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?¹
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:
- NORMAL: Less than 120/80
- ELEVATED: 120–129/80
- LESS THAN 130–89: 130–139/80–89
- STAGE 1 HYPERTENSION: 140–159/90–99
- STAGE 2 HYPERTENSION: 160/100 or above

How many people are affected by hypertension?

Arkansas Community Health Centers, 2020²
- Number of patients sampled, 18-84 years, with hypertension: 65,565
- Patients with hypertension under control: 36,854

United States, 2019¹
- 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?³
- 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.

To find a health center, visit www.chc-ar.org/health-center-list or call 501-374-8225.


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