

## Getting Blood Pressure Under Control

Nearly one in three American adults has high blood pressure, and more than half of them don't have it under control. The newest edition of [CDC Vital Signs](#) focuses on uncontrolled high blood pressure and the numerous opportunities to treat this serious health risk.

Some key points of the CDC Vital Signs report on uncontrolled high blood pressure include:

- About 67 million adults have high blood pressure.
- More than half (36 million) have uncontrolled high blood pressure.
- Nearly 22 million know they have high blood pressure, but still don't have it under control.
- 16 million take medicines, but still don't have their high blood pressure under control.
- High blood pressure is a major risk factor for heart disease and stroke, two of the nation's leading causes of death.

A majority of those with uncontrolled high blood pressure take medicine and have seen a doctor two or more times during the past year. High blood pressure contributes to nearly 1,000 deaths per day and costs the nation almost \$131 billion annually in direct healthcare costs. According to the report, team-based care is a successful approach to controlling high blood pressure. Pharmacists, nurses, dieticians, and community health workers can assist doctors in sharing the responsibility for identifying and treating patients with high blood pressure at every visit. In addition, patients should be counseled to take their medications as prescribed, monitor their blood pressure closely, and make important lifestyle changes including eating a healthy, low sodium diet, exercising, maintaining a healthy weight and not smoking. For more information please visit [www.cdc.gov/vitalsigns](http://www.cdc.gov/vitalsigns).