

HISPANICS & 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.



25%

of Hispanics have high blood pressure.

WHY?

In relation to many other races, Hispanics are **more likely** to:

- Be unaware that they have high blood pressure
- Not take high blood pressure medication
- Delay care or avoid visits to their doctor
- Have uncontrolled high blood pressure
- Have higher risks of heart disease

YOUR ROADMAP TO MANAGING HIGH BLOOD PRESSURE

Here are some ways you can lower your risk:

- Watch the amount of food you put on your plate, and enjoy healthier options of your favorite meals.
- Set small weight loss goals – such as going for a walk after dinner or replacing salt with herbs and spices.
- Know your limits when it comes to alcohol – one drink a day for women and two drinks a day for men.
- Check your blood pressure regularly. Many community locations, including grocery stores and fire departments, offer free screenings.



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