



## **A MINUTE OF HEALTH WITH CDC**

### *Common, Deadly, and Preventable*

*Vital Signs: Prevalence, Treatment, and Control of Hypertension — United States, 1999–2008*

Recorded: February 1, 2011; posted: February 3, 2011

*This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.*

One third of U.S. adults have a common and deadly condition, and many don't know it. A recent study found that 68 million U.S. adults have high blood pressure, the leading cause of heart disease. Of these, more than half didn't have the condition under control.

High blood pressure can be prevented with lifestyle changes, such as physical activity and a healthy diet that's low in salt. Make an appointment soon if you haven't had a check up recently. If you have high blood pressure, work with your health care provider on a plan to control it, which may include lifestyle changes and medications. It's essential that you take all blood pressure medications as directed.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO, 24/7.