



## Risk Factors for Hypertension

- older age
- genetics
- being overweight or obese
- lack of physical activity
- high salt diet
- drinking too much alcohol
- smoking tobacco
- living where air pollution is significant

**Some risk factors are modifiable.** Making healthier lifestyle choices can reduce some of your risk factors for hypertension.



We are here to support you in your health & wellness journey.



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*Prevent & Manage*

# Hypertension

Hypertension is common. Nearly half of American adult have hypertension. However, it can be serious, even deadly, if not treated. Take control of your health & wellness today!



## What is hypertension?

**Hypertension** (high blood pressure) is when the pressure in your blood vessels is too high (140/90 mmHg or higher). This makes your heart work harder to pump blood through your body. Over time, this can lead to serious health complications, like heart attack or stroke. Hypertension is common but can be serious, even deadly, if not treated.

### Key Facts:



Hypertension is a major cause of premature death worldwide.



Most people with high blood pressure have no symptoms, even if blood pressure readings reach dangerously high levels.



Nearly half of all American adults have hypertension.



## Preventing Hypertension

Take these steps to reduce your risk of developing hypertension:

- Eat more vegetables and fruits
- Sit less
- Be more physically active
  - Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity
  - Do strength building exercises 2 or more days each week
- Lose weight if you're overweight or obese
- Take medicines as prescribed by your health care professional
- Keep appointments with your health care professional
- Reduce stress
- Reduce exposure to polluted air

### Try to avoid:

- Eating too much salty food
- Eating foods high in saturated or trans fats
- Smoking or using tobacco
- Drinking too much alcohol (1 drink daily max for women, 2 for men)

## Treating Hypertension

**Lifestyle changes can help lower high blood pressure.** These include:

- eating a healthy, low-salt diet
- losing weight
- being physically active
- quitting tobacco

If lifestyle changes alone do not help you reach your personal blood pressure goal, your health care provider may recommend one or more **medicines**:

- ACE inhibitors
- Angiotensin-2 receptor blockers
- Calcium channel blockers
- Diuretics

**Take your medications as prescribed by your health care professional.**

⚠ If you have any side effects, tell your provider. Don't skip doses or stop taking your medicine unless your provider says you should.