

To improve your blood pressure . . .

- ◆ **Eat more fruits and vegetables**
- ◆ **Increase physical activity** (such as dancing, walking, yoga)
- ◆ **Limit alcohol:**
 - Women – up to 1 drink per day
 - Men – up to 2 drinks per day
- ◆ **Eat foods lower in sodium**
- ◆ **If you use tobacco, quit**
- ◆ **Be at a healthy weight**
- ◆ **Reduce stress**
- ◆ **Limit caffeine**



Talk to your medical provider

Understand the importance of blood pressure control by asking these questions:

- ◆ Do I have high blood pressure?
- ◆ What medicine(s) do I take that help me manage my blood pressure?
- ◆ Are there free community resources to help me control my blood pressure?
- ◆ How long will it take to see improvement in my blood pressure?
- ◆ How often do I need to check my blood pressure? How do I share my blood pressure measurements with you?

Community resources

- ◆ Visit your local health department.
- ◆ Take classes, such as Zumba, water aerobics and nutrition at your local community parks and recreation centers.
- ◆ Join community organizations, such as walking clubs or the YMCA.
- ◆ Shop at your farmers market for in-season fruits and vegetables.
- ◆ Talk with a nutritionist, dietitian or a health educator referred by your medical provider. This could be covered by your insurance.
- ◆ Community health workers help improve the quality and cultural sensitivity of health and social services. By providing community education, informal counseling and social support, the relationships they have with their communities are built on trust and promote knowledge about personal health. Contact your insurance provider for more information.

Online resources

- **American Heart Association:** www.Heart.org
- **American Diabetes Association:** www.diabetes.org/are-you-at-risk/lower-your-risk
- **Dietary Approaches to Stop Hypertension (D.A.S.H.) Diet:** www.nhlbi.nih.gov/files/docs/public/heart/new_dash.pdf
- **National Heart, Lung and Blood Institute:** www.NHLBI.nih.gov
- **National Kidney Foundation:** www.Kidney.org
- **Washington State Department of Health:** www.doh.wa.gov

Call 211 to find more resources in your community.



What is blood pressure?



Should I talk to my medical provider about it?

What is blood pressure?

Blood pressure is a measure of how hard the blood pushes against the walls of your arteries as it moves through the body.

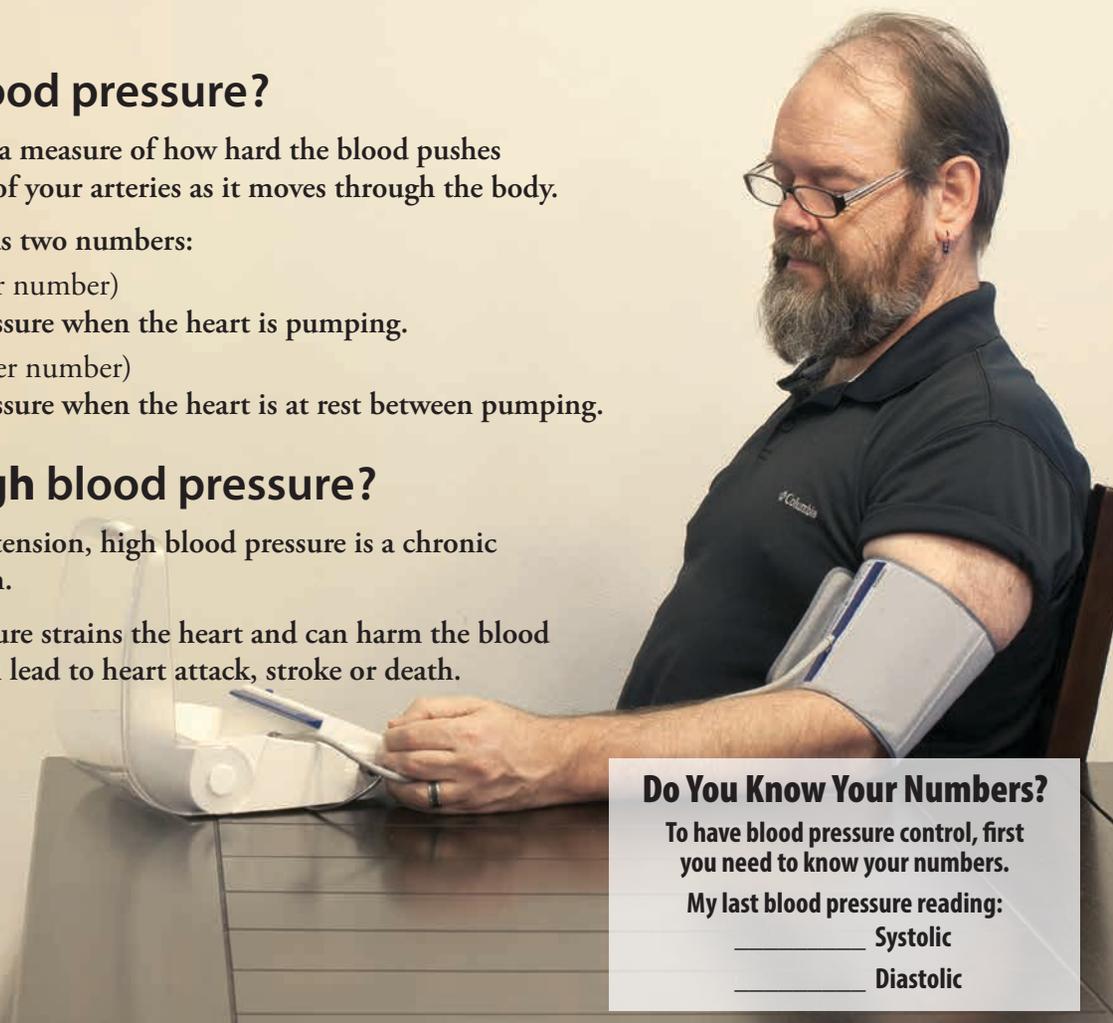
Blood pressure has two numbers:

- ◆ **Systolic** (upper number)
This is the pressure when the heart is pumping.
- ◆ **Diastolic** (lower number)
This is the pressure when the heart is at rest between pumping.

What is high blood pressure?

Also called hypertension, high blood pressure is a chronic medical condition.

High blood pressure strains the heart and can harm the blood vessels, which can lead to heart attack, stroke or death.



Do You Know Your Numbers?

To have blood pressure control, first you need to know your numbers.

My last blood pressure reading:

_____ Systolic

_____ Diastolic

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL Excellent! This is right where it needs to be as a normal blood pressure.	LESS THAN 120	and	LESS THAN 80
ELEVATED This is getting up there. Begin lifestyle changes that keep your blood pressure from developing into or becoming hypertension.	120–129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1 Your blood pressure is high. You need to see your medical provider.	130–139	or	80–89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2 Your blood pressure is very high. Seek medical care now.	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (Emergency Care Needed) Your blood pressure is dangerously high. Call 911 now.	HIGHER THAN 180	and/or	HIGHER THAN 120

Did you know . . .

- ◆ About 1,000 people in the United States die each day because of high blood pressure related causes.
- ◆ High blood pressure can make other chronic diseases worse. It affects the heart, brain, kidneys and eyes.
- ◆ High blood pressure is a major risk factor for heart disease and stroke.
- ◆ Heart disease and stroke combined were the #1 killers of Washingtonians in 2013.

Risk factors for heart disease and stroke

- ◆ High blood pressure
- ◆ Overweight
- ◆ High cholesterol
- ◆ Diabetes
- ◆ Physically inactive
- ◆ Older age:
>55 for males
>65 for females
- ◆ Family history of heart disease

**Lifestyle changes
can help control
your blood pressure.**