	95.95**	(66.33, 125.6)
La Salle	Less Than 5					
Lavaca	5	14,852	33.67	59.40	22.94	(0.00, 49.65)
Lee	Less Than 5					
Leon	10	12,690	78.80	54.89	58.12	(28.07, 88.17)
Liberty	51	55,891	91.25	41.41	89.22**	(72.73, 105.7)
Limestone	23	17,400	132.18	48.51	110.31**	(83.01, 137.6)
Lipscomb	Less Than 5					
Live Oak	5	9,489	52.69	49.69	42.93	(6.40, 79.45)
Llano	Less Than 5					
Loving	Less Than 5					
Lubbock	122	190,605	64.01	40.65	63.74**	(54.73, 72.75)
Lynn	Less Than 5					
McCulloch	Less Than 5					
McClennan	47	167,237	28.10	43.60	26.10*	(16.81, 35.39)
McMullen	Less Than 5					
Madison	Less Than 5					
Marion	Less Than 5					
Martin	Less Than 5					
Mason	Less Than 5					
Matagorda	7	27,739	25.24	46.37	22.03*	(0.00, 44.15)
Maverick	16	33,257	48.11	41.91	46.48	(25.23, 67.73)
Medina	7	31,593	22.16	44.32	20.24*	(0.00, 41.43)
Menard	Less Than 5					
Midland	31	87,632	35.38	44.91	31.89*	(19.25, 44.53)
Milam	7	18,833	37.17	51.55	29.19	(3.74, 54.65)
Mills	Less Than 5					
Mitchell	Less Than 5					
Montague	6	15,260	39.32	55.65	28.60	(1.39, 55.82)
Montgomery	128	267,434	47.86	39.84	48.63	(40.95, 56.32)
Moore	5	13,806	36.22	41.95	34.96	(2.00, 67.92)
Morris	Less Than 5					
Motley	Less Than 5					
Nacogdoches	50	46,556	107.40	41.07	105.87**	(87.73, 124.0)
Navarro	22	35,982	61.14	46.20	53.58	(34.13, 73.03)
Newton	7	11,138	62.85	47.35	53.74	(19.20, 88.28)
Nolan	Less Than 5					
Nueces	106	233,894	45.32	43.96	41.74	(33.92, 49.56)
Ochiltree	Less Than 5					
Oldham	Less Than 5					
Orange	47	64,242	73.16	46.61	63.55	(49.06, 78.05)
Palo Pinto	10	20,846	47.97	50.90	38.16	(13.81, 62.51)
Panola	21	17,781	118.10	50.78	94.16**	(67.76, 120.6)
Parker	30	76,555	39.19	42.50	37.33	(23.42, 51.24)

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State Total	8,194	16,501,931	49.65	40.89	49.17	
Parmer	Less Than 5					
Pecos	Less Than 5					
Polk	33	36,956	89.30	52.10	69.39**	(51.32, 87.47)
Potter	49	85,892	57.05	43.40	53.22	(40.23, 66.21)
Presidio	Less Than 5					
Rains	Less Than 5					
Randall	27	83,576	32.31	43.21	30.27*	(17.07, 43.47)
Reagan	Less Than 5					
Real	Less Than 5					
Red River	31	10,730	288.91	55.66	210.13	(177.7, 242.6)
Reeves	Less Than 5					
Refugio	Less Than 5					
Roberts	Less Than 5					
Robertson	7	11,902	58.81	53.05	44.89	(13.32, 76.45)
Rockwall	10	43,146	23.18	39.18	23.95*	(4.66, 43.24)
Runnels	Less Than 5					
Rusk	38	37,363	101.70	48.83	84.32**	(65.75, 102.9)
Sabine	7	8,437	82.97	60.00	55.98	(20.73, 91.23)
San Augustine	11	7,035	156.36	59.81	105.84**	(67.18, 144.5)
San Jacinto	11	19,192	57.32	48.55	47.79	(21.81, 73.78)
San Patricio	25	48,607	51.43	43.29	48.10	(30.81, 65.39)
San Saba	Less Than 5					
Schleicher	Less Than 5					
Scurry	Less Than 5					
Shackelford	Less Than 5					
Shelby	19	19,651	96.69	49.82	78.58**	(53.23, 103.9)
Sherman	Less Than 5					
Smith	79	140,371	56.28	47.24	48.23	(38.49, 57.97)
Somervell	Less Than 5					
Starr	17	38,568	44.08	39.90	44.73	(24.51, 64.94)
Stephens	Less Than 5					
Sterling	Less Than 5					
Stonewall	Less Than 5					
Sutton	5	3,043	164.31	46.01	144.59**	(77.56, 211.6)
Swisher	Less Than 5					
Tarrant	508	1,160,170	43.79	39.00	45.45	(41.73, 49.18)
Taylor	48	93,623	51.27	44.47	46.67	(34.38, 58.96)
Terrell	Less Than 5					
Terry	Less Than 5					
Throckmorton	Less Than 5					
Titus	22	20,654	106.52	44.77	96.32**	(70.24, 122.4)
Tom Green	36	78,631	45.78	46.38	39.96	(26.83, 53.10)
Travis	213	665,736	31.99	34.41	37.64*	(32.40, 42.88)
Trinity	6	11,378	52.73	57.25	37.29	(6.22, 68.36)
Tyler	12	16,610	72.25	50.60	57.81	(30.45, 85.17)
Upshur	26	28,614	90.86	49.04	75.02**	(53.84, 96.19)

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State Total	8,194	16,501,931	49.65	40.89	49.17	
Upton	Less Than 5					
Uvalde	Less Than 5					
Val Verde	25	33,245	75.20	45.87	66.37	(46.06, 86.68)
Van Zandt	23	40,144	57.29	51.00	45.48	(27.95, 63.01)
Victoria	38	62,976	60.34	46.14	52.95	(38.23, 67.66)
Walker	48	52,064	92.19	33.79**	110.45	(91.54, 129.4)
Waller	5	26,459	18.90	38.08*	20.09	(0.00, 45.08)
Ward	Less Than 5					
Washington	6	24,315	24.68	49.85*	20.04	(0.00, 42.82)
Webb	70	140,556	49.80	37.28	54.08	(43.12, 65.04)
Wharton	13	30,753	42.27	47.80	35.81	(15.12, 56.49)
Wheeler	Less Than 5					
Wichita	41	96,651	42.42	44.30	38.77	(26.65, 50.89)
Wilbarger	Less Than 5					
Willacy	8	14,289	55.99	42.74	53.03	(20.93, 85.12)
Williamson	53	230,561	22.99	37.21*	25.01	(16.45, 33.57)
Wilson	9	27,537	32.68	43.64	30.32	(7.44, 53.20)
Winkler	Less Than 5					
Wise	Less Than 5					
Wood	17	32,512	52.29	54.39	38.92	(20.06, 57.78)
Yoakum	Less Than 5					
Young	Less Than 5					
Zapata	7	9,081	77.08	45.38	68.77	(29.70, 107.8)
Zavala	Less Than 5					

Source: *Texas Hospital Inpatient Discharge Public Use Data File, 2005*. Texas Department of State Health Services, Center for Health Statistics, Austin, Texas. 2006.

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