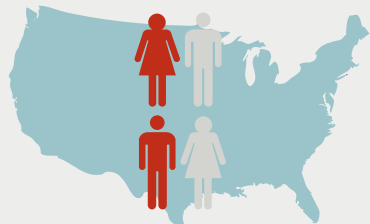


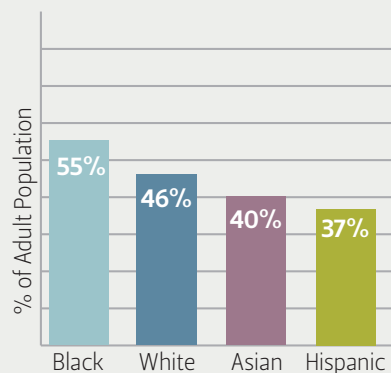
# HIGH BLOOD PRESSURE (Hypertension)

## HIGH BLOOD PRESSURE AFFECTS:

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.



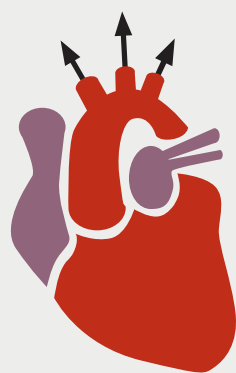
### HEART ATTACK

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

### HEART FAILURE

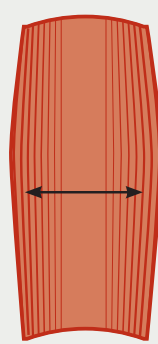
About **7 in 10** adults with chronic heart failure have high blood pressure.

## 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 beyond a healthy limit.

*Arteries are muscular-walled blood vessels that carry blood away from the heart.*

### HOW DOES HIGH BLOOD PRESSURE AFFECT YOUR HEALTH?

Chronic overstretching of arteries has many negative effects:

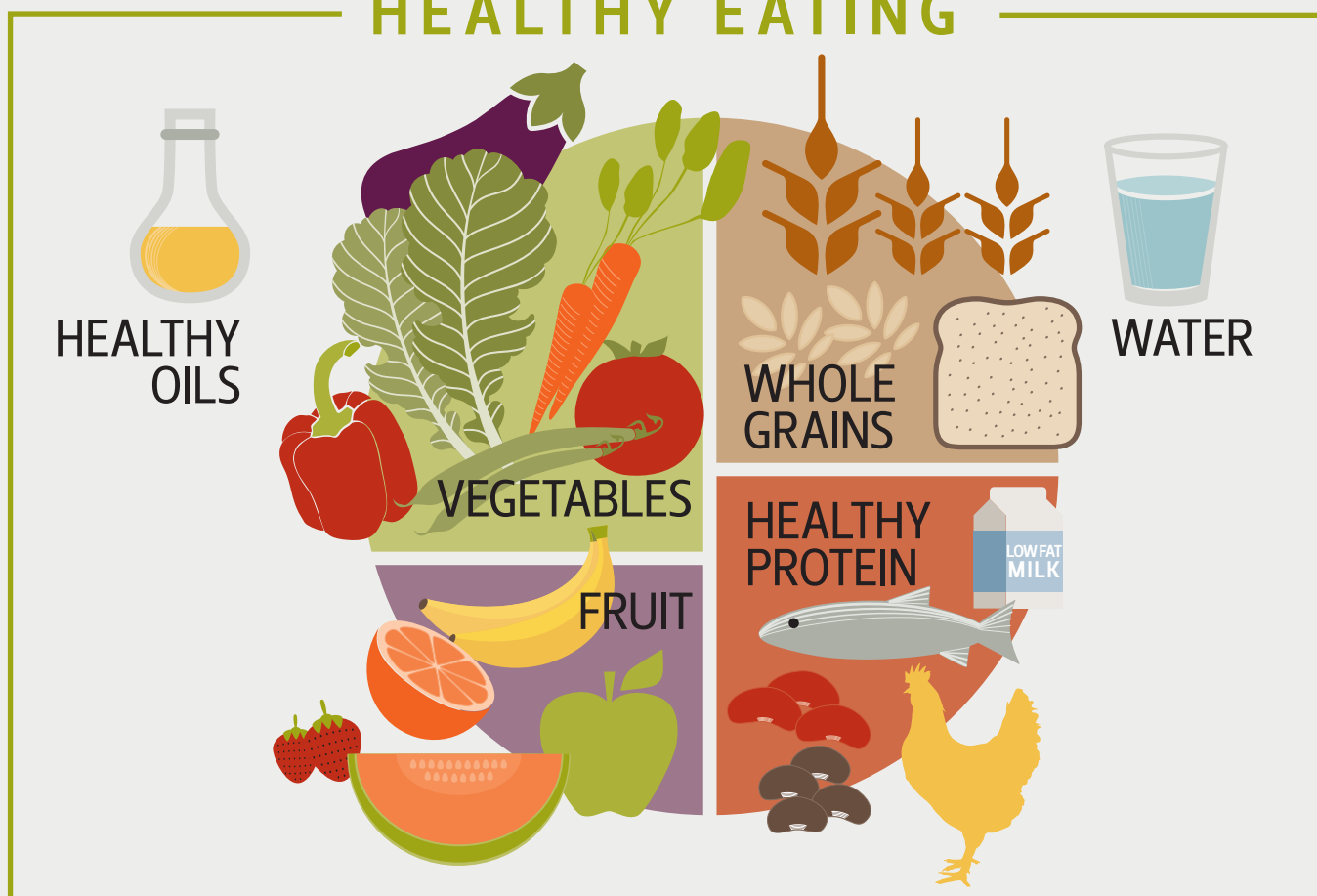
- Tears and scarring
- Weak spots that rupture easily
- Blood clot formation
- Increased workload on the heart
- Plaque build-up

