## HIGH BLOOD PRESSURE

WHO'S AT RISK?

## 1 in 3 U.S. Americans have High Blood Pressure

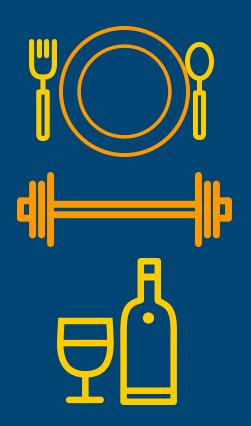


More than 360,000 American deaths in 2013 included high blood pressure as a primary or contributing cause. 1000

Deaths Per day



## Unhealthy lifestyle habits can raise your risk for high blood pressure.



Eating too much sodium or too little potassium

Lack of physical activity

Drinking too much alcohol

## What should I eat to control high blood pressure?

Eating a diet that is rich in whole grains, fruits, vegetables and low-fat dairy products and skimps on saturated fat and cholesterol can lower your blood pressure significantly.