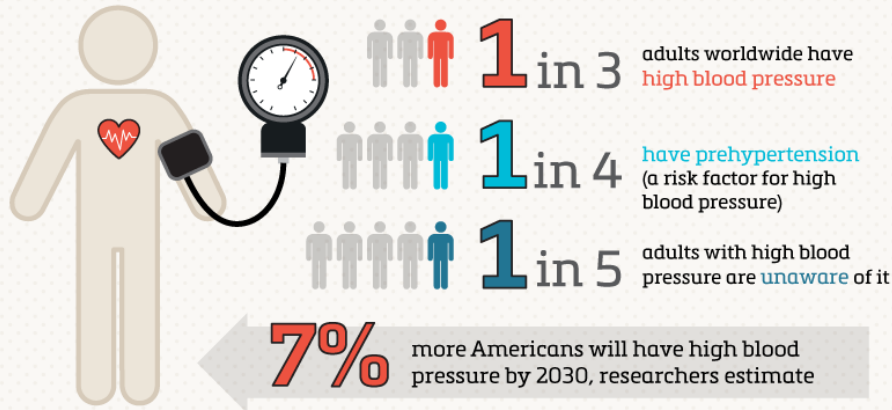


CHAMPS LIFELINE

HIGH BLOOD PRESSURE

Hypertension: More Common Than You Think

Although it poses serious health risks, high blood pressure typically has no symptoms—so it often goes untreated.



Graphic from <https://www.nwpc.com/tag/high-blood-pressure/>

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.

Top 3 Tips

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.

Factors that increase your risk of high blood pressure:

