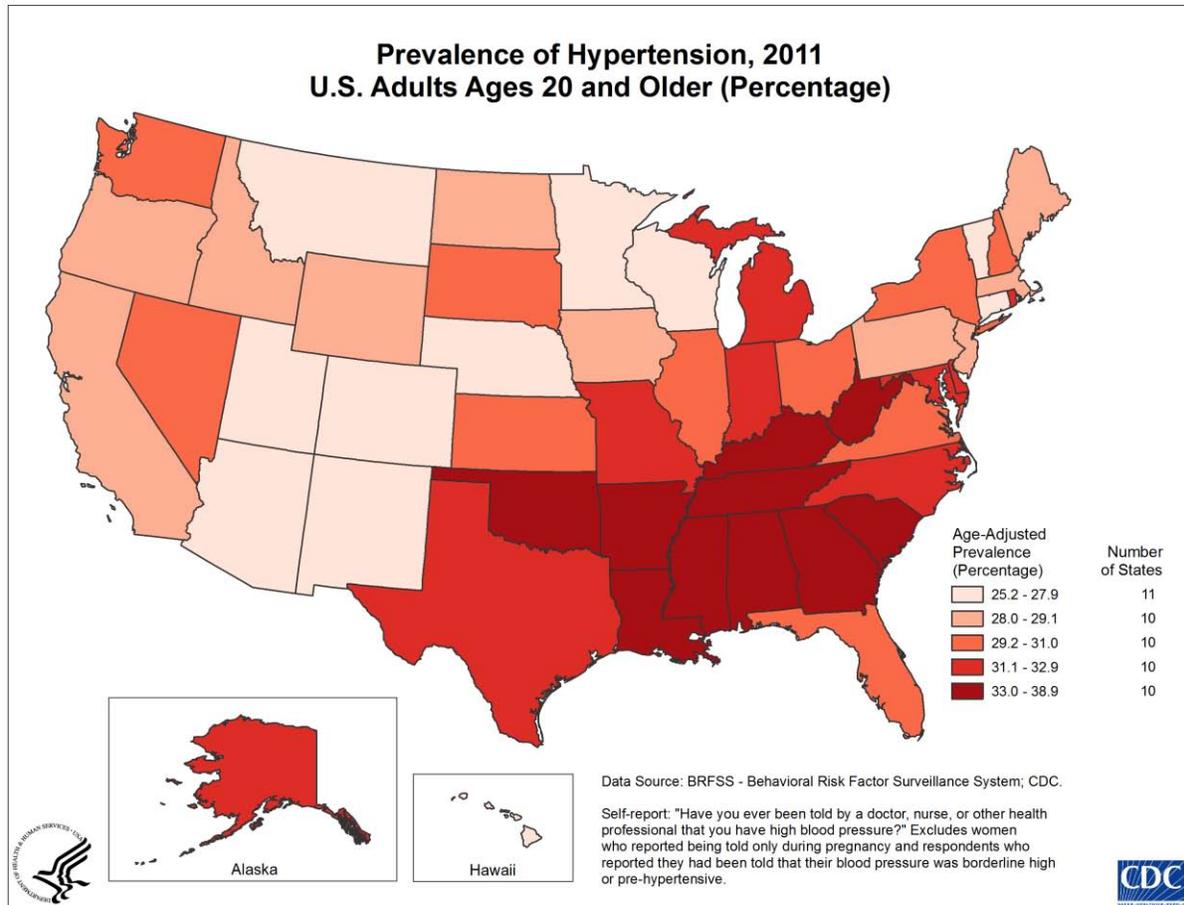


High Blood Pressure Fact Sheet



High Blood Pressure Facts

- Having high blood pressure puts you at risk for heart disease and stroke, leading causes of death in the United States.¹
- High blood pressure was a primary or contributing cause of death for **360,000 Americans** in 2008, or nearly **1,000 deaths a day**.²
- **70 million** American adults (29%) have high blood pressure—that's **1 in every 3 American adults**.³
- **Half** of American adults with high blood pressure **don't have it under control**.⁴
- About **30 percent of American adults** have prehypertension—blood pressure measurements that are higher than normal, but not yet in the high blood

pressure range.² Having prehypertension raises your risk of developing high blood pressure.

- High blood pressure usually has **no warning signs or symptoms**, so many people don't realize they have it.
- Reducing average population sodium intake from 3,300 mg to **2,300 mg per day** may save **18 billion health care dollars** and reduce cases of high blood pressure by **11 million annually**.⁵
- High blood pressure costs the nation almost **\$46 billion** annually in direct medical expenses and **\$3.6 billion** in lost productivity.⁶

Blood pressure is written as two numbers. The first (systolic) number represents the pressure in your blood vessels when your heart beats. The second (diastolic) number represents the pressure in your vessels when your heart rests between beats.

Blood Pressure Levels ⁷	
Normal	systolic: less than 120 mmHg diastolic: less than 80mmHg
At risk (prehypertension)	systolic: 120–139 mmHg diastolic: 80–89 mmHg
High	systolic: 140 mmHg or higher diastolic: 90 mmHg or higher

CDC's Public Health Efforts

Million Hearts

Million Hearts is a national, public-private initiative of the Department of Health and Human Services to prevent 1 million heart attacks and strokes by 2017. Co-led by CDC and the Centers for Medicare & Medicaid Services, the initiative brings together communities, health care professionals, health systems, nonprofit organizations, federal agencies, and private-sector partners to improve care and empower Americans to make heart-healthy choices.

CDC's National Heart Disease and Stroke Prevention Program

Since 1998, CDC has funded state health departments' efforts to reduce the number of people with heart disease or stroke. Health departments in 41 states and the District of Columbia currently receive funding. The program stresses policy and education to promote heart-healthy and stroke-free living and working conditions.

WISEWOMAN

CDC funds 22 WISEWOMAN projects in 19 states and two tribal organizations. WISEWOMAN helps women with little or no health insurance reduce their risk for heart disease, stroke, and other chronic diseases. The program assists women age 40 to 64 in

improving their diet, physical activity, and other behaviors. WISEWOMAN also provides blood pressure tests and other screening.

For More Information

For more information about high blood pressure, visit the following Web sites:

- [Centers for Disease Control and Prevention](#)
- [American Heart Association](#)
- [National Heart, Lung, and Blood Institute](#)

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