



# Epi Data Brief

New York City Department of Health and Mental Hygiene

December 2016, No. 82

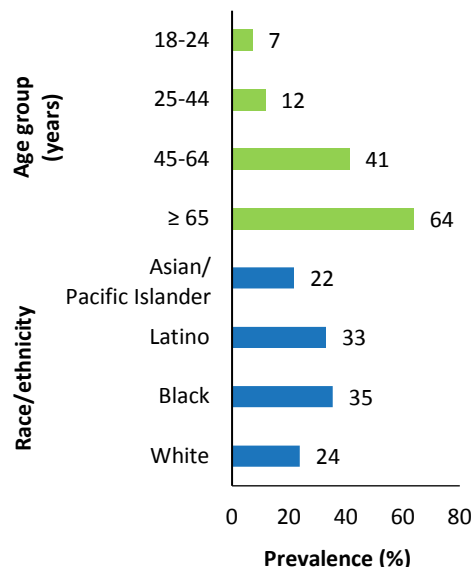
## Hypertension in New York City: Disparities in Prevalence

Hypertension (HTN) is a leading modifiable risk factor for heart disease and stroke, two leading causes of death. An estimated 25 to 50% of cardiovascular disease deaths in the U.S. are attributable to HTN.<sup>1</sup> HTN prevalence has increased by 11% over the past decade, whereas the prevalence of smoking, another leading risk factor for heart disease, has decreased by 18%. In 2015, 29% of New Yorkers reported having HTN, totaling an estimated 1,847,000 adults.

### While hypertension is more common among older adults, over one in ten adults under 45 years of age reported having hypertension<sup>A</sup>

- In 2015, nearly two-thirds (64%) of NYC adults ages 65 years and older reported having HTN and 11% (364,000) of adults ages 18 to 44 reported having HTN.
- The age-adjusted prevalence of HTN was similar in men and women (29% vs. 29%).
- The prevalence of HTN was 1.5 times higher among Black adults compared with White adults (35% vs. 24%).
- The prevalence of HTN was 1.6 times higher among Black adults compared with Asian/Pacific Islander adults (35% vs. 22%).
- HTN prevalence was 1.6 and 2.1 times higher among Black women (36%) compared with White (23%) and Asian/Pacific Islander women (17%).

### Prevalence of hypertension among New York City adults, by age group and race/ethnicity, 2015



Asian/Pacific Islander, Black, and White races exclude Latino ethnicity. Latino includes Hispanic or Latino of any race. Race/ethnicity estimates are age-adjusted to the 2000 U.S. standard population.

Source: Community Health Survey, 2015

- Black men (35%) had 1.4 and 1.3 times the HTN prevalence of White (25%) and Asian/Pacific Islander men (26%).
- Blacks (15%) and Latinos (12%) under 45 years of age had a higher prevalence of HTN than Whites (7%).
- In 2014, foreign-born and U.S.-born adults had a similar prevalence of HTN (28% vs. 28%). Foreign-born adults who had lived in the U.S. ten years or more were 1.5 times as likely to have HTN as those who had lived in the U.S. less than five years (30% vs. 21%).

#### Data Sources:

**A. NYC Community Health Survey (CHS) 2014, 2015** The CHS is conducted annually by the Health Department with approximately 9,000 NYC residents ages 18 and older. The CHS has included adults with landline phones since 2002 and, starting in 2009, has included adults who can be reached by cell phone. For more survey details, visit [nyc.gov/health/survey](http://nyc.gov/health/survey).

**B. Heart Follow-up Study 2010 (HFUS)** The HFUS was a supplemental survey to the 2010 CHS among a subset of 1656 adults who provided additional self-reported health information, had their blood pressure measured, and provided a 24-hour urine sample to determine sodium, potassium, and creatinine values.

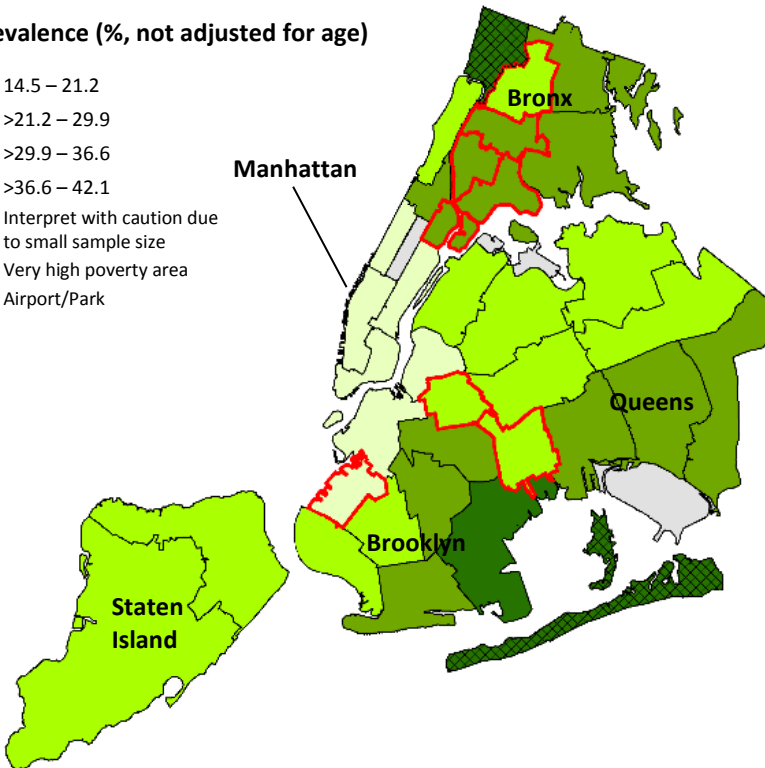
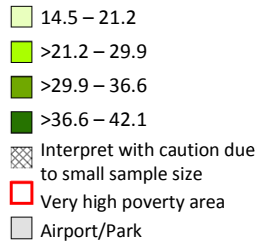
**Data notes:** Data are age-adjusted to the US 2000 standard population, except for age-specific estimates and where crude estimates are noted. <sup>A</sup>Data represent crude, non-age-adjusted estimates. Use crude estimates when reporting prevalence for a specific population; use age-adjusted estimates when making comparisons between groups that may have varying age distribution.

\*Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30%, or the 95% Confidence Interval's half-width is greater than 10, or the sample size is too small, making the estimate potentially unreliable.

## Higher neighborhood poverty and lower educational attainment are associated with higher prevalence of hypertension<sup>A</sup>

### Hypertension prevalence in adult New York City residents, by neighborhood, 2015

#### Prevalence (% , not adjusted for age)



The United Hospital Fund (UHF) classifies New York City into 42 neighborhoods comprised of contiguous ZIP codes, several of which were combined to create the 34 neighborhoods presented here.

Rates are not age-adjusted and do not account for neighborhood differences in age distribution. Crosshatching indicates that estimate should be interpreted with caution due to small sample size. Red boundary indicates UHF neighborhoods where  $\geq 30\%$  of residents have incomes below the federal poverty level (very high-poverty areas).

Source: NYC Community Health Survey, 2015

- Among adults living in very high-poverty neighborhoods, HTN prevalence was 1.4 times higher than among those living in low-poverty neighborhoods in 2015 (32% vs. 24%).
- HTN was 1.4 times higher among adults with less than a high school education than among adults with a college degree or more (33% vs 24%).
- The five neighborhoods with the highest HTN prevalence were Kingsbridge/Riverdale,\* Canarsie and Flatlands, Rockaway,\* Southeast Queens, and Northeast Bronx.<sup>^</sup> The five neighborhoods with the lowest HTN prevalence were Chelsea/Village, Greenpoint, Upper East Side-Grammercy, Upper West Side, and Sunset Park.<sup>^</sup>

#### Definitions:

All demographic and health-related questions based on self-reported information from the CHS 2015.

**Hypertension:** Hypertension was defined according to the following question: “Have you ever been told by a doctor, nurse, or other health professional that you have hypertension, also called high blood pressure?”

**Race/ethnicity:** White, Black, Asian/Pacific Islander categories exclude Latino ethnicity. Latino includes Hispanic or Latino of any race.

**Neighborhood poverty** (based on ZIP code): the percentage of residents with incomes below 100% of federal poverty level (FPL), per American Community Survey 2010-2014. Categories: low-poverty (<10% FPL), medium-poverty (10-19% FPL), high-poverty (20-29% FPL), very-high-poverty ( $\geq 30\%$  FPL)

**Serious psychological distress (SPD):** A composite measure of six questions regarding symptoms of anxiety, depression, and other emotional problems experienced in the past 30 days.

**Depression:** Depression was defined according to the following question “Have you ever been told by a doctor, nurse, or other health professional that you have depression?”

**Insufficient physical activity:** Based on a series of questions on physical activity to determine the prevalence of New Yorkers who did not meet the 2008 Federal physical activity recommendation of engaging in at least 150 minutes of moderate or equivalent of physical activity per week.

**Sugary drinks** have added sugars and include soda, sweetened iced tea, sports drinks, energy drinks, fruit punch, and other fruit-flavored drinks. Seltzer, sugar free drinks, diet drinks, sweetened flavored milk, and 100% juice are not included.

**Neighborhood:** The United Hospital Fund classifies New York City into 42 neighborhoods comprised of contiguous ZIP codes, several of which were combined to create the 34 neighborhoods presented.

## Two-thirds of adults in New York City consume higher than recommended levels of sodium, including those with hypertension

- In 2010, 66% of NYC adults with self-reported HTN consumed more sodium than the recommended limit per day (<2300 mg)<sup>2</sup> for the general population,<sup>B</sup> a similar prevalence as those without HTN.
- In 2015, insufficient fruit and vegetable consumption, consumption of one or more sugary drinks per day, and current smoking were all higher among those with HTN compared with those without HTN (92% vs. 88%, 28% vs. 23%, 17% vs. 14%, respectively).<sup>A</sup>
- Adults with HTN had a higher prevalence of health insurance coverage than those without (89% vs. 87%).<sup>A</sup>
- Adults with HTN were more likely to have seen their personal doctor in the past year than those without HTN (90% vs. 85%).<sup>A</sup>

### Prevalence of unhealthy lifestyle behaviors among adults with and without hypertension, New York City, 2010 and 2015

	Hypertension	
	Yes (%)	No (%)
Sodium consumption $\geq$ 2300 mg per day	66.0	68.9
Less than five fruits or vegetables per day <sup>o</sup>	92.4	87.9
One or more sugary drinks per day <sup>o†</sup>	28.2	22.8
Insufficiently physically active <sup>+</sup>	45.3	41.1
Current smoking <sup>o</sup>	17.3	14.3

Rates are age-adjusted to the 2000 U.S. standard population.

