High blood pressure affects 25.3% of Hispanic women in the United States. It is a risk factor for heart disease, the second leading cause of death among Hispanic women in the United States.

Risk Factors for High Blood Pressure

High blood pressure has been associated with:

- Family history
- Being overweight or obese
- Unhealthy eating habits
- Being physically inactive
- Smoking

Your Heritage & High Blood Pressure

A recent study funded by the National Heart, Lung, and Blood Institute showed that awareness, treatment, and control of high blood pressure varied amongst Hispanic women of different heritage groups. Across these groups, those who knew they had high blood pressure did not always receive treatment for or control their blood pressure.


Prevention and Control for a Healthy Heart

All Hispanic women can take these six small steps to help prevent and control their high blood pressure and reduce heart disease risk.

1. Talk to your doctor about your risk.
2. Know your numbers. You have high blood pressure if your levels are consistently higher than 140/90 mmHg.
3. If you are over 50 and do not have diabetes, ask how to maintain normal blood glucose levels.
4. Aim for 2.5 hours total of moderate intensity aerobic exercise each week. Get active for just 10 minutes at a time, throughout the week, to meet this goal.
5. Prepare healthier versions of your favorite meals:
   - Use fresh or dried herbs and spices instead of salt to enhance flavor.
   - Choose fat-free or low-fat dairy foods.
   - Try a side of salad, vegetables, or brown rice instead of white rice or beans.
   - Serve food in smaller dishes to help reduce calories.
6. Don’t smoke. And if you do, visit smokefree.gov for tools to help you quit.


Learn more [www.hearttruth.gov](http://www.hearttruth.gov)