



A MINUTE OF HEALTH WITH CDC

Hypertensive Kids

Hypertension Among Youth — United States, 2001-2016

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

Hypertension, or high blood pressure, can begin in childhood. When it does, it can result in serious health problems. Left uncontrolled, high blood pressure in adults increases the risk for heart attack, stroke, and kidney disease. Among youth between the ages of 12 and 19, at least one in seven had blood pressure that was higher than normal. Regular screening can detect high blood pressure, and guidelines have recently changed to better diagnose this condition among youth. Early intervention often results in substantial improvement. To reduce the risk of high blood pressure, families can engage in heart-healthy behaviors, such as exercising regularly, eating a healthy diet, and choosing low-sodium foods.

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.