<sup>o</sup>Estimates in adults with and without hypertension are statistically different.  
<sup>+</sup> Insufficiently physically active – did not meet 2008 Federal physical activity recommendation of at least 150 minutes of moderate or equivalent physical activity per week.

<sup>†</sup> Sugary drinks have added sugars and include soda, sweetened iced tea, sports drinks, energy drinks, fruit punch and other fruit-flavored drinks. Seltzer, sugar free drinks, diet drinks, sweetened flavored milk, and 100% juice are not included.

Sources: Heart Follow-Up Study, 2010 (sodium consumption); NYC Community Health Survey, 2015 (all other measures).

## Adults with a history of depression and other chronic health conditions have a higher prevalence of hypertension<sup>A</sup>

- In 2014, NYC adults with a history of depression were 1.4 times as likely to report having HTN as those with no history of depression (38% vs. 26%). Among those with HTN, women were more likely than men to report a history of depression (24% vs. 15%).
- In 2015, adults with serious psychological distress (SPD) in the past 30 days were 1.6 times as likely to have HTN as those without SPD (44% vs. 28%). Women and men with HTN had a similar prevalence of SPD (11% vs. 10%).
- Among adults with diabetes 70% had HTN, among adults with high cholesterol 50% had HTN (2014), and among adults who were obese 46% had HTN.<sup>A</sup>

### References:

1. Patel SA, Winkel M, Ali MK, Narayan KM, Mehta NK. Cardiovascular mortality associated with 5 leading risk factors: National and state preventable fractions estimated from survey data. *Annals of Internal Medicine*, 2015; 163:245-253.
2. U.S. Department of Health and Human Services and U.S. Department of Agriculture. *2015 – 2020 Dietary Guidelines for Americans*. 8<sup>th</sup> Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>.

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# Epi Data Tables

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## Hypertension in New York City: Disparities in Prevalence

### Data Tables

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- Table 2.** Prevalence of hypertension among New York City adults by demographic and socioeconomic characteristics, lifestyle factors, and co-morbidities, 2010, 2014, and 2015
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### Data Sources

**New York City Community Health Survey (CHS), 2002-2015.** The CHS is conducted annually by the Health Department with approximately 9,000 NYC residents ages 18 and older. Data are age-adjusted to the US 2000 standard population, except for age-specific estimates. The CHS has included adults with landline phones since 2002 and, starting in 2009, has included adults who can be reached by cell -phone. For more survey details, visit [nyc.gov/health/survey](http://nyc.gov/health/survey).

**Heart Follow-Up Study (HFUS), 2010.** The HFUS is a supplemental survey to the 2010 CHS among a subset of 1656 adults who agreed to provide additional self-reported health information, have their blood pressure measured, and provide a 24-hour urine sample to determine sodium, potassium, and creatinine values.

### Definitions

**Household income** is annual income from all sources. Categories: Lowest (<100% FPL), Low (100 - <200% FPL), Medium (200 - <400% FPL), High (400 - <600% FPL), Highest (>=600% FPL)

**Hypertension** is defined according to the following question: "Have you ever been told by a doctor, nurse or other health professional that you have hypertension, also called high blood pressure?"

**Diabetes** is defined according to the following question: "Have you ever been told by a doctor, nurse or other health professional that you have diabetes?" . Women who were only told they had diabetes while pregnant are included in 'no' category.

**High cholesterol** is defined according to the following question: "Have you ever been told by a doctor or other health professional that your blood cholesterol is high?"

**Smoking status** is defined as being a current or former smoker or never smoker (having smoked less than 100 cigarettes ever).

**Serious psychological distress (SPD)** is a composite measure of six questions regarding symptoms of anxiety, depression and other emotional problems experienced in the past 30 days.

**Depression:** Depression was defined according to the following question "Have you ever been told by a doctor, nurse or other health professional that you have depression?"

**Insufficient physical activity** is based on a series of questions on physical activity to determine the prevalence of New Yorkers who did not meet the 2008 Federal physical activity recommendation of engaging in at least 150 minutes of moderate or equivalent of physical activity per week.

**Sugary drinks** have added sugars and include soda, sweetened iced tea, sports drinks, energy drinks, fruit punch and other fruit-flavored drinks. Seltzer, sugar free drinks, diet drinks, sweetened flavored milk, and 100% juice are not included.

**Table 1: Prevalence of hypertension and smoking among New York City adults, 2002-2015**

Source: New York City Community Health Survey (CHS) 2002-2015. CHS has included adults with landline phones since 2002, and starting in 2009, has also included adults who can be reached by cell phone.

Data are age-adjusted to the US 2000 standard population.

Year	Self-reported hypertension prevalence (95% CI)	Current smoking prevalence (95% CI)
2002	25.9 (24.9, 26.9)	21.5 <sup>U</sup> (20.5, 22.6)
2003	N/A	19.2 (18.4, 20.1)
2004	N/A	18.3 (17.4, 19.3)
2005	29.1 (28.1, 30.1)	18.9 (17.9, 19.9)
2006	26.0 (25.0, 26.9)	17.5 <sup>U</sup> (16.6, 18.5)
2007	27.3 (26.3, 28.3)	16.9 (15.9, 17.9)
2008	28.8 (27.6, 30.0)	15.8 (14.6, 17.1)
2009	28.3 (27.2, 29.4)	15.8 (14.7, 16.9)
2010	28.6 (27.4, 29.8)	14.0 (12.9, 15.3)
2011	28.9 (27.5, 30.4)	14.8 (13.5, 16.3)
2012	27.8 (26.6, 29.0)	15.5 <sup>U</sup> (14.4, 16.8)
2013	29.1 (28.0, 30.2)	16.1 (15.0, 17.2)
2014	27.8 (26.7, 29.0)	13.9 (12.8, 14.9)
2015	28.8 (27.8, 29.8)	14.3 (13.3, 15.3)

95% CI=95% confidence interval, which is a measure of estimate precision. The wider the interval, the more imprecise the estimate.

p=0.003 for hypertension linear trend 2006-2015

p<0.001 for smoking linear trend 2006-2015

N/A represents years where the survey did not assess self-reported hypertension.

<sup>U</sup> When rounding to the nearest whole number, round up.

**Table 2: Prevalence of hypertension among New York City adults by demographic and socioeconomic characteristics, lifestyle factors, and co-morbidities, 2010, 2014, and 2015**

Sources: New York City Community Health Survey (CHS) 2014 and 2015. CHS has included adults with landline phones since 2002 and, starting in 2009, has also included adults who can be reached by cell phone. Heart Follow-Up Study (HFUS) 2010 for percent meeting the recommended daily limit for sodium.

CHS 2015 data are weighted to the adult residential population per the American Community Survey, 2014.

CHS 2014 data are weighted to the adult residential population per the American Community Survey, 2013.

HFUS 2010 data are weighted to the adult residential population per the American Community Survey, 2006-2008.

Data are age-adjusted to the US 2000 standard population where indicated.

	Overall			Men			Women		
	Weighted N	Crude prevalence (95% CI)	Age-adjusted prevalence (95% CI)	Weighted N	Crude prevalence (95% CI)	Age-adjusted prevalence (95% CI)	Weighted N	Crude prevalence (95% CI)	Age-adjusted prevalence (95% CI)
<b>Overall</b>	1,847,000	28.4 (27.2, 29.6)	28.8 (27.8, 29.8)	824,000	27.4 (25.7, 29.2)	29.0 (27.5, 30.6)	1,020,000	29.2 (27.7, 30.8)	28.5 <sup>U</sup> (27.2, 29.9)
<b>Age group (years)</b>									
18-24	61,000	7.2 (5.0, 10.2)	N/A	19,000	4.4 (2.5, 7.7)	N/A	42,000	9.9 (6.3, 15.2)	N/A
25-44	303,000	11.6 (10.3, 13.1)	N/A	161,000	13.0 (10.9, 15.4)	N/A	141,000	10.4 (8.8, 12.3)	N/A
45-64	842,000	41.2 (39.0, 43.4)	N/A	393,000	41.8 (38.6, 45.1)	N/A	447,000	40.5 <sup>U</sup> (37.6, 43.4)	N/A
65+	634,000	63.8 (61.1, 66.3)	N/A	249,000	62.9 (58.4, 67.3)	N/A	385,000	64.3 (61.1, 67.5)	N/A
<b>Race/ethnicity<sup>1</sup></b>									
White, non-Latino	624,000	27.1 (25.1, 29.1)	23.8 (22.2, 25.6)	309,000	27.3 (24.5, 30.4)	24.9 (22.8, 27.3)	313,000	26.7 (24.1, 29.5)	22.7 (20.3, 25.3)
Black, non-Latino	505,000	35.2 (32.6, 37.9)	35.4 (33.2, 37.7)	202,000	33.2 (29.0, 37.6)	34.9 (31.3, 38.8)	302,000	36.7 (33.4, 40.2)	35.9 (33.0, 38.9)
Latino	508,000	29.0 (26.9, 31.2)	33.0 (31.1, 35.0)	200,000	24.8 (21.8, 28.1)	30.7 (27.7, 33.8)	309,000	32.6 (29.7, 35.6)	34.6 (32.2, 37.2)
Asian/Pacific Islander	161,000	18.3 (15.8, 21.0)	21.8 (19.2, 24.6)	97,000	23.3 (19.2, 28.0)	26.3 (22.0, 31.1)	65,000	13.8 (11.2, 17.0)	17.4 (14.7, 20.5)
Other	48,000	35.7 (27.2, 45.2)	37.2 (29.1, 46.0)	17,000	33.3* (21.1, 48.2)	37.1* (24.4, 51.9)	31,000	37.2* (26.3, 49.6)	38.5 <sup>U</sup> (29.5, 48.5)
<b>Household income<sup>2</sup></b>									
Lowest	595,000	32.8 (30.5, 35.1)	32.7 (30.6, 34.8)	233,000	29.5 <sup>D</sup> (26.0, 33.2)	31.0 (27.7, 34.6)	362,000	35.3 (32.3, 38.4)	33.6 (31.1, 36.2)
Low	418,000	28.7 (26.3, 31.2)	29.2 (27.1, 31.3)	173,000	26.3 (22.9, 30.1)	29.1 (26.0, 32.4)	245,000	30.5 <sup>U</sup> (27.3, 34.0)	29.3 (26.4, 32.3)
Medium	342,000	27.0 (24.4, 29.8)	29.3 (27.0, 31.7)	159,000	28.2 (24.0, 32.8)	31.9 (28.2, 35.8)	183,000	26.1 (22.9, 29.6)	27.3 (24.5, 30.3)
High	258,000	28.3 (25.3, 31.4)	27.4 (25.1, 29.9)	119,000	27.6 (23.3, 32.4)	29.7 (26.3, 33.3)	136,000	28.6 (24.6, 32.9)	25.9 (22.6, 29.5)
Highest	234,000	22.2 (19.6, 25.0)	22.5 <sup>D</sup> (19.5, 25.7)	140,000	24.7 (21.1, 28.7)	23.5 <sup>D</sup> (20.6, 26.6)	94,000	19.2 (15.7, 23.2)	20.1 (16.2, 24.7)
<b>Education</b>									
Less than high school	461,000	37.1 (34.1, 40.1)	32.9 (30.3, 35.7)	178,000	30.9 (26.9, 35.4)	30.0 (26.3, 34.0)	283,000	42.3 (38.3, 46.5)	34.9 (31.1, 38.9)
High school	456,000	28.9 (26.6, 31.4)	29.5 <sup>D</sup> (27.3, 31.7)	214,000	27.8 (24.3, 31.6)	30.2 (26.9, 33.8)	242,000	30.0 (26.9, 33.4)	28.7 (26.0, 31.6)
Some college	435,000	28.9 (26.4, 31.5)	31.8 (29.6, 34.1)	213,000	31.0 (27.0, 35.2)	35.7 (32.3, 39.3)	220,000	26.9 (23.9, 30.2)	28.6 (25.9, 31.5)
College or more	482,000	22.5 <sup>D</sup> (20.8, 24.3)	23.8 (22.1, 25.6)	213,000	22.2 (19.8, 24.8)	23.4 (21.4, 25.6)	268,000	22.7 (20.4, 25.2)	24.0 (21.6, 26.6)

