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What is High Blood Pressure?

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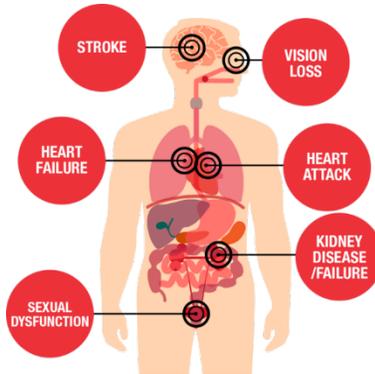
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What is High Blood Pressure?

High blood pressure or hypertension is when your blood pressure, is consistently too high. High blood pressure is known to increase the risk for dangerous health conditions such as: heart attack, stroke, chronic heart failure, and kidney disease. Although people cannot control the risk factors of high blood pressure, there are steps that can be taken to prevent or control high blood pressure and its complications.



- Since 1999, more people with high blood pressure—especially those 60 years old or older—have become aware of their condition and gotten treatment. Unfortunately, about **1 of 5 U.S. adults** with high blood pressure still do not know that they have it.
- About **7 in 10 U.S. adults** with high blood pressure use medications to treat the condition
- In 2009, Americans visited their health care providers more than **55 million times** to treat high blood pressure.
- Reducing the average amount of salt or sodium that people eat from 3,400 milligrams (mg) to 2,300 mg per day—the level recommended in the Dietary Guidelines for Americans, 2010—may reduce cases of high blood pressure by **11 million** and save **18 billion health care dollars every year**.

High Blood Pressure Facts. (2016, November 30). Retrieved March 26, 2018, from <https://www.cdc.gov/bloodpressure/facts.htm>

What is High Blood Pressure? (2018, February 27). Retrieved March 25, 2018, from http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/AboutHighBloodPressure/What-is-High-Blood-Pressure_UCM_301759_Article.jsp#.Wrg-U2rwbIU