A SNAPSHOT: BLOOD PRESSURE IN THE U.S.
Make Control Your Goal

High blood pressure is a major risk factor for heart disease and stroke, the first and fourth leading causes of death for all Americans.

HIGH BLOOD PRESSURE BASICS

1 IN 3 American adults have high blood pressure

High blood pressure contributes to
~1,000 DEATHS/DAY

When your blood pressure is high:

You are 4X more likely to die from a stroke

You are 3X more likely to die from heart disease

69% of people who have a first heart attack...

77% of people who have a first stroke...

74% of people with chronic heart failure...

HAVE HIGH BLOOD PRESSURE

Annual estimated costs associated with high blood pressure:

$51 BILLION in direct medical expenses

$47.5 BILLION in indirect costs

BLOOD PRESSURE CONTROL

Reducing average population systolic blood pressure by only 12-13 mmHg could reduce:

37% Stroke

21% Coronary heart disease

25% Deaths from cardiovascular disease

13% Deaths from all causes

43% of people with high blood pressure have their condition under control

MAKE CONTROL YOUR GOAL, EVERY DAY

Check your blood pressure regularly—at home, at a doctor’s office, or at a pharmacy

Quit smoking—or don’t start 1-800-QUIT-NOW or Smokefree.gov

Eat a healthy diet with

More fruits, vegetables, potassium, and whole grains

Less sodium, saturated fat, trans fat, and cholesterol

Read nutrition labels and lower your sodium intake

Most of the sodium we eat comes from processed and restaurant foods

About 90% of Americans eat too much sodium

Adults should limit alcohol to no more than:

1 drink per day for women

2 drinks per day for men

Get active and maintain a healthy weight

Aim for 2 hours and 30 minutes of moderate physical activity every week

Source: Centers for Disease Control and Prevention. 2014

This infographic was developed by the Centers for Disease Control and Prevention’s Division for Heart Disease and Stroke Prevention in support of the Million Hearts® initiative goal of preventing 1 million heart attacks and strokes by 2017.

millionhearts.hhs.gov/abouthdcs/blood_pressure.html