



Princeton Community Health Data Profile - Hypertension

The purpose of this data profile is to provide specific information regarding the health of Princeton residents for programmatic planning, healthcare delivery, community partner collaborations, and future healthcare considerations.

Demographic Profile Population size (Census 2014) – 30,108 **Race/Ethnicity** 30.2% other than white/Caucasian (Census 2010) - 52.9% Important to its history and demographic development is Princeton's geographic location in Mercer County. Princeton is roughly equidistant from New York City and Philadelphia, and is close to many major highways that serve both cities. The access for automobile and bus traffic along the main highway route (Rt. 206) is complemented with train service in Princeton Junction. Princeton is younger in terms of median population age compared to the demographic profile of Mercer County (22.3 years Princeton, 36 years Mercer County) and Hispanic/Latino population (10.3% Princeton, 15.1% Mercer County). This may be a result of Princeton's association with Princeton University, making it a college town. The town's population spikes every year during the fall and winter and drops significantly over the course of the summer. Princeton residents have the opportunity to maintain city-based employment in central New Jersey, Manhattan and Philadelphia, by means of readily accessible transportation by automobile, bus, or train to Newark, New York City and Philadelphia from Princeton Junction, while living in a community with better housing, schooling, and access to healthcare.

Princeton's Community Health Assessment, (available at: http://princetonnj.gov/health/publications/gmphp_cha.pdf) found that high blood pressure (hypertension) and heart disease were among the top ten causes of mortality and its reported rates were slightly higher than for the State of New Jersey.

Additional Important Information

Lack of awareness of services offered was one of the barriers to care reported by respondents. Consideration should be given to the national data on health disparities that indicate higher levels of chronic diseases in minority populations, recalling that Princeton's Hispanic, African American and Asian population accounts for 30.2% of Princeton residents. Any effective interventions should take into account these considerations and include effective communication methods.



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Blood pressure is the force of blood against the walls of your arteries as it travels throughout your body. This force varies throughout the day, but if it remains high, it can cause health problems. You can take steps to control your blood pressure and lower your risk of heart disease and stroke. The following chart (from the Centers for Disease Control) illustrates blood pressure ranges.

Blood Pressure Levels	
Normal	Systolic: less than 120 mmHG Diastolic: less than 80 mmHG
At Risk (Prehypertension)	Systolic: 120-139 mmHG Diastolic: 80-89 mmHG
High	Systolic: 140 mmHG or higher Diastolic: 90 mmHG or higher

If you have high blood pressure, your doctor may prescribe medication to help you keep it under control but you can do the following things to help yourself maintain a normal blood pressure:

- Maintain a healthy weight
- Eat a healthy diet
- Be physically active
- Limit alcohol use
- Don't smoke
- Manage/prevent diabetes

For more detailed information on high blood pressure risk factors, symptoms, and dangers please see:

www.cdc.gov/bloodpressure/OR Call Princeton's Certified Health Education Specialist at 609-497-7608 or e mail at jgrosser@princetonnj.gov. Residents can also get screened for hypertension (upon appointment only) by contacting the Princeton Health Department at (069)497-7608.

Information last updated: 3/22/2016