BLOOD PRESSURE	NORMAL	AT RISK	HIGH	
<b>SYSTOLIC BLOOD PRESSURE (SBP)</b> Pressure exerted as the heart contracts, during a heart beat	< 120 mm Hg	120-129 mm Hg	130-139 mm Hg	≥ 140 mm Hg
	AND	AND	OR	OR
<b>DIASTOLIC BLOOD PRESSURE (DBP)</b> Pressure exerted when the heart is at rest, between heart beats	< 80 mm Hg	< 80 mm Hg	80-89 mm Hg	≥ 90 mm Hg
	Normotensive	Prehypertensive	Hypertensive Stage 1	Hypertensive Stage 2

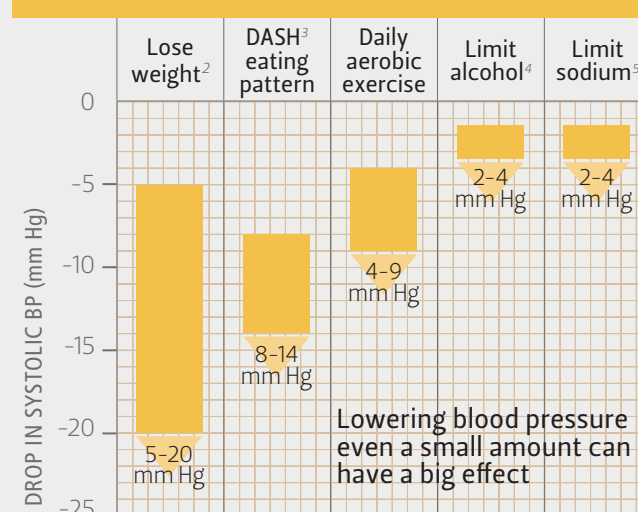
## HOW CAN YOU LOWER YOUR BLOOD PRESSURE?

Diet and lifestyle changes can reduce your blood pressure and improve your health.

## HEALTHY EATING



### APPROXIMATE REDUCTION IN SYSTOLIC BP with diet and lifestyle changes<sup>1</sup>



<sup>1</sup>Chobanian AV, et al. JAMA 2003; 289:1560-73

<sup>2</sup>10 kg (22 lb) weight loss in overweight/obese adults

<sup>3</sup>Dietary Approaches to Stop Hypertension

<sup>4</sup>Maximum one drink/day for women, two drinks/day for men

<sup>5</sup>Sodium reduced by approximately 1,200 mg/day

**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.



## SOURCES

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- Mozaffarian D, Benjamin EJ, Go AS, et al., *Executive Summary: Heart Disease and Stroke Statistics — 2016 Update*. A Report from the American Heart Association. *Circulation*. 2016; 133:447-454
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- National Heart, Lung, and Blood Institute, Description of the DASH Eating Plan, [www.nhlbi.nih.gov/health/health-topics/topics/dash](http://www.nhlbi.nih.gov/health/health-topics/topics/dash)