Weighted N population estimates are rounded to the nearest 1,000.

95% CI=95% confidence interval, which is a measure of estimate precision. The wider the interval, the more imprecise the estimate.

Use crude estimates when reporting prevalence for a specific population; use age-adjusted estimates when making comparisons between groups that may have varying age distribution.

<sup>1</sup>White, Black, Asian/Pacific Islander, Other race categories exclude Latino ethnicity. Latino includes Hispanic or Latino of any race.

<sup>2</sup>Household income is annual income from all sources. Categories: Lowest (<100% FPL), Low (100 - <200% FPL), Medium (200 - <400% FPL), High (400 - <600% FPL), Highest (>=600% FPL)

<sup>3</sup>Level of physical activity is based on series of questions on physical activity to determine respondents who did not meet the 2008 Physical Activity Guidelines for Adults recommendation of engaging in at least 150 moderate-equivalent minutes of physical activity per week. <https://health.gov/paguidelines/>

<sup>4</sup>Women who were only told they had diabetes while pregnant are included in 'no' category.

\*Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30%, or the 95% Confidence Interval's half width is greater than 10, or the sample size is too small making the estimate potentially unreliable.

<sup>D</sup> When rounding to the nearest whole number, round down.

<sup>U</sup> When rounding to the nearest whole number, round up.

**Table 2: Prevalence of hypertension among New York City adults by demographic and socioeconomic characteristics, lifestyle factors, and co-morbidities, 2010, 2014, and 2015**

Sources: New York City Community Health Survey (CHS) 2014 and 2015. CHS has included adults with landline phones since 2002 and, starting in 2009, has also included adults who can be reached by cell phone. Heart Follow-Up Study (HFUS) 2010 for percent meeting the recommended daily limit for sodium.

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	Overall			Men			Women		
	Weighted N	Crude prevalence (95% CI)	Age-adjusted prevalence (95% CI)	Weighted N	Crude prevalence (95% CI)	Age-adjusted prevalence (95% CI)	Weighted N	Crude prevalence (95% CI)	Age-adjusted prevalence (95% CI)
<b>Foreign-born (2014)</b>									
Yes	861,000	27.8 (26.0, 29.7)	28.4 (26.8, 30.2)	377,000	26.4 (23.6, 29.3)	27.6 (25.1, 30.3)	485,000	29.1 (26.5, 31.7)	29.0 (26.8, 31.2)
<b>Years in the US among foreign-born (2014)</b>									
<5	31,000	7.3 (5.2, 10.2)	20.5 <sup>u</sup> (15.3, 26.9)	17,000	8.2 (5.0, 13.3)	16.4 (9.5, 26.7)	14,000	6.5 <sup>u</sup> (4.1, 10.2)	24.5 <sup>u</sup> (18.4, 31.8)
5-9	62,000	14.9 (11.5, 19.2)	28.2 (22.5, 34.7)	23,000	12.1 (7.8, 18.4)	21.9 (13.6, 33.3)	40,000	17.2 (12.4, 23.5)	30.6 (23.9, 38.1)
10+	766,000	34.0 (31.7, 36.4)	30.1 (28.0, 32.3)	337,000	32.5 <sup>u</sup> (29.0, 36.1)	29.8 (26.7, 33.2)	430,000	35.3 (32.1, 38.5)	30.2 (27.5, 33.1)
No	899,000	27.2 (25.5, 29.0)	27.5 <sup>u</sup> (25.9, 29.2)	411,000	26.7 (24.2, 29.5)	28.5 <sup>u</sup> (26.0, 31.1)	488,000	27.6 (25.3, 30.0)	26.4 (24.4, 28.5)
<b>Language at home</b>									
English	1,197,000	29.0 (27.5, 30.5)	28.8 (27.6, 30.1)	543,000	28.9 (26.6, 31.3)	29.7 (27.7, 31.7)	652,000	29.0 (27.1, 30.9)	28.2 (26.5, 29.9)
Spanish	377,000	31.7 (29.1, 34.5)	33.4 (31.0, 35.8)	143,000	26.2 (22.4, 30.3)	30.2 (26.8, 33.9)	234,000	36.5 <sup>u</sup> (32.8, 40.3)	35.7 (32.5, 39.0)
Other	268,000	23.0 (20.5, 25.6)	24.1 (21.8, 26.5)	137,000	23.9 (20.3, 27.9)	26.0 (22.5, 29.8)	131,000	22.0 (18.8, 25.7)	21.8 (19.1, 24.8)
<b>Met daily sodium recommendation (&lt;2300 mg) (2010)</b>									
Yes	1,162,000	33.4 (27.1, 40.3)	30.7 (25.3, 36.6)	462,000	30.0* (20.1, 42.2)	27.2 (18.7, 37.9)	700,000	35.2 (27.5, 43.7)	32.5 (26.0, 39.9)
No	648,000	27.3 (23.5, 31.4)	29.9 (26.5, 33.6)	203,000	21.2 (16.9, 26.2)	24.8 (20.4, 29.7)	445,000	33.7 (27.9, 40.1)	34.7 (29.8, 40.0)
<b>Daily fruit and vegetable consumption</b>									
<5	1,653,000	29.3 (28.0, 30.6)	29.8 (28.7, 30.9)	752,000	28.1 (26.2, 30.1)	29.9 (28.2, 31.6)	901,000	30.3 (28.7, 32.1)	29.7 (28.2, 31.2)
5+	144,000	21.3 (18.4, 24.5)	21.3 (18.8, 24.1)	55,000	21.0 (16.6, 26.1)	22.1 (18.4, 26.3)	88,000	21.6 (17.9, 25.8)	21.2 (17.8, 25.0)
<b>Daily sugary drink consumption</b>									
None	990,000	34.1 (32.3, 36.0)	28.5 <sup>u</sup> (26.9, 30.1)	389,000	33.0 (30.2, 36.0)	28.0 (25.7, 30.4)	599,000	34.8 (32.5, 37.2)	28.8 (26.6, 31.2)
<1 (more than none)	430,000	21.5 <sup>u</sup> (19.6, 23.5)	27.8 (26.0, 29.8)	233,000	23.2 (20.4, 26.3)	29.3 (26.6, 32.2)	198,000	19.8 (17.4, 22.4)	26.2 (23.7, 28.9)
1+	404,000	26.4 (24.0, 28.9)	31.3 (29.0, 33.6)	192,000	23.9 (20.7, 27.5)	30.3 (27.1, 33.8)	212,000	29.1 (25.7, 32.8)	32.1 (29.0, 35.5)
<b>Physical activity<sup>3</sup></b>									
Inactive	496,000	37.9 (33.8, 42.1)	30.9 (27.5, 34.5)	190,000	36.0 (29.4, 43.3)	30.8 (24.9, 37.3)	305,000	39.1 (34.1, 44.3)	30.5 <sup>u</sup> (26.8, 34.5)
Insufficiently active	420,000	32.0 (28.1, 36.2)	31.2 (27.8, 34.8)	180,000	33.3 (27.2, 40.1)	30.3 (25.4, 35.7)	238,000	30.8 (25.8, 36.2)	31.4 (27.0, 36.2)
Sufficiently active	811,000	23.4 (21.2, 25.7)	26.6 (24.5, 28.8)	401,000	22.4 (19.2, 25.8)	26.5 <sup>u</sup> (23.4, 29.9)	409,000	24.5 <sup>u</sup> (21.4, 27.8)	26.6 (23.8, 29.6)
<b>Smoking</b>									
Never smoke	1,114,000	25.5 <sup>u</sup> (24.2, 26.9)	28.2 (26.9, 29.4)	443,000	24.6 (22.5, 26.9)	29.0 (27.0, 31.1)	671,000	26.1 (24.4, 28.0)	27.5 <sup>u</sup> (25.9, 29.2)
Current smoker	255,000	27.4 (24.4, 30.7)	29.2 (26.3, 32.2)	135,000	24.9 (21.0, 29.2)	27.8 (23.8, 32.1)	119,000	30.6 (25.9, 35.7)	29.9 (26.1, 34.1)
Former smoker	468,000	39.7 (36.8, 42.7)	28.7 (26.6, 30.9)	243,000	37.3 (33.4, 41.5)	27.8 (25.0, 30.8)	224,000	42.7 (38.5, 46.9)	29.9 (26.9, 33.1)

Weighted N population estimates are rounded to the nearest 1,000.

95% CI=95% confidence interval, which is a measure of estimate precision. The wider the interval, the more imprecise the estimate.

Use crude estimates when reporting prevalence for a specific population; use age-adjusted estimates when making comparisons between groups that may have varying age distribution.

<sup>1</sup>White, Black, Asian/Pacific Islander, Other race categories exclude Latino ethnicity. Latino includes Hispanic or Latino of any race.

<sup>2</sup>Household income is annual income from all sources. Categories: Lowest (<100% FPL), Low (100 - <200% FPL), Medium (200 - <400% FPL), High (400 - <600% FPL), Highest (>=600% FPL)

<sup>3</sup>Level of physical activity is based on series of questions on physical activity to determine respondents who did not meet the 2008 Physical Activity Guidelines for Adults recommendation of engaging in at least 150 moderate-equivalent minutes of physical activity per week. <https://health.gov/paguidelines/>

<sup>4</sup>Women who were only told they had diabetes while pregnant are included in 'no' category.

