



A MINUTE OF HEALTH WITH CDC

Blood Pressure Check

Awareness and Treatment of Uncontrolled Hypertension Among Adults — Selected States, 2003-2010

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

Hypertension, or high blood pressure, affects one in three adults in the U.S. Of these, more than half don't have it under control. Uncontrolled hypertension can lead to heart attacks, strokes, heart failure, and kidney disease.

It's important to check your blood pressure regularly. Medications to control hypertension should be taken as directed by your health care provider. Other ways to lower blood pressure include eating a healthy diet, regular physical activity, and maintaining a healthy weight.

If you haven't had your blood pressure checked in the past two years, make an appointment with your health care provider today.

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.