

1 IN 15 YOUNG ADULTS have high blood pressure

High blood pressure is dangerous for your body and can raise your risk of having serious health problems.



**Learn how you
can protect your
heart**

- FREE WEBSITE
- LEARN ABOUT HIGH BLOOD PRESSURE
- FIND HEALTHY CHOICES YOU CAN MAKE
- UP-TO-DATE RESOURCES YOU CAN TRUST



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Approximately 1 in 15 young adults have high blood pressure, increasing their risk of a future heart attack, stroke, congestive heart failure, and/or kidney disease.

Young adults have trouble controlling their blood pressure. They have the lowest rates of blood pressure control (achieving a blood pressure <140/90 mmHg) compared to other adult age groups.

Our goal is to share information with young adults to help them live a healthier life, lower their blood pressure, and prevent heart disease.



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