

Important facts about high blood pressure

High blood pressure (also known as hypertension) is a very common health issue around the world.¹



>1 billion

people are affected by hypertension worldwide.¹



~50%

of all U.S. adults have high blood pressure.²



Communities of color

in the U.S. are disproportionately affected by high blood pressure.³



What is considered high blood pressure?

U.S. guidelines from the American Heart Association define high blood pressure as any value greater than **130/80 mmHg**.⁴



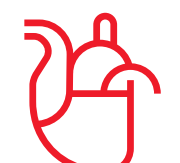
What are the health risks?



Heart attacks⁴



Stroke⁴



Heart failure⁴



Kidney failure⁵



What treatments are

Your need for treatment depends on overall health, family history, and other risk factors. Lifestyle changes like diet and exercise, medications, and other treatments prescribed by your doctor can help you lower your blood pressure.⁴

Do you have high blood pressure?

Talk to your doctor to get checked and learn about all the ways to get your numbers down.

1. Hypertension fact sheet. World Health Organization. Available at: <https://www.who.int/news-room/fact-sheets/detail/hypertension>. Accessed August 28, 2023.

2. U.S. Department of Health and Human Services. The Surgeon General's Call to Action to Control Hypertension. Washington, DC: U.S. Department of Health and Human Services, Office of the Surgeon General; 2020.

3. Lackland D. Racial differences in hypertension: Implications for high blood pressure management. *Am J Med Sci*. August 2014;348(2):135-138.

4. Whelton PK, Carey RM, Aronow WS, et al. 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. *J Am Coll Cardiol*. May 15, 2018;71(19):2199-2269.

5. High blood pressure dangers: Hypertension's effects on your body. Mayo Clinic. Available at: <https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20045868>. Accessed August 28, 2023.