



A MINUTE OF HEALTH WITH CDC

Stop the “Silent Killer”

Progress Toward Meeting the Target for High Blood Pressure Control – United States, 2010-2012

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Uncontrolled high blood pressure is a major contributor to heart disease and stroke, leading causes of death in the United States. Approximately one in three adults have high blood pressure, but only half have it under control.

To decrease your risk for hypertension, eat more fresh fruits and vegetables and foods low in sodium, exercise regularly, and limit alcohol use. If you have high blood pressure, take your medication as prescribed.

Hypertension is sometimes called the “silent killer” because it doesn’t always have signs or symptoms, so visit your health care provider regularly to get your blood pressure checked.

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

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.