

# Healthy Living — Every Day!™

A COMMUNITY-BASED PROGRAM DEDICATED TO PROMOTING BETTER HEALTH

## Understanding Hypertension (High Blood Pressure)

**Fact!** African Americans develop high blood pressure earlier and on average have higher rates than the general population.

**Fact!** African Americans have 1.8 times greater rate of fatal stroke; 1.5 times greater rate of death from heart disease; and 4.2 times greater rate of end-stage kidney disease.

**Fact!** Poor eating habits set the stage for diabetes, high blood pressure and cardiovascular disease, leading causes of health challenges for African Americans.

**Fact!** One of the simplest ways to help prevent cardiovascular problems is to reduce sodium intake in your diet.

**Fact!** The American Heart Association (AHA) recommends that healthy adults eat no more than 2400 milligrams of sodium per day, an amount equal to one teaspoon of table salt.

**Fact!** You can avoid hidden sodium by reading labels on prepared and packaged foods and selecting low-sodium versions of your favorite canned items.

**Fact!** Food flavor can be maintained without salt by using seasoning blends, preferably with no MSG (mono sodium glutamate).

HEALTHY LIVING  
EVERY DAY!  
CAMPAIGN  
CHAIRPERSON

**Dr. David Branch,**  
Board Member of  
the Maya Angelou  
Research Center  
on Minority Health  
at the Wake Forest  
University Medical  
Center in Winston-  
Salem, North  
Carolina.

Restaurant Health  
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featuring a salt-free  
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