

High blood pressure

Get the facts and get checked

What is it?

Blood pressure (BP) measures how strongly the blood pushes against your arteries.

High blood pressure, also called hypertension, is when your blood pressure is higher than normal.

The American Heart Association and the American College of Cardiology recommend treating high blood pressure at or above **130/80 mmHg.**

- **Normal**
< 120 / < 80
- **Elevated**
120-129 / < 80
- **Stage 1**
130-139 / 80-89
- **Stage 2**
≥ 140 / ≥ 90
- **Hypertensive crisis**
≥ 180 / ≥ 120

Who has it?

~50%
of U.S. adults¹
(~116 million)

of those who
are aware,

76%
don't have it
under control¹

33%
are unaware that
they have it²

It disproportionately affects **communities of color.**³

Black Americans experience **5x** the mortality risk compared with white Americans.⁴

What are the effects?

HEALTH

-  Heart attack⁵
-  Heart failure⁵
-  Stroke⁵
-  Kidney failure⁵

COST

Adults with high blood pressure spend

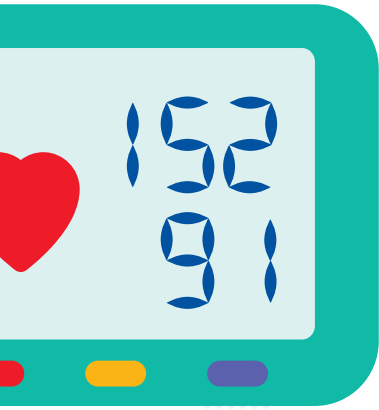
3.2x
more

on healthcare every year⁶



What can you do?⁷

Individual results may vary.



Change diet

Eat fruits, veggies, low-fat dairy, etc.

Approximate SBP reduction: 11 mmHg



Lose weight

Approximate SBP reduction:
5 mmHg



Moderate alcohol intake

Men: 2 drinks/day
Women: 1 drink/day

Approximate SBP reduction: 5-8 mmHg



Lower salt intake

Approximate SBP reduction:
5-6 mmHg



Increase activity

Aim for 90-150 minutes
of moderate activity weekly

Approximate SBP reduction: 5-8 mmHg

Even small BP changes can have **big** impacts on reducing risk of cardiovascular events

5 mmHg reduction⁸

- 5% cardiovascular death
- 8% coronary heart disease
- 10% major cardiovascular events
- 13% stroke
- 13% heart failure

10 mmHg reduction⁹

- 13% all-cause death
- 17% coronary heart disease
- 20% major cardiovascular events
- 27% stroke
- 28% heart failure

References:

¹ Facts about Hypertension. Centers for Disease Control and Prevention. Available at: <https://www.cdc.gov/bloodpressure/facts.htm>. Accessed March 1, 2023.

² Virani SS, Alonso A, Benjamin EJ, et al. Heart disease and stroke statistics-2020 update: a report from the American Heart Association. *Circulation*. March 3, 2020;141(9):e139-e596.

³ Lackland DT. Racial differences in hypertension: implications for high blood pressure management. *Am J Med Sci*. August 2014;348(2):134-138.

⁴ Aggarwal R, Chiu N, Wadhwa RK, et al. Racial/Ethnic Disparities in Hypertension Prevalence, Awareness, Treatment, and Control in the United States, 2013 to 2018. *Hypertension*. December 2021;78(6):1719-1726.

⁵ Messerli FH, Williams B, Ritz E. Essential hypertension. *Lancet*. August 18, 2007;370(9587):591-603.

⁶ Schmieder R, et al. HCCI research. 2018. Presented at EuroPCR 2016.

⁷ What can I do to improve my high blood pressure? Target: BP. Available at: https://TargetBP.org/tools_downloads/what-can-i-do-to-improve-my-blood-pressure/. Accessed November 4, 2022.

⁸ Blood Pressure Lowering Treatment Trialists' Collaboration. Pharmacological blood pressure lowering for primary and secondary prevention of cardiovascular disease across different levels of blood pressure: an individual participant-level data meta-analysis. *Lancet*. May 1, 2021;397(10285):1625-1636.

⁹ Ettehad D, Emdin CA, Kiran A, et al. Blood pressure lowering for prevention of cardiovascular disease and death: a systematic review and meta-analysis. *Lancet*. March 5, 2016;387(10022):957-967.