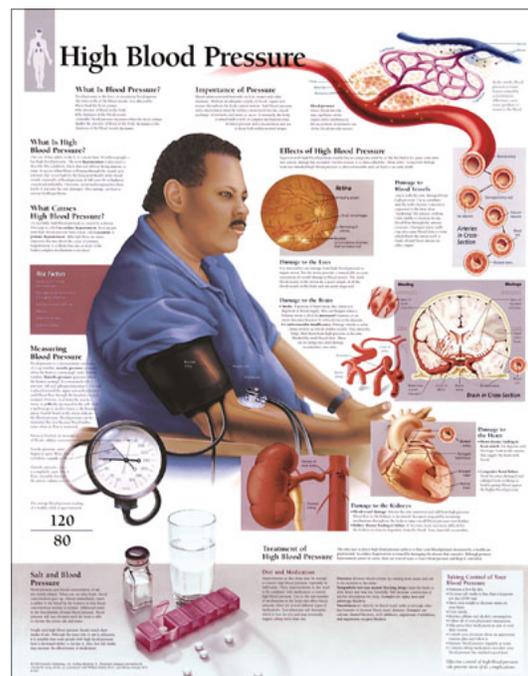


What is Blood Pressure?

Blood pressure is the force of blood pushing against the walls of the arteries. Pressure is highest when the heart muscle beats or squeezes. This is the “top” number. Pressure is lowest when the heart muscle relaxes between beats. This is the “bottom” number.



Your blood pressure is normal, pre-hypertensive or high.

Pre-hypertensive is the range between normal and high. These blood pressures can return to normal with some changes in your daily life. For example, a weight loss of 10 pounds can reduce blood pressure. Adding fruits, vegetables and low-fat dairy products in your diet can help. Getting 30 minutes of physical activity most days can also help to lower blood pressure. These life changes also help blood pressure medications work better.

The best possible blood pressure	Pre-hypertension	High blood pressure or hypertension
<u>120</u> or LOWER 80	<u>120-139</u> 80-89	<u>140</u> or HIGHER 90

What is Blood Pressure?

Did you know?

- 1 in 3 American adults have high blood pressure. That is 72 million adults.
- More than 1 in 4 of those with high blood pressure don't know it.
- 1 billion people worldwide have high blood pressure.
- High blood pressure occurs at every age, even childhood.
- High blood pressure lasts a lifetime.
- If you are African American, your risk of high blood pressure is higher.
- If you are overweight, have a family history or have pre-hypertension, you are more likely to have high blood pressure.
- High blood pressure is known as the "silent killer" because it often has no symptoms.
- Prevention and treatment of high blood pressure include:
 - maintaining a healthy weight
 - eating healthy meals
 - not smoking
 - exercising
 - limiting alcohol

