



A MINUTE OF HEALTH WITH CDC

Dealing with High Blood Pressure

Prevalence of and Actions to Control High Blood Pressure in 20 States, 2005

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This program is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Blood pressure is the force inside your blood vessels when your heart beats. If your blood pressure is high most of the time, you have high blood pressure or hypertension, which can lead to stroke or heart problems. High blood pressure is a silent killer since it's possible to not have symptoms. About three out of ten Americans have high blood pressure. It is more common among African Americans and people who are overweight, but people who look healthy and are not overweight can also have high blood pressure. What can you do to control your hypertension? Exercise regularly, watch your weight, and eat a variety of fruits and vegetables. Avoid salt, smoking, and heavy drinking and take any blood pressure medication as prescribed.

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