\*Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30%, or the 95% Confidence Interval's half width is greater than 10, or the sample size is too small making the estimate potentially unreliable.

<sup>u</sup> When rounding to the nearest whole number, round down.

<sup>u</sup> When rounding to the nearest whole number, round up.

**Table 2: Prevalence of hypertension among New York City adults by demographic and socioeconomic characteristics, lifestyle factors, and co-morbidities, 2010, 2014, and 2015**

Sources: New York City Community Health Survey (CHS) 2014 and 2015. CHS has included adults with landline phones since 2002 and, starting in 2009, has also included adults who can be reached by cell phone. Heart Follow-Up Study (HFUS) 2010 for percent meeting the recommended daily limit for sodium.

CHS 2015 data are weighted to the adult residential population per the American Community Survey, 2014.

CHS 2014 data are weighted to the adult residential population per the American Community Survey, 2013.

HFUS 2010 data are weighted to the adult residential population per the American Community Survey, 2006-2008.

Data are age-adjusted to the US 2000 standard population where indicated.

	Overall			Men			Women		
	Weighted N	Crude prevalence (95% CI)	Age-adjusted prevalence (95% CI)	Weighted N	Crude prevalence (95% CI)	Age-adjusted prevalence (95% CI)	Weighted N	Crude prevalence (95% CI)	Age-adjusted prevalence (95% CI)
<b>Self-reported diabetes<sup>4</sup></b>									
Yes	520,000	70.4 (67.0, 73.6)	56.5 <sup>u</sup> (50.2, 62.6)	233,000	71.2 (66.0, 76.0)	60.9 (53.8, 67.6)	286,000	69.7 (65.1, 73.9)	54.0 (45.4, 62.5)
No	1,320,000	22.9 (21.8, 24.1)	25.2 (24.2, 26.3)	587,000	22.0 (20.3, 23.7)	25.3 (23.7, 27.0)	732,000	23.7 (22.2, 25.3)	25.2 (23.8, 26.7)
<b>Body mass index category</b>									
Under/normal weight	459,000	16.8 (15.4, 18.3)	19.6 (18.2, 21.0)	191,000	16.9 (14.6, 19.5)	20.6 (18.2, 23.1)	268,000	16.7 (15.0, 18.6)	19.0 (17.4, 20.8)
Overweight but not Obese	651,000	30.8 (28.8, 32.9)	28.8 (27.1, 30.5)	333,000	28.1 (25.5, 30.9)	27.6 (25.4, 29.9)	318,000	34.3 (31.3, 37.4)	30.4 (27.8, 33.2)
Obese	709,000	45.9 (43.2, 48.6)	42.9 (40.3, 45.5)	296,000	44.5 <sup>u</sup> (40.2, 48.9)	43.6 (39.9, 47.4)	411,000	46.9 (43.4, 50.4)	42.2 (38.7, 45.8)
<b>Self-reported high cholesterol (2014)</b>									
Yes	893,000	50.1 (47.4, 52.8)	41.2 (38.2, 44.3)	405,000	49.6 (45.5, 53.7)	44.7 (40.0, 49.5)	488,000	50.5 <sup>u</sup> (46.9, 54.2)	36.6 (33.0, 40.2)
No	850,000	18.5 <sup>u</sup> (17.2, 19.9)	22.0 (20.6, 23.4)	374,000	17.5 <sup>u</sup> (15.6, 19.6)	21.1 (19.0, 23.3)	476,000	19.4 (17.7, 21.2)	22.7 (20.9, 24.6)
<b>History of depression ever (2014)</b>									
Yes	376,000	43.0 (39.2, 46.9)	37.5 <sup>u</sup> (34.4, 40.7)	129,000	45.7 (39.2, 52.4)	41.6 (36.0, 47.5)	247,000	41.7 (37.0, 46.6)	35.7 (32.1, 39.6)
No	1,382,000	25.0 (23.6, 26.3)	26.1 (24.9, 27.4)	657,000	24.4 (22.5, 26.5)	26.4 (24.5, 28.3)	725,000	25.4 (23.7, 27.3)	25.7 (24.1, 27.3)
<b>Serious psychological distress in the past 30 days</b>									
Yes	159,000	45.2 (39.4, 51.2)	44.1 (39.0, 49.4)	63,000	45.6 (36.6, 54.8)	47.3 (39.5, 55.3)	96,000	45.0 (37.5, 52.8)	42.2 (35.5, 49.3)
No	1,687,000	27.4 (26.3, 28.6)	27.9 (26.8, 28.9)	761,000	26.5 <sup>u</sup> (24.8, 28.3)	28.1 (26.6, 29.7)	924,000	28.2 (26.6, 29.8)	27.6 (26.2, 29.0)

Weighted N population estimates are rounded to the nearest 1,000.

95% CI=95% confidence interval, which is a measure of estimate precision. The wider the interval, the more imprecise the estimate.

Use crude estimates when reporting prevalence for a specific population; use age-adjusted estimates when making comparisons between groups that may have varying age distribution.

<sup>1</sup>White, Black, Asian/Pacific Islander, Other race categories exclude Latino ethnicity. Latino includes Hispanic or Latino of any race.

<sup>2</sup>Household income is annual income from all sources. Categories: Lowest (<100% FPL), Low (100 - <200% FPL), Medium (200 - <400% FPL), High (400 - <600% FPL), Highest (>=600% FPL)

<sup>3</sup> Level of physical activity is based on series of questions on physical activity to determine respondents who did not meet the 2008 Physical Activity Guidelines for Adults recommendation of engaging in at least 150 moderate-equivalent minutes of physical activity per week. <https://health.gov/paguidelines/>

<sup>4</sup> Women who were only told they had diabetes while pregnant are included in 'no' category.

\*Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30%, or the 95% Confidence Interval's half width is greater than 10, or the sample size is too small making the estimate potentially unreliable.

<sup>o</sup> When rounding to the nearest whole number, round down.

<sup>u</sup> When rounding to the nearest whole number, round up.



**Table 3: Prevalence of hypertension among New York City adults 18 to 44 years by demographic and socioeconomic characteristics, lifestyle factors, and co-morbidities, 2010, 2014, and 2015**

Sources: New York City Community Health Survey (CHS) 2014 and 2015. CHS has included adults with landline phones since 2002 and, starting in 2009, has also included adults who can be reached by cell phone. Heart Follow-Up (HFUS) 2010 for percent meeting the recommended daily limit for sodium.  
 CHS 2015 data are weighted to the adult residential population per the American Community Survey, 2014.  
 CHS 2014 data are weighted to the adult residential population per the American Community Survey, 2013.  
 HFUS 2010 data are weighted to the adult residential population per the American Community Survey, 2006-2008.  
 Data are age-adjusted to the US 2000 standard population where indicated.

