



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

### ***Controlling Hypertension***

*Self-Reported Hypertension and Use of Antihypertensive Medications  
Among Adults – United States, 2005-2009*

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

Hypertension, or high blood pressure, affects one third of US adults and is a leading cause of heart disease and stroke. A recent study found an increase in self-reported high blood pressure among US adults, and an increase in the use of medications to control high blood pressure.

You can prevent or control high blood pressure by maintaining a healthy weight, engaging in regular physical activity, not smoking, and eating a healthy diet that includes foods low in sodium; however, some people need medication to manage the condition.

Have your blood pressure checked regularly and, if it's high, talk with your health care provider about ways to control it.

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.*