

# Hispanic Women & High Blood Pressure

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



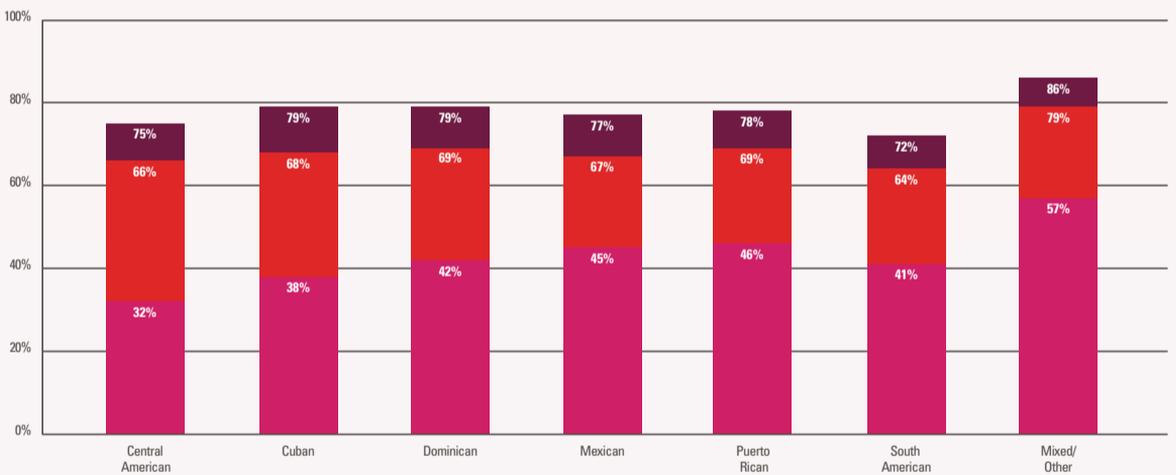
## Your Heritage & High Blood Pressure

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.<sup>1</sup>

**Aware:** Participants who knew they had high blood pressure because they were told by a health care provider.

**Treated:** Participants diagnosed with high blood pressure and reported taking medicine for it.

**Controlled:** Participants diagnosed with high blood pressure that was controlled to levels less than 140/90 mmHg.



## 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](http://smokefree.gov) for tools to help you quit.

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Source: <sup>1</sup>Sorlie, P. D., Allison, M. A., Aviles-Santa, M. L., Cai, J., Daviglius, M. L., Howard, A. G., ... Talavera, G. A. (2014). Prevalence of Hypertension, Awareness, Treatment, and Control in the Hispanic Community Health Study/Study of Latinos. *American Journal of Hypertension*, 27(6), 793-800.



National Heart, Lung, and Blood Institute



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