

# Feeling the Pressure?

## Hypertension (or High Blood Pressure) Control Is Possible

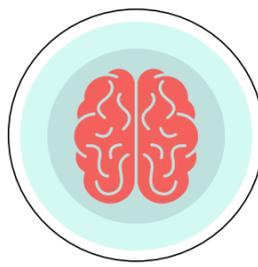
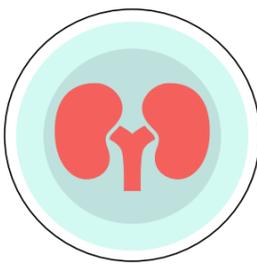


Nearly **1 in 2** adults has high blood pressure

Yet only about  
**1 in 4**  
has it under control  
to < 130/80 mm Hg



If left uncontrolled, high blood pressure can increase a person's risk for **heart disease, stroke, heart failure, kidney disease, pregnancy complications, and cognitive decline** later in life.



Visit [cdc.gov/heartmonth](https://www.cdc.gov/heartmonth) for tools and resources to help reach blood pressure control.

## 7 Strategies to Live a **Heart-Healthy** Lifestyle

When you choose healthy behaviors, you can lower your heart disease risk while also preventing other **serious chronic conditions** like **type 2 diabetes** and some kinds of **cancer**.

**1**

### Learn Your Health History

Know your risks and talk to your family and doctor about your health history.

**2**

### Eat a Healthy Diet

Make healthy food choices like more fruits, vegetables, whole grains, lean meats, and low-fat dairy products. Eat less salt, saturated fat, and added sugar.

**3**

### Move More, Sit Less

Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.

**4**

### Quit Smoking

Start your quit plan today! Take the first step and call 1-800-QUIT-NOW for FREE support.

**5**

### Take Medicines as Directed

If you take medicine to treat high cholesterol, high blood pressure, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something. Never stop taking your medicine without talking to your doctor, nurse, or pharmacist.

**6**

### Rethink Your Drink

Substitute water for sugary drinks to reduce calories. If you drink alcohol, do so in moderation.

**7**

### Monitor Your Blood Pressure at Home

Self-measured blood pressure monitors (SMBPs) are easy and safe to use and your doctor can show you how to use one if you need help.

Learn more about keeping your heart healthy by visiting [www.cdc.gov/heartdisease/prevention.htm](https://www.cdc.gov/heartdisease/prevention.htm).