	Hypertension Yes			Hypertension No		
	Weighted N	Crude prevalence (95% CI)	Age-adjusted prevalence (95% CI)	Weighted N	Crude prevalence (95% CI)	Age-adjusted prevalence (95% CI)
<b>Overall</b>	364,000	10.5 <sup>U</sup> (9.4, 11.8)	10.6 (9.4, 11.9)	3,088,000	89.5 <sup>D</sup> (88.2, 90.6)	89.4 (88.1, 90.6)
<b>Age group (years)</b>						
18-24	61,000	7.2 (5.0, 10.2)	N/A	792,000	92.8 (89.8, 95.0)	N/A
25-44	303,000	11.6 (10.3, 13.1)	N/A	2,296,000	88.4 (86.9, 89.7)	N/A
<b>Sex</b>						
Male	180,000	10.8 (9.1, 12.7)	10.9 (9.2, 12.8)	1,488,000	89.2 (87.3, 90.9)	89.1 (87.2, 90.8)
Female	184,000	10.3 (8.7, 12.1)	10.3 (8.7, 12.1)	1,600,000	89.7 (87.9, 91.3)	89.7 (87.9, 91.3)
<b>Race/ethnicity<sup>1</sup></b>						
White, non-Latino	76,000	7.3 (5.4, 9.7)	7.2 (5.2, 9.7)	962,000	92.7 (90.3, 94.6)	92.8 (90.3, 94.8)
Black, non-Latino	109,000	14.7 (12.0, 17.9)	14.9 (12.1, 18.0)	632,000	85.3 (82.1, 88.0)	85.1 (82.0, 87.9)
Latino	128,000	12.1 (10.0, 14.6)	12.4 (10.3, 14.9)	929,000	87.9 (85.4, 90.0)	87.6 (85.1, 89.7)
Asian/Pacific Islander	35,000	6.4 (4.4, 9.4)	6.5 <sup>D</sup> (4.4, 9.4)	510,000	93.6 (90.6, 95.6)	93.5 <sup>U</sup> (90.6, 95.6)
Other	16,000	22.5 <sup>D*</sup> (13.0, 35.9)	23.0* (13.9, 35.6)	56,000	77.5 <sup>U*</sup> (64.1, 87.0)	77.0* (64.4, 86.1)
<b>Household income<sup>2</sup></b>						
Lowest	129,000	13.6 (11.1, 16.6)	13.7 (11.2, 16.6)	816,000	86.4 (83.4, 88.9)	86.3 (83.4, 88.8)
Low	81,000	10.3 (8.1, 13.2)	10.4 (8.2, 13.1)	705,000	89.7 (86.8, 91.9)	89.6 (86.9, 91.8)
Medium	69,000	9.4 (7.1, 12.2)	9.8 (7.5, 12.7)	667,000	90.6 (87.8, 92.9)	90.2 (87.3, 92.5)
High	38,000	8.3 (6.0, 11.2)	8.1 (5.9, 11.0)	417,000	91.7 (88.8, 94.0)	91.9 (89.0, 94.1)
Highest	47,000	8.9 (6.2, 12.6)	9.2 (5.5, 15.2)	483,000	91.1 (87.4, 93.8)	90.8 (84.8, 94.5)
<b>Education</b>						
Less than high school	74,000	13.3 (9.9, 17.6)	13.1 (9.7, 17.4)	482,000	86.7 (82.4, 90.1)	86.9 (82.6, 90.3)
High school	96,000	11.5 <sup>D</sup> (9.2, 14.4)	12.0 (9.6, 14.9)	734,000	88.5 <sup>D</sup> (85.6, 90.8)	88.0 (85.1, 90.4)
Some college	95,000	11.1 (8.9, 13.7)	12.2 (9.9, 15.1)	765,000	88.9 (86.3, 91.1)	87.8 (84.9, 90.1)
College or more	98,000	8.2 (6.6, 10.2)	8.1 (6.0, 10.7)	1,095,000	91.8 (89.8, 93.4)	91.9 (89.3, 94.0)
<b>Foreign-born (2014)</b>						
Yes	156,000	9.6 (8.0, 11.5)	9.5 <sup>D</sup> (7.8, 11.4)	1,477,000	90.4 (88.5, 92.0)	90.5 <sup>U</sup> (88.6, 92.2)
<b>Years in the US among foreign-born (2014)</b>						
<5	11,000	3.0* (1.7, 5.4)	3.1* (1.7, 5.6)	346,000	97.0* (94.6, 98.3)	96.9* (94.4, 98.3)
5-9	30,000	8.8 (5.9, 12.8)	8.7 (5.9, 12.6)	314,000	91.2 (87.2, 94.1)	91.3 (87.4, 94.1)
10+	114,000	12.3 (9.9, 15.2)	12.1 (9.5, 15.3)	815,000	87.7 (84.8, 90.1)	87.9 (84.7, 90.5)
No	192,000	10.9 (9.2, 13.0)	11.3 (9.5, 13.3)	1,562,000	89.1 (87.0, 90.8)	88.7 (86.7, 90.5)
<b>Language at home</b>						
English	244,000	11.5 <sup>D</sup> (10.0, 13.2)	11.5 <sup>D</sup> (10.0, 13.2)	1,880,000	88.5 <sup>U</sup> (86.8, 90.0)	88.5 <sup>U</sup> (86.8, 90.0)
Spanish	76,000	11.5 <sup>U</sup> (8.9, 14.9)	11.6 (8.9, 14.9)	586,000	88.5 <sup>D</sup> (85.1, 91.1)	88.4 (85.1, 91.1)
Other	43,000	6.6 (4.6, 9.3)	6.6 (4.6, 9.3)	613,000	93.4 (90.7, 95.4)	93.4 (90.7, 95.4)
<b>Met daily sodium recommendation (&lt;2300 mg) (2010)</b>						
Yes	191,000	18.2 (10.5, 29.8)	17.7 (10.5, 28.2)	856,000	81.8 (70.2, 89.5)	82.3 (71.8, 89.5)
No	260,000	10.5 (7.1, 15.4)	10.5 (7.1, 15.4)	2,210,000	89.5 (84.6, 92.9)	89.5 (84.6, 92.9)
<b>Daily fruit and vegetable consumption</b>						
<5	332,000	11.0 (9.7, 12.5)	11.1 (9.8, 12.5)	2,678,000	89.0 (87.5, 90.3)	88.9 (87.5, 90.2)
5+	27,000	7.9 (5.2, 11.7)	7.5 <sup>U</sup> (4.9, 11.2)	319,000	92.1 (88.3, 94.8)	92.5 <sup>D</sup> (88.8, 95.1)
<b>Daily sugary drink consumption</b>						
None	121,000	10.9 (8.9, 13.3)	10.6 (8.4, 13.3)	992,000	89.1 (86.7, 91.1)	89.4 (86.7, 91.6)
<1 (more than none)	111,000	8.4 (6.8, 10.3)	8.6 (7.0, 10.6)	1,214,000	91.6 (89.7, 93.2)	91.4 (89.4, 93.0)
1+	131,000	13.4 (11.0, 16.2)	13.6 (11.2, 16.5)	847,000	86.6 (83.8, 89.0)	86.4 (83.5, 88.8)
<b>Physical activity<sup>3</sup></b>						
Inactive	62,000	12.3 (8.0, 18.3)	11.8 (7.8, 17.6)	445,000	87.7 (81.7, 92.0)	88.2 (82.4, 92.2)
Insufficiently active	69,000	10.3 (6.6, 15.8)	10.2 (6.6, 15.6)	604,000	89.7 (84.2, 93.4)	89.8 (84.4, 93.4)
Sufficiently active	223,000	10.8 (8.5, 13.6)	10.9 (8.6, 13.7)	1,836,000	89.2 (86.4, 91.5)	89.1 (86.3, 91.4)
<b>Smoking</b>						
Never smoke	245,000	9.6 (8.2, 11.1)	9.7 (8.3, 11.2)	2,315,000	90.4 (88.9, 91.8)	90.3 (88.8, 91.7)
Current smoker	83,000	15.9 (12.5, 19.9)	15.1 (11.9, 19.0)	439,000	84.1 (80.1, 87.5)	84.9 (81.0, 88.1)
Former smoker	34,000	9.5 <sup>D</sup> (6.7, 13.2)	8.2 (5.8, 11.4)	322,000	90.5 <sup>U</sup> (86.8, 93.3)	91.8 (88.6, 94.2)
<b>Self-reported diabetes<sup>4</sup></b>						
Yes	48,000	44.9* (33.9, 56.4)	41.0* (30.3, 52.6)	59,000	55.1* (43.6, 66.1)	59.0* (47.4, 69.7)
No	314,000	9.4 (8.3, 10.7)	9.4 (8.3, 10.7)	3,025,000	90.6 (89.3, 91.7)	90.6 (89.3, 91.7)
<b>Body mass index category</b>						
Under/normal weight	97,000	5.7 (4.4, 7.2)	5.7 (4.5, 7.2)	1,608,000	94.3 (92.8, 95.6)	94.3 (92.8, 95.5)
Overweight but not Obese	100,000	10.1 (8.2, 12.3)	9.9 (8.0, 12.2)	894,000	89.9 (87.7, 91.8)	90.1 (87.8, 92.0)
Obese	162,000	23.3 (19.6, 27.3)	22.6 (18.8, 26.8)	534,000	76.7 (72.7, 80.4)	77.4 (73.2, 81.2)
<b>Self-reported high cholesterol (2014)</b>						
Yes	125,000	25.1 (20.5, 30.4)	24.5 <sup>D</sup> (19.7, 30.0)	372,000	74.9 (69.6, 79.5)	75.5 <sup>U</sup> (70.0, 80.3)
No	220,000	7.7 (6.5, 9.0)	7.7 (6.6, 9.0)	2,649,000	92.3 (91.0, 93.5)	92.3 (91.0, 93.4)
<b>History of depression ever (2014)</b>						
Yes	57,000	15.9 (11.9, 21.0)	15.7 (11.7, 20.9)	299,000	84.1 (79.0, 88.1)	84.3 (79.1, 88.3)
No	292,000	9.6 (8.3, 11.0)	9.6 (8.4, 11.1)	2,753,000	90.4 (89.0, 91.7)	90.4 (88.9, 91.6)
<b>Serious psychological distress in the past 30 days</b>						
Yes	46,000	26.1 (18.7, 35.3)	25.4 (18.0, 34.4)	129,000	73.9 (64.7, 81.3)	74.6 (65.6, 82.0)
No	318,000	9.7 (8.6, 11.0)	9.7 (8.6, 11.0)	2,959,000	90.3 (89.0, 91.4)	90.3 (89.0, 91.4)

Weighted N population estimates are rounded to the nearest 1,000.

95% CI=95% confidence interval, which is a measure of estimate precision. The wider the interval, the more imprecise the estimate.

Use crude estimates when reporting prevalence for a specific population; use age-adjusted estimates when making comparisons between groups that may have varying age distribution.

<sup>1</sup>White, Black, Asian/Pacific Islander, Other race categories exclude Latino ethnicity. Latino includes Hispanic or Latino of any race.

<sup>2</sup>Household income is annual income from all sources. Categories: Lowest (<100% FPL), Low (100 - <200% FPL), Medium (200 - <400% FPL), High (400 - <600% FPL), Highest (>=600% FPL)

<sup>3</sup>Level of physical activity is based on series of questions on physical activity to determine respondents who did not meet the 2008 Physical Activity Guidelines for Adults recommendation of engaging in at least 150 moderate-equivalent minutes of physical activity per week. <https://health.gov/paguidelines/>

<sup>4</sup>Women who were only told they had diabetes while pregnant are included in 'no' category.

\*Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30%, or the 95% Confidence Interval's half width is greater than 10, or the sample size is too small making the estimate potentially unreliable.

<sup>D</sup>When rounding to the nearest whole number, round down.

<sup>U</sup>When rounding to the nearest whole number, round up.

**Table 4: Prevalence of hypertension among New York City adults by United Hospital Fund neighborhoods, 2015**

Source: New York City Community Health Survey (CHS) 2015. CHS has included adults with landline phones since 2002 and, starting in 2009, has also included adults who can be reached by cell phone.

CHS 2015 data are weighted to the adult residential population per the American Community Survey, 2014.

Data are age-adjusted to the US 2000 standard population where indicated.

