

High Blood Pressure in Cleveland, OH



CITY OF CLEVELAND
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What is high blood pressure?

Blood pressure is the force of your blood moving against the walls of your arteries. When you have high blood pressure, also known as hypertension, the force of blood pushing against the walls of the artery is too high and the heart has to work harder to pump blood.

Blood pressure is expressed as two numbers. High blood pressure is diagnosed if blood pressure readings are 140-90 or above on two different days. High blood pressure increases your risk of heart attack, stroke, and other serious health issues.

45.6% of adults in Cleveland have high blood pressure



Blood Pressure Categories

| BLOOD PRESSURE CATEGORY | SYSTOLIC mm Hg (upper number) | | DIASTOLIC mm Hg (lower number) |
|---|-------------------------------|--------|--------------------------------|
| NORMAL | LESS THAN 120 | and | LESS THAN 80 |
| ELEVATED | 120-129 | and | LESS THAN 80 |
| HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1 | 130-139 | or | 80-89 |
| HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2 | 140 OR HIGHER | or | 90 OR HIGHER |
| HYPERTENSIVE CRISIS (consult your doctor immediately) | HIGHER THAN 180 | and/or | HIGHER THAN 120 |

heart.org/bplevels

Symptoms

Many people with high blood pressure don't have any symptoms. Some people may have symptoms like:

- Headache
- Nosebleed
- Shortness of breath
- Tiredness

Risk Factors in Cleveland Residents

39.1% of adults are **obese**

44.5% of adults have high **cholesterol**

26.3% of adults currently use **tobacco products**

15.8% of adults have **diabetes**

8% of adults have **coronary artery disease**

High Blood Pressure and Race

51% of Black adults have been diagnosed with high blood pressure compared to **31%** of white adults in Cleveland.

50% of Black adults are considered obese compared to **36%** of white adults in Cleveland.

These differences are caused by social factors that affect health, like access to care, healthy food, and housing.

Risk Factors for Blood Pressure You Cannot Control

- Your sex
- Your age
- Your race or ethnicity
- Your family history

Ways to Lower Blood Pressure

- Reduce salt consumption
- Avoid saturated or trans fats
- Existing health conditions like sleep apnea, chronic kidney disease or thyroid disease
- Limit use of alcohol
- Reduce weight if overweight
- Move more
- More fruits and vegetables in diet
- Don't smoke
- Take medicine prescribed to you
- Reduce stress



References:

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