**Facts and Figures**

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**The Facts**

* High blood pressure is a major cause of stroke, heart attack, congestive heart failure, and kidney disease.
* About one-third – 31.2 percent – of Americans have high blood pressure.
* 25% of American adults have prehypertension—blood pressure numbers that are higher than normal, but not yet in the high blood pressure range. Prehypertension raises your risk for high blood pressure.
* High blood pressure was listed as a primary or contributing cause of death for 326,000 Americans in 2006.
* In 2010, high blood pressure will cost the United States $76.6 billion in health care services, medications, and missed days of work.
* More than one in five (22.4%) people with high blood pressure don't know that they have it.

Source: Centers for Disease Control

**According to the Centers for Disease Control, blood pressure levels are:**

**Normal Blood Pressure** systolic: less than 120 mmHg  
diastolic: less than 80mmHg

**At risk (prehypertension)** systolic: 120–139 mmHg  
diastolic: 80–89 mmHg

**High Blood Pressure** systolic: 140 mmHg or higher  
diastolic: 90 mmHg or higher

**One Million Wallet Blood Pressure Tracking Cards**

* American Medical ID designed the convenient wallet tracking cards, and donated one million cards to be used by our nation’s veterans.
* The cards are being distributed through 42 Nurses Organization of Veterans Affairs (NOVA) chapters.
* Additional distribution is through the 250 chapters of Mended Hearts, Inc.
* As reported in the American Heart Association medical journal *Circulation*, and through WebMD, the use of a wallet tracking card can lead to a 4.2 percent reduction in blood pressure.

Veterans wishing to find a NOVA location or a participating Mended Hearts local chapter near them to obtain a blood pressure card can call 602.277.5551 ext. 7333, 214.390.6233 or 713.695.0284.