United Hospital Fund Neighborhood		Weighted N	Crude prevalence (95% CI)	Age-adjusted prevalence (95% CI)
<b>Bronx</b>				
101	Kingsbridge/Riverdale	30,000	42.1* (29.7, 55.5)	38.3 (29.1, 48.5)
102	Northeast Bronx	53,000	35.4 (28.1, 43.6)	33.2 (27.6, 39.4)
103	Fordham/Bronx Park	52,000	27.9 (22.6, 34.0)	33.0 (28.1, 38.2)
104	Pelham/Throgs Neck	78,000	33.2 (27.3, 39.6)	33.4 (28.5, 38.6)
105/106/107	South Bronx	130,000	33.0 (29.0, 37.2)	35.8 (32.2, 39.6)
<b>Brooklyn</b>				
201	Greenpoint	16,000	15.8 (10.2, 23.7)	22.3 (16.1, 30.1)
202	Downtown Brooklyn/Heights/Slope	38,000	20.7 (15.9, 26.6)	25.1 (20.9, 29.9)
203	Bedford Stuyvesant/Crown Heights	85,000	35.1 (29.3, 41.4)	38.0 (33.3, 42.9)
204	East New York/New Lots	40,000	29.1 (22.0, 37.3)	32.1 (25.1, 40.1)
205	Sunset Park	21,000	20.6 (13.6, 30.2)	26.0 (19.6, 33.5)
206	Borough Park	60,000	24.6 (19.6, 30.3)	24.6 (20.3, 29.5)
207	Flatbush	79,000	33.8 (27.6, 40.5)	34.8 (29.6, 40.4)
208	Canarsie and Flatlands	63,000	40.7 (32.3, 49.8)	38.5 <sup>U</sup> (31.2, 46.5)
209	Bay Ridge/Bensonhurst	42,000	25.5 <sup>U</sup> (19.4, 32.7)	23.5 <sup>U</sup> (19.0, 28.7)
210	Coney Island	80,000	34.2 (28.0, 41.1)	30.7 (25.0, 37.0)
211	Williamsburg/Bushwick	43,000	28.2 (21.8, 35.6)	31.8 (26.3, 38.0)
<b>Manhattan</b>				
301	Washington Heights/Inwood	57,000	27.6 (21.8, 34.4)	28.9 (24.2, 34.1)
302	Central Harlem	40,000	32.4 (25.5, 40.2)	33.8 (27.7, 40.4)
303	East Harlem	26,000	32.1 (24.6, 40.7)	34.2 (27.5, 41.5)
304	Upper West Side	37,000	20.2 (14.6, 27.1)	18.8 (14.1, 24.6)
305/307	Upper East Side-Gramercy	63,000	20.2 (15.3, 26.3)	21.4 (15.3, 29.1)
306/308	Chelsea/Village	29,000	14.5 <sup>D</sup> (10.7, 19.4)	16.8 (13.2, 21.2)
309/310	Union Square/Lower Manhattan	45,000	21.2 (16.4, 26.9)	23.1 (18.9, 28.0)
<b>Queens</b>				
401	Long Island City/Astoria	42,000	23.7 (15.9, 33.8)	25.8 (19.8, 32.8)
402	West Queens	91,000	24.1 (19.8, 28.9)	25.9 (21.9, 30.3)
403	Flushing	57,000	25.9 (20.3, 32.4)	23.4 (19.1, 28.2)
404/406	Bayside Little Neck/Fresh Meadows	45,000	29.8 (22.8, 37.9)	27.3 (21.1, 34.5)
405	Ridgewood/Forest Hills	62,000	29.9 (23.2, 37.5)	28.5 <sup>D</sup> (23.1, 34.5)
407	Southwest Queens	69,000	32.3 (25.4, 40.1)	32.0 (25.4, 39.3)
408	Jamaica	78,000	34.7 (27.8, 42.4)	34.0 (27.6, 41.1)
409	Southeast Queens	58,000	36.6 (28.7, 45.3)	34.3 (27.3, 42.1)
410	Rockaway	31,000	38.7* (28.9, 49.5)	37.4 (28.2, 47.7)
<b>Staten Island</b>				
501/502	Northern SI	38,000	26.9 (20.0, 35.1)	26.8 (20.2, 34.6)
503/504	Southern SI	56,000	26.2 (20.2, 33.2)	23.6 (19.3, 28.5)

Weighted N population estimates are rounded to the nearest 1,000.

95% CI=95% confidence interval, which is a measure of estimate precision. The wider the interval, the more imprecise the estimate.

The United Hospital Fund (UHF) classifies New York City into 42 neighborhoods comprised of contiguous ZIP codes, several of which were combined to create the 34 neighborhoods presented here.

Use crude estimates when reporting prevalence for a specific population; use age-adjusted estimates when making comparisons between groups that may have varying age distribution.

\*Estimate should be interpreted with caution. Estimate's relative standard error (a measure of estimate precision) is greater than 30%, or the 95% Confidence Interval's half width is greater than 10, or the sample size is too small making the estimate potentially unreliable.

<sup>D</sup> When rounding to the nearest whole number, round down.

<sup>U</sup> When rounding to the nearest whole number, round up.

**Table 5: Number of New York City adults 18 to 44 years with hypertension by United Hospital Fund neighborhoods, 2015**

Source: New York City Community Health Survey (CHS) 2015. CHS has included adults with landline phones since 2002 and, starting in 2009, has also included adults who can be reached by cell phone. CHS 2015 data are weighted to the adult residential population per the American Community Survey, 2014.

United Hospital Fund Neighborhood		Weighted N
<b>Bronx</b>		
101	Kingsbridge/Riverdale	8,000
102	Northeast Bronx	8,000
103	Fordham/Bronx Park	13,000
104	Pelham/Throgs Neck	12,000
105/106/107	South Bronx	33,000
<b>Brooklyn</b>		
201	Greenpoint	1,000
202	Downtown Brooklyn/Heights/Slope	6,000
203	Bedford Stuyvesant/Crown Heights	17,000
204	East New York/New Lots	12,000
205	Sunset Park	3,000
206	Borough Park	3,000
207	Flatbush	15,000
208	Canarsie and Flatlands	16,000
209	Bay Ridge/Bensonhurst	4,000
210	Coney Island	17,000
211	Williamsburg/Bushwick	8,000
<b>Manhattan</b>		
301	Washington Heights/Inwood	7,000
302	Central Harlem	9,000
303	East Harlem	4,000
304	Upper West Side	4,000
305/307	Upper East Side-Gramercy	21,000
306/308	Chelsea/Village	4,000
309/310	Union Square/Lower Manhattan	10,000
<b>Queens</b>		
401	Long Island City/Astoria	11,000
402	West Queens	19,000
403	Flushing	7,000
404/406	Bayside Little Neck/Fresh Meadows	7,000
405	Ridgewood/Forest Hills	11,000
407	Southwest Queens	17,000
408	Jamaica	18,000
409	Southeast Queens	12,000
410	Rockaway	8,000
<b>Staten Island</b>		
501/502	Northern Staten Island	10,000
503/504	Southern Staten Island	3,000

Weighted N population estimates are rounded to the nearest 1,000.

The United Hospital Fund (UHF) classifies New York City into 42 neighborhoods comprised of contiguous ZIP codes, several of which were combined to create the 34 neighborhoods presented here.

**Table 6: Distribution of demographic and socioeconomic characteristics among New York City adults diagnosed with hypertension (overall and by sex), 2014 and 2015**

Sources: New York City Community Health Survey (CHS) 2014 and 2015. CHS has included adults with landline phones since 2002 and, starting in 2009, has also included adults who can be reached by cell phone.

CHS 2015 data are weighted to the adult residential population per the American Community Survey, 2014.

CHS 2014 data are weighted to the adult residential population per the American Community Survey, 2013.

Data are age-adjusted to the US 2000 Standard Population where indicated.

	Overall			Men			Women		
	Weighted N	Crude prevalence (95% CI)	Age-adjusted prevalence (95% CI)	Weighted N	Crude prevalence (95% CI)	Age-adjusted prevalence (95% CI)	Weighted N	Crude prevalence (95% CI)	Age-adjusted prevalence (95% CI)
<b>Overall</b>	1,847,000	28.4 (27.2, 29.6)	28.8 (27.8, 29.8)	824,000	27.4 (25.7, 29.2)	29.0 (27.5, 30.6)	1,020,000	29.2 (27.7, 30.8)	28.5 <sup>U</sup> (27.2, 29.9)
<b>Age group (years)</b>									
18-24	61,000	3.3 (2.3, 4.8)	N/A	19,000	2.3 (1.3, 4.0)	N/A	42,000	4.2 (2.6, 6.5)	N/A
25-44	303,000	16.4 (14.7, 18.4)	N/A	161,000	19.6 (16.7, 22.9)	N/A	141,000	13.9 (11.8, 16.3)	N/A
45-64	842,000	45.8 (43.4, 48.1)	N/A	393,000	47.8 (44.2, 51.5)	N/A	447,000	44.0 (41.0, 47.1)	N/A
65+	634,000	34.4 (32.4, 36.6)	N/A	249,000	30.3 (27.2, 33.6)	N/A	385,000	37.9 (35.2, 40.7)	N/A
<b>Gender</b>									
Male	824,000	44.7 (42.4, 47.0)	46.1 (42.6, 49.6)	N/A	N/A	N/A	N/A	N/A	N/A
Female	1,020,000	55.3 (53.0, 57.6)	53.9 (50.4, 57.4)	N/A	N/A	N/A	N/A	N/A	N/A
<b>Race/ethnicity<sup>1</sup></b>									
White, non-Latino	624,000	33.8 (31.6, 36.1)	27.7 (24.6, 31.1)	309,000	37.5 <sup>D</sup> (34.0, 41.1)	29.2 (25.6, 33.0)	313,000	30.7 (28.0, 33.6)	25.6 (21.3, 30.4)
Black, non-Latino	505,000	27.3 (25.3, 29.4)	28.6 (25.5, 31.9)	202,000	24.5 <sup>U</sup> (21.5, 27.8)	25.3 (20.5, 30.7)	302,000	29.6 (27.0, 32.4)	31.9 (27.7, 36.3)
Latino	508,000	27.5 <sup>U</sup> (25.6, 29.6)	31.3 (27.9, 34.8)	200,000	24.3 (21.4, 27.4)	28.4 (23.6, 33.7)	309,000	30.2 (27.6, 33.1)	33.7 (29.2, 38.5)
Asian/Pacific Islander	161,000	8.7 (7.6, 10.1)	9.3 (7.3, 11.6)	97,000	11.7 (9.6, 14.2)	14.6 (10.7, 19.6)	65,000	6.4 (5.2, 7.8)	5.2 (3.8, 7.0)
Other	48,000	2.6 (1.9, 3.5)	3.2 (2.1, 4.8)	17,000	2.1 (1.3, 3.3)	2.6 <sup>*</sup> (1.4, 4.7)	31,000	3.0 (2.0, 4.5)	3.7 (2.1, 6.4)
<b>Household income<sup>2</sup></b>									
Lowest	595,000	32.2 (30.1, 34.4)	33.1 (29.8, 36.5)	233,000	28.3 (25.1, 31.7)	31.9 (26.8, 37.5)	362,000	35.5 <sup>D</sup> (32.6, 38.4)	34.6 (30.4, 39.1)
Low	418,000	22.7 (20.8, 24.7)	23.2 (20.1, 26.5)	173,000	21.0 (18.2, 24.1)	23.5 <sup>D</sup> (19.2, 28.4)	245,000	24.0 (21.5, 26.8)	23.7 (19.6, 28.2)
Medium	342,000	18.5 <sup>U</sup> (16.8, 20.5)	18.7 (16.0, 21.6)	159,000	19.3 (16.4, 22.6)	18.3 (14.7, 22.5)	183,000	18.0 (15.8, 20.3)	18.3 (14.9, 22.3)
High	258,000	13.9 (12.4, 15.6)	12.3 (10.6, 14.3)	119,000	14.5 <sup>U</sup> (12.2, 17.1)	11.9 (9.8, 14.3)	136,000	13.3 (11.4, 15.5)	12.5 <sup>D</sup> (9.9, 15.6)
Highest	234,000	12.6 (11.2, 14.3)	12.8 (10.3, 15.8)	140,000	16.9 (14.5, 19.8)	14.5 <sup>D</sup> (11.8, 17.6)	94,000	9.2 (7.5, 11.2)	10.9 (7.7, 15.3)
<b>Education</b>									
Less than high school	461,000	25.2 (23.1, 27.3)	22.7 (19.6, 26.2)	178,000	21.8 (18.8, 25.0)	20.8 (16.8, 25.4)	283,000	27.9 (25.2, 30.8)	24.1 (20.0, 28.8)
High school	456,000	24.8 (22.9, 26.9)	25.9 (22.8, 29.2)	214,000	26.1 (22.9, 29.6)	29.0 (24.1, 34.5)	242,000	23.9 (21.4, 26.5)	23.2 (19.5, 27.3)
Some college	435,000	23.7 (21.8, 25.9)	25.4 (22.3, 28.7)	213,000	26.1 (22.9, 29.5)	28.2 (23.3, 33.8)	220,000	21.7 (19.3, 24.3)	22.9 (19.2, 27.0)
College or more	482,000	26.3 (24.4, 28.2)	26.1 (23.0, 29.4)	213,000	26.1 (23.3, 29.0)	21.9 (19.1, 25.1)	268,000	26.5 <sup>D</sup> (23.9, 29.2)	29.8 (25.3, 34.8)
<b>Foreign-born (2014)</b>									
Yes	861,000	48.9 (46.2, 51.6)	47.3 (43.5, 51.2)	377,000	47.8 (43.6, 52.0)	45.9 (40.7, 51.1)	485,000	49.8 (46.3, 53.3)	49.5 (43.7, 55.3)
<b>Years in the US among foreign-born (2014)</b>									
<5	31,000	3.6 (2.6, 5.0)	4.7 (3.1, 7.1)	17,000	4.4 (2.7, 7.2)	5.8 (3.3, 9.8)	14,000	2.9 (1.8, 4.6)	3.4 <sup>*</sup> (1.7, 6.4)
5-9	62,000	7.3 (5.6, 9.4)	13.9 (10.1, 18.9)	23,000	6.1 (3.9, 9.3)	12.3 (7.8, 19.1)	40,000	8.2 (5.9, 1.3)	15.3 (9.5, 23.6)
10+	766,000	89.1 (86.7, 91.2)	81.4 (76.2, 85.7)	337,000	89.5 <sup>D</sup> (85.6, 92.4)	81.9 (74.8, 87.3)	430,000	88.9 (85.6, 91.5)	81.4 (73.0, 87.6)
No	899,000	51.1 (48.4, 53.8)	52.7 (48.8, 56.5)	411,000	52.2 (48.0, 56.4)	54.1 (48.9, 59.3)	488,000	50.2 (46.7, 53.7)	50.5 (44.7, 56.3)
<b>Language at home</b>									
English	1,197,000	65.0 (62.8, 67.1)	65.7 (62.1, 69.2)	543,000	66.0 (62.5, 69.3)	63.9 (58.3, 69.0)	652,000	64.1 (61.2, 66.9)	67.1 (62.3, 71.5)
Spanish	377,000	20.5 <sup>D</sup> (18.7, 22.4)	21.0 (18.0, 24.3)	143,000	17.4 (14.9, 20.3)	17.6 (14.0, 22.0)	234,000	23.0 (20.6, 25.6)	23.6 (19.6, 28.1)
Other	268,000	14.5 <sup>U</sup> (13.0, 16.2)	13.3 (11.1, 15.8)	137,000	16.6 (14.1, 19.4)	18.5 <sup>U</sup> (14.3, 23.6)	131,000	12.9 (11.1, 15.0)	9.4 (7.3, 12.0)

