# HYPERTENSION | HIGH BLOOD PRESSURE

## HYPERTENSION AFFECTS

- **Black**: 55%
- **White**: 46%
- **Asian**: 40%
- **Hispanic**: 37%

Nearly 1 in 2 adults in the US

3 in 4 adults over the age of 65

## HIGH BLOOD PRESSURE INCREASES YOUR RISK FOR

### STROKE
About **8 in 10** adults having their first stroke have high blood pressure.

### HEART ATTACK
About **7 in 10** adults having their first heart attack have high blood pressure.

### HEART FAILURE
About **8 in 10** adults with chronic heart failure have high blood pressure.

## WHAT IS BLOOD PRESSURE?

Blood pressure is the force exerted against arterial walls as the heart pumps blood.

## WHAT IS HIGH BLOOD PRESSURE?

High blood pressure stretches arteries (muscular-walled blood vessels that carry blood away from the heart) beyond a healthy limit.

**How does high blood pressure affect your health?**

Chronic overstretching of arteries has many negative effects: tears and scarring, weak spots that rupture easily, blood clot formation, increased workload on the heart, and plaque build-up.

## BLOOD PRESSURE

<table>
<thead>
<tr>
<th></th>
<th>NORMAL</th>
<th>AT RISK</th>
<th>HIGH</th>
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</thead>
</table>
| **Systolic Blood Pressure**<br>(SBP)<br>Pressure exerted as the heart contracts, during a heart beat | <120 mm Hg | 120 – 129 mm Hg | 130 – 139 mm Hg | ≥ 140 mm Hg<br>
| **Diastolic Blood Pressure**<br>(DBP)<br>Pressure exerted as the heart is at rest, between heart beats | <80 mm Hg<br>Normotensive | <80 mm Hg<br>Prehypertensive | 80 – 89 mm Hg<br>Hypertensive Stage 1 | ≥ 90 mm Hg<br>Hypertensive Stage 2 |
Diet and lifestyle changes can reduce your blood pressure and improve your health.

1. **Adopt the Dietary Approaches to Stop Hypertension (DASH) eating pattern**
   - Eat lots of vegetables, fruit, and whole grains.
   - Enjoy lean protein, low-fat dairy, and nuts.
   - Limit saturated fat, added sugar, and “junk food.”

2. **Increase potassium and decrease sodium**
   - Eat nine servings of fruit and vegetables each day.
   - Consume less than 2,300 mg of sodium/day (equivalent to one teaspoon of table salt).

3. **Supplement with vitamin C**
   - 500 mg/day of supplemental vitamin C.

**HEALTHY EATING**

- **Vegetables**
- **Healthy oils**
- **Fruit**
- **Healthy protein**
- **Whole grains**

**APPORXIMATE REDUCTION IN SYSTOLIC BP**

*with diet and lifestyle changes*¹

<table>
<thead>
<tr>
<th>Lose weight²</th>
<th>DASH³ eating pattern</th>
<th>Daily aerobic exercise</th>
<th>Limit alcohol⁴</th>
<th>Limit sodium⁵</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-4 mm Hg</td>
<td>8-14 mm Hg</td>
<td>4-9 mm Hg</td>
<td>2-4 mm Hg</td>
<td>2-4 mm Hg</td>
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<tr>
<td>3-20 mm Hg</td>
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- **Lowering blood pressure even a small amount can have a big effect**

  ¹Chobanian AV, et al. JAMA 2003; 289:1560-73
  ²10 kg (22 lb) weight loss in overweight/obese adults
  ³Dietary Approaches to Stop Hypertension
  ⁴Maximum one drink/day for women, two drinks/day for men
  ⁵Sodium reduced by approximately 1,200 mg/day

**SOURCES**

- Micronutrient Information Center, lpi.oregonstate.edu/mic/health-disease/high-blood-pressure