



A MINUTE OF HEALTH WITH CDC

Take the Pressure Off Your Heart

*Prevalence of Self-Reported Hypertension and Antihypertensive Medication Use
Among Adults Aged ≥ 18 Years—United States, 2011-2015*

Recorded: February 27, 2018; posted: March 1, 2018

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Hypertension, or high blood pressure, affects nearly one in three adults in America. It's a major cause of heart disease and stroke, two leading causes of death. Hypertension is known as the "silent killer" because it often has no signs or symptoms and many people don't know they have it. Of those who are aware, just over half have it under control. High blood pressure can be prevented or controlled with a healthy diet, regular exercise, quitting smoking, and limiting consumption of alcohol. Medication may be needed. Regular blood pressure checks can determine whether you have hypertension. Awareness is key.

Thank you for joining us on a Minute of Health with CDC.

[Announcer] For the most accurate health information, visit cdc.gov or call 1-800-CDC-INFO.