Weighted N population estimates are rounded to the nearest 1,000.

95% CI=95% confidence interval, which is a measure of estimate precision. The wider the interval, the more imprecise the estimate.

<sup>1</sup>White, Black, Asian/Pacific Islander, Other races categories exclude Latino ethnicity. Latino includes Hispanic or Latino of any race.<sup>2</sup>Household income is annual income from all sources. Categories: Lowest (<100% FPL), Low (100 - <200% FPL), Medium (200 - <400% FPL), High (400 - <600% FPL), Highest (>=600% FPL)

Use crude estimates when reporting prevalence for a specific population; use age-adjusted estimates when making comparisons between groups that may have varying age distribution.

<sup>\*</sup>Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30%, or the 95% Confidence Interval's half width is greater than 10, or the sample size is too small making the estimate potentially unreliable.<sup>D</sup>When rounding to the nearest whole number, round down.<sup>U</sup>When rounding to the nearest whole number, round up.



**Table 8: Prevalence of demographic and socioeconomic characteristics, lifestyle factors, co-morbidities, and health care access among New York City adults 18 to 44 years by hypertension status, 2010, 2014, and 2015**

Sources: New York City Community Health Survey (CHS) 2014 and 2015. CHS has included adults with landline phones since 2002 and, starting in 2009, has also included adults who can be reached by cell phone. Heart Follow-Up Study (HFUS) 2010 for percent meeting the recommended daily limit for sodium.

CHS 2015 data are weighted to the adult residential population per the American Community Survey, 2014.

CHS 2014 data are weighted to the adult residential population per the American Community Survey, 2013.

HFUS 2010 data are weighted to the adult residential population per the American Community Survey, 2006-2008.

Data are age-adjusted to the US 2000 Standard Population where indicated.

	Hypertension Yes			Hypertension No		
	Weighted N	Crude prevalence (95% CI)	Age-adjusted prevalence (95% CI)	Weighted N	Crude prevalence (95% CI)	Age-adjusted prevalence (95% CI)
<b>Overall</b>	364,000	10.5 <sup>U</sup> (9.4, 11.8)	10.6 (9.4, 11.9)	3,088,000	89.5 <sup>D</sup> (88.2, 90.6)	89.4 (88.1, 90.6)
<b>Demographics</b>						
<b>Age group (years)</b>						
18-24	61,000	16.8 (12.0, 23.0)	N/A	792,000	25.6 (23.6, 27.8)	N/A
25-44	303,000	83.2 (77.0, 88.0)	N/A	2,296,000	74.4 (72.2, 76.4)	N/A
<b>Sex</b>						
Male	180,000	49.5 <sup>U</sup> (43.4, 55.6)	47.8 (41.8, 54.0)	1,488,000	48.2 (45.9, 50.4)	48.1 (45.9, 50.4)
Female	184,000	50.5 <sup>D</sup> (44.4, 56.6)	52.2 (46.0, 58.2)	1,600,000	51.8 (49.6, 54.1)	51.9 (49.6, 54.1)
<b>Race/ethnicity<sup>1</sup></b>						
White, non-Latino	76,000	20.8 (15.9, 26.7)	20.5 <sup>D</sup> (15.2, 26.9)	962,000	31.1 (29.0, 33.4)	31.3 (29.2, 33.5)
Black, non-Latino	109,000	29.9 (24.7, 35.6)	29.7 (24.3, 35.7)	632,000	20.5 <sup>D</sup> (18.8, 22.3)	20.4 (18.7, 22.3)
Latino	128,000	35.2 (29.6, 41.2)	35.9 (29.9, 42.4)	929,000	30.1 (28.2, 32.1)	30.0 (28.1, 31.9)
Asian/Pacific Islander	35,000	9.7 (6.6, 13.9)	9.9 (6.7, 14.5)	510,000	16.5 <sup>U</sup> (14.9, 18.3)	16.5 <sup>U</sup> (14.9, 18.3)
Other	16,000	4.4 (2.5, 7.8)	4.1 (2.3, 7.1)	56,000	1.8 (1.3, 2.4)	1.8 (1.3, 2.4)
<b>Household income<sup>2</sup></b>						
Lowest	129,000	35.4 (29.7, 41.6)	34.5 <sup>U</sup> (28.8, 40.7)	816,000	26.4 (24.5, 28.4)	26.4 (24.5, 28.3)
Low	81,000	22.4 (17.7, 27.9)	23.8 (18.6, 29.9)	705,000	22.8 (21.0, 24.7)	22.8 (21.0, 24.7)
Medium	69,000	18.9 (14.6, 24.1)	19.1 (14.7, 24.6)	667,000	21.6 (19.7, 23.6)	21.5 <sup>D</sup> (19.6, 23.4)
High	38,000	10.3 (7.5, 14.0)	9.9 (7.2, 13.5)	417,000	13.5 <sup>U</sup> (12.0, 15.1)	13.5 <sup>U</sup> (12.1, 15.2)
Highest	47,000	13.0 (9.2, 18.1)	12.7 (8.5, 18.6)	483,000	15.7 (14.0, 17.4)	15.8 (14.2, 17.6)
<b>Education</b>						
Less than high school	74,000	20.3 (15.4, 26.3)	19.9 (14.7, 26.5)	482,000	15.7 (14.1, 17.4)	15.7 (14.2, 17.4)
High school	96,000	26.4 (21.4, 32.1)	26.9 (21.6, 33.1)	734,000	23.9 (22.0, 25.8)	23.7 (21.9, 25.7)
Some college	95,000	26.3 (21.4, 31.8)	27.2 (21.9, 33.2)	765,000	24.9 (22.9, 26.9)	24.6 (22.7, 26.5)
College or more	98,000	27.0 (21.9, 32.7)	26.0 (20.6, 32.1)	1,095,000	35.6 (33.5, 37.8)	36.0 (34.0, 38.1)
<b>Foreign-born (2014)</b>						
No	192,000	55.1 (48.5-61.5)	55.2 (48.3, 61.9)	1,562,000	51.4 (49.0-53.8)	51.2 (48.9, 53.6)
Yes	156,000	44.9 (38.5-51.5)	44.8 (38.1, 51.6)	1,477,000	48.6 (46.2-51.0)	48.8 (46.4, 51.1)
<b>Years in the US among foreign-born (2014)</b>						
<5	11,000	6.9 (3.8-12.1)	6.2 (3.4, 10.9)	346,000	23.5 <sup>D</sup> (20.7, 26.5)	24.0 (21.2, 27.1)
5-9	30,000	19.5 <sup>D</sup> (13.3-27.6)	22.0 (15.0, 31.1)	314,000	21.3 (18.7, 24.1)	21.7 (19.0, 24.6)
10+	114,000	73.6 (65.1-80.7)	71.8 (62.4, 79.7)	815,000	55.2 (51.9, 58.5)	54.3 (51.0, 57.6)
<b>Language at home</b>						
English	244,000	67.1 (61.0, 72.7)	66.7 (60.1, 72.7)	1,880,000	61.0 (58.8, 63.2)	61.0 (58.8, 63.2)
Spanish	76,000	21.0 (16.4, 26.6)	21.5 <sup>D</sup> (16.3, 27.7)	586,000	19.0 (17.4, 20.8)	19.0 (17.4, 20.7)
Other	43,000	11.9 (8.4, 16.5)	11.8 (8.3, 16.6)	613,000	19.9 (18.1, 21.8)	19.9 (18.1, 21.9)

Weighted N population estimates are rounded to the nearest 1,000.

