Men: It's Time for Your Tune-Up

You keep your car clean and get regular oil changes, even when it's running fine. Are you doing the same for your body?

Start by checking your blood pressure!

Heart disease is the leading cause of death for Black men, and one symptom is high blood pressure. Black Americans are twice as likely to die from heart disease than whites.[1] It's important to know what puts you at risk.

Special Health Risks for Black Men

50% Higher Risk
Black Americans ages 35-64 years are 50% more likely to have high blood pressure than whites.[1]

Racism Can Affect Health
Racial discrimination can contribute to stress and high blood pressure.[3]

Worse Health Outcomes
Black Americans are 50% more likely to have a stroke and 70% more likely to die from it than whites.[2]

These things increase the risk of heart disease:

- Smoking
- High blood pressure
- Diabetes
- Obesity
- Family history of heart disease

Ready to take the wheel?

Check your blood pressure – it's easy and free at many pharmacies and grocery stores. A normal blood pressure is lower than 120 over 80.[4]

Our Florida Blue Center teams can check your blood pressure and help you find care, like a low- or no-cost clinic and other resources. Visit floridablue.com/center or call 1-877-352-5830 to find local events.

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[1] https://www.cdc.gov/vitalsigns/aahealth/index.html

[2] https://www.minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=28&adlt=strict

[3] https://www.heart.org/en/news/2021/04/15/the-link-between-structural-racism-high-blood-pressure-and-black-peoples-health

[4] https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings