

5 Things to Know About Hypertension

Hypertension, also referred to as high blood pressure or HBP, is when blood flowing through your blood vessels has a force or pressure that is regularly too high causing stress to the heart and body.

1 Hypertension Impacts Certain Groups More Than Others

This is partly due to poor diet, medication side effects, and lack of access to preventative care. The likelihood of hypertension is even higher for those who are also managing diabetes. 74% of people with diabetes are also managing hypertension!

2 Silent Killer: Especially for Communities of Color

African Americans and Mexican Americans have high rates of Hypertension compared to White Americans. Symptoms of high blood pressure can be different for different people, so it isn't always obvious when there is a problem. Symptoms might include: headache, shortness of breath, nosebleeds, or irregular heartbeats.

3 Hypertension Can Lead to Dangerous Conditions for Your Heart

Hypertension can lead to health complications that can be life threatening. When your blood pressure is at an unhealthy range, your risk for heart failure, stroke and others conditions are increased.

Heart Failure



Coronary Artery Disease



Stroke



Chronic Kidney Disease



Peripheral Arterial Disease



Vascular Dementia



4 Take Steps to Control Blood Pressure and Reduce Risk for Heart Disease

Blood pressure can be controlled by making changes to your diet like reducing salt intake and adding more healthy food. Exercise and diet changes can also help to manage your weight. If you are a smoker, QUIT!



5 There are Healthy & Unhealthy Blood Pressure Ranges

It is important to know your numbers (values) and where they fall in the range of risk. Taking on this responsibility is a great way to take charge of your heart health and wellness.

What are Healthy Blood Pressure Values?

| Systolic (top number) | Diastolic (bottom number) | Status |
|-----------------------|---------------------------|---|
| Less than 120 | Less than 80 | Normal Range |
| 120 - 129 | Less than 80 | Elevated |
| 130 - 139 | 80-89 | High Blood Pressure: Stage 1 Hypertension |
| 179 - 180 | 90 - 120 | High Blood Pressure: Stage 2 Hypertension |
| Above 180 | Above 120 | Hypertensive Crisis |

Thresholds Health Tracker: Blood Pressure Wellness

Monitoring or tracking your blood pressure regularly is important and SIMPLE.

- ✓ Set your personal health goals with your health care providers based on your age & other health related needs.
- ✓ American Heart Association recommends checking blood pressure using a monitor with a cuff that goes all the way around the upper arm. Sometimes this means needing a different size cuff to get an accurate reading.



Work with your providers to set your own blood pressure goals.



Tracking regularly on your own can help get a better sense of overall heart health.



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My Blood Pressure Now:



My Blood Pressure GOAL:

| Systolic (top number) | Diastolic (bottom number) | Status |
|--------------------------|------------------------------|--------|
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