

The percentage of Delaware adults who reported having hypertension increased from 27.7 percent in 2003 to 30.8 percent in 2009 , Additionally, there was an increase in the prevalence of reported hypertension between 2011 ( 34.8 percent) and 2013 ( 35.6 percent). The prevalence of hypertension in U.S. adults increased during the past decade peaking at 31.4 percent in 2013. The prevalence of adult hypertension is higher than the Healthy People 2020 goal of 26.9 percent.

## Addressing the health issue

Preventing and reducing complications from diabetes and heart disease is the focus of the Diabetes and Heart Disease Prevention and Control Program (DHDPCP). The DHDPCP provides information about diabetes and heart disease, develops approaches for reducing the impact of the diseases, promotes healthy lifestyles, and coordinates efforts of public and private health organizations. Community clinical linkages, health system interventions, environmental approaches, and epidemiology and surveillance are supported by the DHDPCP.
${ }^{1}$ Adults with hypertension= Adults who have had been told by a doctor, nurse, or health professional that they have high blood pressure; Behavioral Risk Factor ${ }_{2}$ Survey.
${ }^{2}$ Source: Behavioral Risk Factor Surveillance System (BRFSS); National Health and Nutrition Examination Survey
${ }^{3}$ Estimates for 2011-2013 reflect BRFSS methodologic changes begun in 2011. These estimates should not be compared to estimates preceding 2011.
${ }^{4}$ The Delaware target was established in DPH's Strategic Plan to be met by 2020 to reflect the Healthy People goal.

