

HIGH BLOOD PRESSURE

W H O ' S A T R I S K ?

**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.

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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.