



You're in control

You can do a lot to prevent high blood pressure



High blood pressure issues are more common than you may think. About one in three adults in the U.S. has high blood pressure or hypertension. Another one in three has prehypertension — blood pressure that is higher than normal, but not yet in the high range.¹

Because high blood pressure is so common, all of us should pay attention to our blood pressure numbers and try to keep them low. Here's how:²

- Have your blood pressure checked regularly, and know what's normal for you.
- Get to or stay at a healthy weight.
- Exercise at least 150 minutes each week.
- Be careful not to eat too much salt — ask your doctor how much sodium is safe for you.³
- Don't use tobacco products.
- Avoid saturated fat.
- Limit alcohol.

Talk to your doctor about your risk factors during your next visit.



Helpful resources

Visit the American Heart Association at heart.org for information and tools, including a high blood pressure risk calculator.



Sources

¹ Centers for Disease Control and Prevention website: *High Blood Pressure Facts* (accessed April 2018): cdc.gov/bloodpressure/facts.htm.
² Centers for Disease Control and Prevention website: *Preventing High Blood Pressure: Healthy Living Habits* (accessed April 2018): cdc.gov/bloodpressure/healthy_living.htm.
³ Centers for Disease Control and Prevention website: *Most Americans Should Consume Less Sodium* (accessed April 2018): cdc.gov/salt/index.htm.

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