

# AFRICAN AMERICANS & HIGH BLOOD PRESSURE

High blood pressure, or hypertension, means that the force of blood pushing through your body is too strong. That pressure puts a strain on your arteries, which carry blood from your heart to your entire body. High blood pressure can lead to stroke or heart disease, two of America's top causes of death.

# 40%

of African Americans  
have high blood pressure.

## WHY?

African Americans:

- Respond differently to high blood pressure medication
- May be more sensitive to salt, which can raise your blood pressure
- Tend to get high blood pressure earlier in life
- Often have more severe high blood pressure
- Are less likely to achieve blood pressure goals with treatment
- Have higher rates of early death from high blood pressure-related problems



## YOUR ROADMAP TO MANAGING HIGH BLOOD PRESSURE

Here are some ways you can lower your risk:

- Pay attention to food labels. For those with high blood pressure, salt intake should be capped at 1,500 mg daily (2,300 mg for others).
- Know your blood pressure numbers and follow up with your doctor for treatment as needed.
- Lower stress by creating your own personal stress-busters, like laughter, sleep, music, and worship.
- Set small weight loss goals – such as taking the stairs instead of the elevator or substituting fruit for dessert twice a week.



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