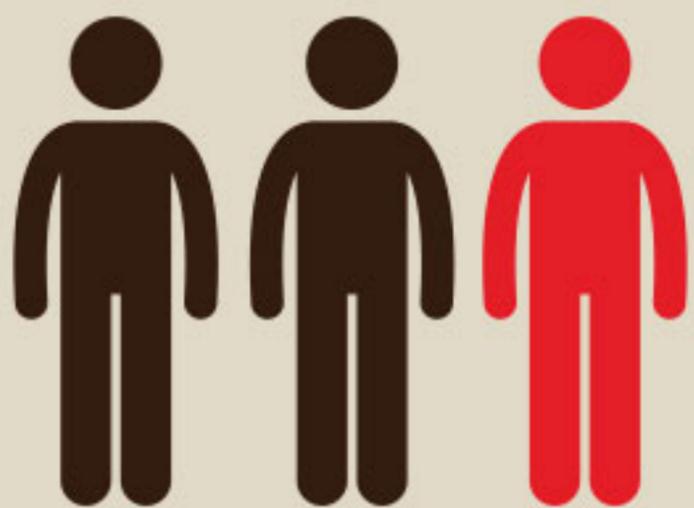


# HYPERTENSION WORLDWIDE



**Worldwide, 1 in 3** adults has high blood pressure—a condition that leads to heart attack and stroke.



Everyone can take **five concrete steps** to help prevent high blood pressure:



Healthy diet



Physical activity



Avoiding tobacco



Avoiding harmful use of alcohol



Managing stress in healthy ways