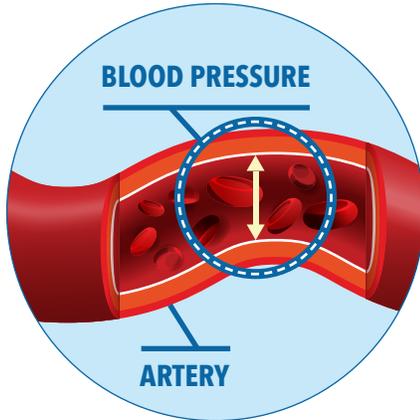


# AMERICAN HEART MONTH: HYPERTENSION

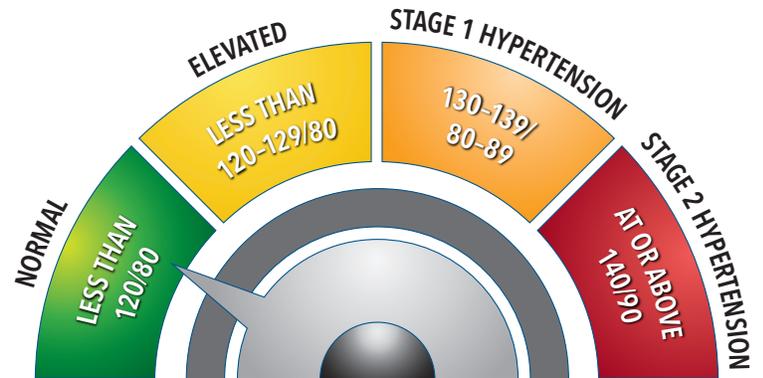
February is American Heart Month and this year, the Centers for Disease Control and Prevention (CDC) is focusing on hypertension (high blood pressure), which is a leading risk factor for heart disease and stroke.

## What is hypertension?<sup>1</sup>

Blood pressure is pressure of blood pushing against the walls of your arteries. Blood pressure rises and falls throughout the day, but hypertension occurs if it stays high for a long time.



Blood pressure is shown at the following levels:



## How many people are affected by hypertension?

Arkansas Community Health Centers, 2020<sup>2</sup>

65,565



Number of patients sampled, 18-84 years, with hypertension

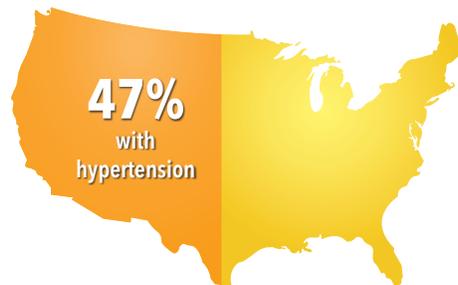
36,854



Patients with hypertension under control

United States, 2019<sup>1</sup>

- Nearly half of adults in the United States (47%, or 116 million) have hypertension.



- Only about **1 in 4 adults (24%)** with hypertension have their condition under control.



- In 2019, **more than half a million deaths** in the United States had hypertension as a primary or contributing cause.

## How is high blood pressure managed?<sup>3</sup>

- Measure your blood pressure on a regular basis.** Measure at home with a blood pressure monitor or visit your doctor and have it checked regularly.
- Manage diabetes.** About 6 out of 10 diabetics have hypertension.
- Take your medicine.** Follow your doctor's instructions carefully and never stop taking prescriptions without talking to your doctor first.
- Make lifestyle changes.** Be more physically active and eat a healthy diet.

TO LEARN MORE ABOUT CONTROLLING HIGH BLOOD PRESSURE, VISIT [WWW.CDC.GOV/BLOODPRESSURE](http://WWW.CDC.GOV/BLOODPRESSURE).

To find a health center, visit [www.chc-ar.org/health-center-list](http://www.chc-ar.org/health-center-list) or call **501-374-8225**.

SOURCES: 1: <https://www.cdc.gov/bloodpressure/facts.htm> • 2: [https://data.hrsa.gov/tools/data-reporting/program-data/state/AR#fn\\*](https://data.hrsa.gov/tools/data-reporting/program-data/state/AR#fn*)  
3: <https://www.cdc.gov/bloodpressure/manage.htm>