More than 28% of the U.S. adult population was diagnosed with high blood pressure, also called hypertension, in 2010. Hypertension is among the most common health problems affecting Americans today. The director of coronary interventions at First Coast Cardiovascular Institute in Jacksonville, Florida, Dr. Sumant Lamba has extensive practical and research experience in cardiovascular conditions and treatments. Here, Dr. Sumant Lamba shares ways to prevent the development of hypertension.

The best way to prevent hypertension is to lead a healthy, active lifestyle. This includes being physically active on a regular basis and eating a healthy diet high in fruits, vegetables, and whole grains. Researchers and physicians recommend that a healthy adult engage in at least 30 minutes of exercise most days of the week. For those who follow these guidelines and still suffer from hypertension, reducing sodium intake may be key. Smoking and alcohol consumption can also contribute to high blood pressure.