



JACKSON HEART STUDY

Social support and high blood pressure

Purpose of the study

High blood pressure (or hypertension) is higher among African American adults than other racial and ethnic groups in the US. Social support from family and friends may help to lower stress and blood pressure. Jackson Heart Study researchers looked at whether high levels of social support were connected to a lower chance of getting high blood pressure. Three types of social support were studied: 1) availability of family and friends to provide advice, resources, and companionship; 2) the number of family and friends in one's network; and 3) satisfaction with one's social support.

Major findings

- Having family and friends that provided advice, resources, and companionship was associated with a 36% lower chance of developing high blood pressure.
- The number of family and friends and satisfaction with one's social support were not associated with developing high blood pressure.

Take away message

Programs to help increase social support in the form of advice, resources, and companionship may help in reducing high blood pressure in African American adults.



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www.jacksonheartstudy.org

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