About 75 million American adults live with high blood pressure (also known as hypertension). Of these, it is estimated that more than 54% are not aware they have high blood pressure. In 2014, high blood pressure was the primary cause of death for over 410,000 Americans. Long term hypertension can cause damage to your heart, kidneys and brain, increasing your risk for heart disease, kidney disease, or stroke.

Factors that increase your risk of high blood pressure:

1. Eat healthy
   - Avoid food high in salt.
   - Eat plenty of fruits, vegetables, and foods high in potassium.

2. Get active
   - Be physically active for at least 20 minutes/day.
   - Taking walks outside is a great way to start!

3. Live healthy
   - Don't smoke - or if you do, speak with your doctor about quitting.
   - Avoid drinking excessive amounts of alcohol.