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National High Blood Pressure Education Month 2019

BLOOD PRESSURE FACTS

National High Blood Pressure Education Month is the perfect time to raise awareness for high blood pressure prevention. Below are some key facts to learn and share so those in your community know their numbers and manage their risk.

Small choices made each day can make a positive impact in managing your blood pressure. It could mean the difference in your risk for heart disease or stroke. Thank you for taking time to encourage friends, family and those in your community to learn the facts about the prevention and management of high blood pressure.

High blood pressure facts

- According to the American Heart Association and American College of Cardiology's 2017 guidelines high blood pressure is classified as a systolic reading of 130 or higher, or a diastolic reading of 80 mm Hg or higher. (The previous standard was 140/90 mm Hg or higher.)
- Nearly half of all U.S. adults (an estimated 103 million) have high blood pressure.
- At age 50, total life expectancy is 5 years longer for someone without high blood pressure, compared to someone with it.
- Hypertension is known as the "silent killer" because often there are no symptoms, despite its role in significantly increasing the risk for heart disease and stroke.
- Uncontrolled high blood pressure can lead to heart attack, stroke, heart failure and other life-threatening conditions.
- High blood pressure is the most common controllable risk factor for stroke.
- Every 10-mm Hg rise in systolic blood pressure increases the chance of death from cardiovascular disease by 17%.

- Non-Hispanic blacks in the U.S. have a higher prevalence of high blood pressure than other racial and ethnic groups (according to the [Prevalence of Hypertension based on 2 SBP/DBP Thresholds table](#)).