

The rate of high blood pressure among Black people in the United States is one of the highest in the world. About 55% of Black people in the U.S. have high blood pressure. It is often more severe in Black people than in other ethnic groups.

readings obtained on two or more days. care professional will use an average based on two or more Fourtan reading out in the store of the store and the store of fce, hospital, clinic, nurse's of fce, pharmacy, company clinic or health fair. You can also buy a home blood pressure monitor so you can check it at home. Your health care professional will tell you how often you should have it checked.



## **HOW CAN I LEARN MORE?**

Call **1-800-AHA-USA1** (1-800-242-8721) or visit **heart.org** to learn more about heart disease and stroke.

Sign up for our monthly *Heart Insight* e-news for heart patients and their families at **HeartInsight.org**.

Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at heart.org/SupportNetwork.

Take a few minutes to write down questions for the next time you see your health care professional.

For example: