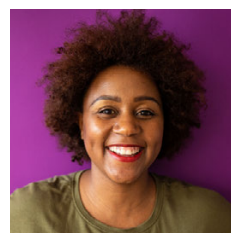
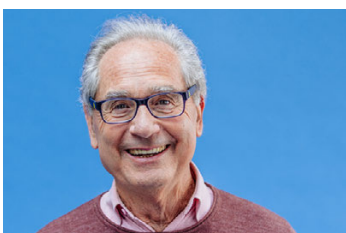




## Individuals



## High blood pressure control is possible.

Nearly 1 in 2 adults has high blood pressure (also known as hypertension). This common condition puts people at higher risk of heart disease and stroke, which are two of the leading causes of death, disability, and health care costs.

Millions of people who have high blood pressure do not have it under control. Control is possible, but little progress has been made in the past 10 years. Some population groups also have higher rates of disease and death associated with high blood pressure, which creates health disparities across communities, and programs and interventions likely require tailoring to increase effectiveness.

We know that high blood pressure can be controlled to reduce health risks. Many different groups will need to come together to support the use of proven strategies in every community and for every population group. High blood pressure control must be a national priority.

### How You Can Help

If you have high blood pressure, you can take action to control this condition and improve your health. But changing your lifestyle can be hard, barriers are plentiful, and you will need support. This support can come from your family, friends, and other members of your community.

You can also get help from a health care team that includes physicians, nurse practitioners, physician assistants, nurses, pharmacists, and other types of health care professionals. All of these people can support your journey to make changes to your lifestyle or take medications that can help you reduce your risk of heart attack or stroke.

Together, we've got this!

We've   
Got This!

### Actions You Can Take

- ✓ Take charge of your blood pressure. You have the power to control your blood pressure and reduce your risk of heart attack, stroke, kidney disease, and other conditions. Controlling blood pressure means keeping it under 130/80 mmHg for most people.
- ✓ Work with your health care team to create a personal treatment plan and goals. Make controlling your blood pressure the goal.
- ✓ Follow your treatment plan and ask your care team for help if you need it.
- ✓ Your plan may include lifestyle changes—like being more physically active and eating a healthy diet. You can start by taking a daily walk and eating more fruits and vegetables.
- ✓ Your plan may include prescription medication. Make sure to take your medication as prescribed and let your care team know if you have questions or concerns.
- ✓ Learn to check your blood pressure at home. Your health care team can teach you how to monitor your blood pressure and send in your results. This information will help your care team treat your high blood pressure effectively.

### Selected Resources

American College of Cardiology: [CardioSmart High Blood Pressure Fact Sheet](#)

Target: BP:

- [How to Measure Your Blood Pressure at Home Infographic](#)
- [How Do I Manage My Medicines? Fact Sheet](#)

National Heart, Lung, and Blood Institute: [DASH Eating Plan](#)

Department of Health and Human Services: [Move Your Way](#)

Department of Agriculture: [Choose My Plate](#)

Million Hearts®: [Self-Measured Blood Pressure Monitoring](#)

*Website addresses of nonfederal organizations are provided solely as a service to our readers. Provision of an address does not constitute an endorsement by the U.S. Department of Health and Human Services (HHS) or the federal government, and none should be inferred.*