

Paper Session C4: New Initiatives in Health Promotion

Blood Pressure Control and Control Beliefs in Hypertensive Black

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Purpose: The primary purpose of this study was to explore the predictors of blood pressure control in hypertensive blacks age 50 and older.

Theoretical Framework: The study was informed by an extensive literature review of psychosocial and cultural antecedents of blood pressure control and our prior research associated with hypertensive blacks.

Methods: For this cross-sectional study, we conducted a secondary analysis of the 2006 wave of the Health and Retirement Study (HRS). The HRS is a biennial longitudinal national population-based study that has tracked U.S. adults age 50 and older for a 12-yr period. We restricted our sample to participants (n=659) who: (1) were self-described as black; (2) who self-reported being diagnosed with hypertension; and (3) who completed measures of social support, spirituality, control beliefs, and perceived stress. The outcome, blood pressure control, was self-reported by study participants and treated as dichotomous (controlled/not controlled). Descriptive statistics and logistic regression were used to analyze the data. Controlled blood pressure was the reference category.

Results: Study participants were mostly women (65.4%) and high school graduates (49.87%). A high rate of participants (93.7%) reported that their blood pressure was under control. Of the four factors examined, the only significant predictor of blood pressure control was study participants' control beliefs ($p = 0.023$). Study participants who indicated greater control of their lives were 1.34 times more likely to have their blood pressure under control (OR = 1.34; 95% CI = 1.040-1.713).

Conclusions and Implications: Our study's findings support the need for future research that better understands how to develop interventions that targets the control beliefs among hypertensive blacks age 50 and older. Since prior research has seldom examined these factors, more research will need to be established, particularly in longitudinal investigations.