

What You Need to Know About High Blood Pressure

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Blood pressure is the force of blood pushing against the walls of your arteries

Hypertension, or high blood pressure (HBP), increases your risk for heart disease and stroke.

HPB is “the silent killer.” There are often no signs or symptoms.

What can I do? Check your blood pressure regularly.

What can I do? Eat a healthy diet:

- High in fresh fruits/vegetables
- Low in salt (sodium), total fat, saturated fat, and cholesterol

What can I do? Maintain a healthy weight.

What can I do? Be physically active.

What can I do? Limit alcohol use.

What can I do? Don't smoke.

What can I do? Prevent or treat diabetes.

Learn more about high blood pressure. Visit [cdc.gov/bloodpressure](https://www.cdc.gov/bloodpressure).