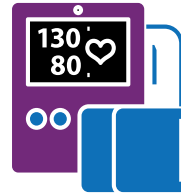


HEALTHY BLOOD PRESSURE. HEALTHY BRAIN.

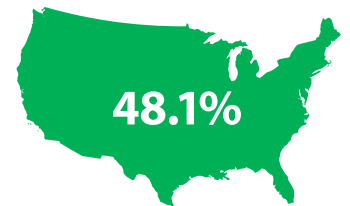
Stage I Hypertension is defined as blood pressure consistently at or above 130/80 mm Hg.^{1,2}



Hypertension can damage small blood vessels in the brain, affecting parts responsible for thinking and memory.³



Nearly half (48.1%) of U.S. adults have hypertension.¹



Rates of hypertension are higher among non-Hispanic Black older adults, who have twice the risk of developing dementia than White older adults.^{4,5}



High blood pressure among adults aged 45-65 increases the risk of dementia even without having a stroke.⁶



Making positive lifestyle changes such as exercising, eating a healthy diet, not smoking, maintaining a healthy weight, and consuming alcohol in moderation can help prevent and manage high blood pressure.⁴



Preventing, delaying, or managing high blood pressure has the potential for reducing cognitive decline.⁷



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NACDD Web/Address:

chronicdisease.org | 8735 Dunwoody Place, #10962, Atlanta, GA 30350

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