95% CI = 95% confidence interval, which is a measure of estimate precision. The wider the interval, the more imprecise the estimate.

SE = Standard error

Use crude estimates when reporting prevalence for a specific population; use age-adjusted estimates when making comparisons between groups that may have varying age distribution.

<sup>1</sup>White, Black, Asian/Pacific Islander, Other race categories exclude Latino ethnicity. Latino includes Hispanic or Latino of any race.

<sup>2</sup>Household income is annual income from all sources. Categories: Lowest (<100% FPL), Low (100 - <200% FPL), Medium (200 - <400% FPL), High (400 - <600% FPL), Highest (>=600% FPL)

<sup>3</sup> Level of physical activity is based on series of questions on physical activity to determine respondents who did not meet the 2008 Physical Activity Guidelines for Adults recommendation of engaging in at least 150 moderate-equivalent minutes of physical activity per week. <https://health.gov/paguidelines/>

<sup>4</sup> Women who were only told they had diabetes while pregnant are included in 'no' category.

<sup>5</sup> Results restricted to adults with serious psychological distress in the past 30 days

<sup>6</sup> Results restricted to adults who report having a personal provider.

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<sup>D</sup> When rounding to the nearest whole number, round down.

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**Table 8: Prevalence of demographic and socioeconomic characteristics, lifestyle factors, co-morbidities, and health care access among New York City adults 18 to 44 years by hypertension status, 2010, 2014, and 2015**

Sources: New York City Community Health Survey (CHS) 2014 and 2015. CHS has included adults with landline phones since 2002 and, starting in 2009, has also included adults who can be reached by cell phone. Heart Follow-Up Study (HFUS) 2010 for percent meeting the recommended daily limit for sodium.

CHS 2015 data are weighted to the adult residential population per the American Community Survey, 2014.

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Data are age-adjusted to the US 2000 Standard Population where indicated.

	Hypertension Yes			Hypertension No		
	Weighted N	Crude prevalence (95% CI)	Age-adjusted prevalence (95% CI)	Weighted N	Crude prevalence (95% CI)	Age-adjusted prevalence (95% CI)
<b>Lifestyle factors</b>						
<b>Met daily sodium recommendation (&lt;2300 mg) (2010)</b>						
Yes	191,000	42.3* (26.2, 60.2)	37.0 (23.3, 53.0)	856,000	27.9 (22.8, 33.7)	27.9 (22.9, 33.6)
No	260,000	57.7* (39.8, 73.8)	63.0 (47.0, 76.7)	2,210,000	72.1 (66.3, 77.2)	72.1 (66.4, 77.1)
<b>Daily fruit and vegetable consumption</b>						
<5	332,000	92.4 (88.7, 95.0)	92.7 (89.2, 95.2)	2,678,000	89.3 (87.9, 90.7)	89.3 (87.8, 90.6)
5+	27,000	7.6 (5.0, 11.3)	7.3 (4.8, 10.8)	319,000	10.7 (9.3, 12.1)	10.7 (9.4, 12.2)
<b>Daily sugary drink consumption</b>						
None	121,000	33.4 (27.8, 39.4)	32.5 <sup>D</sup> (26.6, 39.0)	992,000	32.5 <sup>D</sup> (30.4, 34.7)	32.7 (30.6, 34.8)
<1 (more than none)	111,000	30.5 <sup>U</sup> (25.2, 36.4)	30.9 (25.1, 37.3)	1,214,000	39.8 (27.6, 42.0)	39.6 (37.5, 41.9)
1+	131,000	36.1 (30.4, 42.2)	36.7 (20.5, 43.2)	847,000	27.7 (25.8, 29.8)	27.7 (25.7, 29.7)
<b>Physical activity<sup>3</sup></b>						
Sufficiently Active	223,000	62.8 (52.9, 71.7)	64.2 (54.8, 72.6)	1,836,000	63.7 (60.3, 66.9)	63.6 (60.2, 66.8)
Inactive/Insufficiently Active	132,000	37.2 (28.3, 47.1)	35.8 (27.4, 45.2)	1,048,000	36.3 (33.1, 39.7)	36.4 (33.2, 39.8)
<b>Smoking</b>						
Never	245,000	67.8 (61.9, 73.1)	69.8 (64.5, 74.7)	2,315,000	75.3 (73.2, 77.2)	75.1 (73.1, 77.0)
Current	83,000	22.9 (18.3, 28.4)	21.7 (17.3, 26.8)	439,000	14.3 (12.7, 16.1)	14.3 (12.7, 16.1)
Former	34,000	9.3 (6.6, 13.0)	8.5 <sup>D</sup> (6.0, 11.8)	322,000	10.5 <sup>D</sup> (9.2, 11.8)	10.5 <sup>D</sup> (9.3, 11.9)
<b>Co-morbidities</b>						
<b>Self-reported diabetes<sup>4</sup></b>						
Yes	48,000	13.3 (9.5, 18.3)	12.4 (8.9, 17.0)	59,000	1.9 (1.4, 2.6)	1.9 (1.4, 2.6)
No	314,000	86.7 (81.7, 90.5)	87.6 (83.0, 91.1)	3,025,000	98.1 (97.4, 98.6)	98.1 (97.4, 98.6)
<b>Body mass index category</b>						
Under/normal weight	97,000	26.9 (21.6, 33.0)	28.8 (23.1, 35.2)	1,608,000	53.0 (50.7, 55.2)	52.8 (50.5, 55.0)
Overweight but not obese	100,000	27.9 (23.0, 33.5)	27.5 <sup>D</sup> (22.5, 33.1)	894,000	29.5 <sup>D</sup> (27.5, 31.5)	29.6 (27.6, 31.6)
Obese	162,000	45.1 (39.0, 51.4)	43.8 (37.3, 50.4)	534,000	17.6 (16.0, 19.3)	17.6 (16.1, 19.3)
<b>Self-reported high cholesterol (2014)</b>						
Yes	125,000	36.1 (30.0-42.8)	35.0 (28.8, 41.7)	372,000	12.3 (10.8-13.9)	12.4 (10.9, 14.0)
No	220,000	63.9 (57.2-70.0)	65.0 (58.3, 71.2)	2,649,000	87.7 (86.1-89.2)	87.6 (86.0, 89.1)
<b>History of depression ever (2014)</b>						
Yes	57,000	16.2 (12.1-21.4)	16.2 (12.0, 21.5)	299,000	9.8 (8.5-11.3)	9.8 (8.5, 11.3)
No	292,000	83.8 (78.6-87.9)	83.8 (78.5, 88.0)	2,753,000	90.2 (88.7-91.5)	90.2 (88.7, 91.5)
<b>Serious psychological distress in the past 30 days</b>						
Yes	46,000	12.6 (8.9, 17.5)	12.2 (8.5, 17.0)	129,200	4.2 (3.3, 5.2)	4.2 (3.3, 5.3)
<b>Mental health treatment in past 12 months<sup>5</sup></b>						
Yes	16,000	35.9* (21.5, 53.3)	45.6* (34.6, 56.9)	47,000	36.5 <sup>U</sup> * (25.7, 48.9)	36.0* (25.6, 47.8)
No	29,000	64.1* (46.7, 78.5)	54.4* (43.1, 65.4)	82,000	63.5 <sup>D</sup> * (51.1, 74.3)	64.0* (52.2, 74.4)
No	318,000	87.4 (82.5, 91.1)	87.8 (83.0, 91.5)	2,959,000	95.8 (94.8, 96.7)	95.8 (94.7, 96.7)

Weighted N population estimates are rounded to the nearest 1,000.

95% CI = 95% confidence interval, which is a measure of estimate precision. The wider the interval, the more imprecise the estimate.

SE = Standard error

Use crude estimates when reporting prevalence for a specific population; use age-adjusted estimates when making comparisons between groups that may have varying age distribution.

<sup>1</sup>White, Black, Asian/Pacific Islander, Other race categories exclude Latino ethnicity. Latino includes Hispanic or Latino of any race.

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<sup>3</sup>Level of physical activity is based on series of

for Adults recommendation of engaging in at least 150 moderate-equivalent minutes of physical activity per week. <https://health.gov/paguidelines/>

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	Hypertension Yes			Hypertension No		
	Weighted N	Crude prevalence (95% CI)	Age-adjusted prevalence (95% CI)	Weighted N	Crude prevalence (95% CI)	Age-adjusted prevalence (95% CI)
<b>Health care access</b>						
<b>Health insurance coverage</b>						
Yes	293,000	83.1 (77.4, 87.6)	84.3 (79.2, 88.3)	2,469,000	82.0 (80.1, 83.)	81.9 (80.1, 83.6)
No	60,000	16.9 (12.4, 22.6)	15.7 (11.7, 20.8)	543,000	18.0 (16.3, 19.9)	18.1 (16.4, 19.9)
<b>Insurance status</b>						
Private	154,000	43.7 (37.7, 49.9)	43.4 (36.9, 50.1)	1,440,000	47.8 (45.6, 50.1)	47.8 (45.6, 50.1)
Medicare	21,000	5.9 (3.7, 9.4)	6.1 (3.8, 9.6)	114,000	3.8 (3.0, 4.8)	3.8 (3.0, 4.8)
Medicaid	111,000	31.4 (26.0, 37.4)	32.9 (27.0, 39.4)	839,000	27.9 (25.9, 29.9)	27.8 (25.9, 29.9)
Other	7,000	2.1* (1.0, 4.3)	2.0* (1.0, 4.0)	76,000	2.5 <sup>U</sup> (1.8, 3.4)	2.5 <sup>U</sup> (1.8, 3.4)
Uninsured	60,000	16.9 (12.4, 22.6)	15.7 (11.7, 20.8)	543,000	18.0 (16.3, 19.9)	18.1 (16.4, 19.9)
<b>Personal doctor</b>						
Yes	295,000	81.7 (75.9, 86.4)	81.5 <sup>U</sup> (75.0, 86.7)	2,334,000	76.1 (74.1, 78.0)	76.1 (74.1, 78.0)
<b>Saw personal doctor in past 12 months<sup>6</sup></b>						
Yes	248,000	84.2 (77.8, 89.0)	83.3 (76.0, 88.7)	1,835,000	79.3 (77.0, 81.4)	79.3 (77.1, 81.4)
No	47,000	15.8 (11.0, 22.2)	16.7 (11.3, 24.0)	479,000	20.7 (18.6, 23.0)	20.7 (18.6, 22.9)
No	66,000	18.3 (13.6, 24.1)	18.5 <sup>D</sup> (13.3, 25.0)	732,000	23.9 (22.0, 25.9)	23.9 (22.0, 25.9)

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