

**Mayo Clinic Minute: Hypertension and heart disease in the Black community**

Video	Audio
	The statistics are startling. One person dies every 33 seconds from cardiovascular disease in the United States. High cholesterol, obesity, diabetes and hypertension can cause heart problems.
<b>LaPrincess Brewer, M.D.</b> <b>Cardiovascular Medicine</b> <b>Mayo Clinic</b>	"African Americans, unfortunately, have the highest rates of uncontrolled hypertension in the world, which dramatically increases their risk for developing heart disease."
	Dr. LaPrincess Brewer says elevated hypertension rates in the Black community can be attributed to various factors, including chronic stress, systemic racism and socioeconomic issues.
	"That includes food insecurity, housing insecurity, redlining, which really limits certain individuals from receiving opportunities and resources to better their health."
	She says simple lifestyle changes can reduce high blood pressure and heart disease.
	"Eating healthier, getting regular physical activity, getting adequate sleep and minimizing your stress."
	For the Mayo Clinic News Network, I'm Sonya Goins.