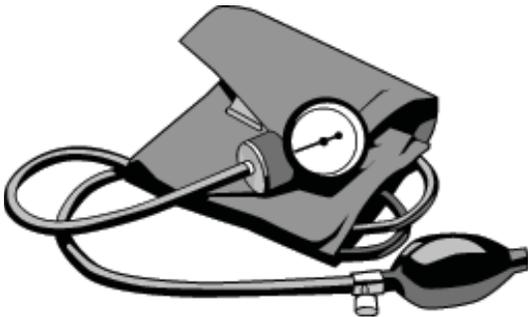


The Facts about... High Blood Pressure

Frequently Asked Questions

What is blood pressure?

Blood pressure is the force of the blood pushing against the walls of the arteries. Your blood pressure is highest when the heart contracts (while it is pumping blood). This is called systolic pressure. When the heart is at rest (between beats) your blood pressure is lower. This is called diastolic pressure. Blood pressure is always given in these two numbers, using millimeters of mercury as the method of measurement. Systolic and diastolic pressure are equally important. The systolic measurement is on top, and the diastolic is on the bottom (e.g. 120/80 mmHg).



What is high blood pressure or hypertension?

Blood pressure changes during the day. It's lowest when you sleep and rises when you get up. Most of the time it stays about the same or within a range. If your blood pressure rises and stays above the recommended levels, you may have high blood pressure.

Blood Pressure Categories for Adults 18 and Older		
Category	Systolic	Diastolic
Optimal	less than 120	less than 80
Prehypertension	120- 139	80-89
Stage 1 hypertension	140-159	90-99
Stage 2 hypertension	greater than 160	greater than 100

What causes high blood pressure?

The causes of high blood pressure vary. Causes may include narrowing of the arteries, a greater than normal volume of blood, or the heart beating faster or more forcefully than it should. High blood pressure might also be caused by another medical problem. Most of the time, the cause is not known. Although high blood pressure usually cannot be cured, in most cases it can be prevented and controlled. You cannot tell if you have high blood pressure, because there are no symptoms. The only way to find out is to get it measured by a health professional.

Who can develop high blood pressure?

High blood pressure is common. About 65 million American adults, nearly one in three, have high blood pressure. It is very common in African Americans, who may get it earlier in life and more often than whites. Many Americans tend to develop high blood pressure as they get older but this is not a part of healthy aging. Middle-aged Americans face a 90% chance of developing high blood pressure during their lives. Others at risk for developing high blood pressure are the overweight, those with a family history of high blood pressure, and those with prehypertension (120-139/80-89 mmHg).

What can I do to help control my blood pressure?

1. **Be physically active.** Physical activity helps lower high blood pressure. New physical activity guidelines call for 150 minutes of moderate-intensity physical activity in a week. “Aerobic” activity is best for conditioning your heart and lungs. Examples include brisk walking, swimming, bicycling, and running.
2. **Maintain a healthy weight.** Losing extra pounds is very important in reducing high blood pressure. Losing as few as ten pounds can reduce blood pressure in many overweight people. It also enhances the blood pressure lowering effect of medication and helps reduce other risk factors associated with heart disease such as diabetes.
3. **Choose foods low in sodium.** Some people can reduce their blood pressure by cutting back on sodium or salt. Sodium occurs naturally in foods. It is also added to food during processing, cooking, or at the table. Avoid canned or processed foods.
4. **Limit alcohol.** Drinking too much can raise blood pressure. Too much means more than two drinks of beer, wine, or liquor per day.
5. **Follow the DASH Diet** or Dietary Approaches to stop Hypertension. Studies show people with high blood pressure who follow the DASH Diet show a reduction in blood pressure. DASH focuses on increasing servings of fruits, vegetables, and lowfat dairy products, while decreasing sodium and saturated fat. DASH is rich in magnesium (found in nuts, soybeans, seafood, and whole grains), potassium (found in avocados, sweet potatoes, spinach, oranges, and bananas), and calcium (found in yogurt, milk, cheese, and almonds), as well as protein and fiber.



What are the effects of high blood pressure?

High blood pressure causes the heart to work harder, putting you at increased risk for stroke, heart attack, and kidney problems. Anyone can develop high blood pressure regardless of race, age or gender. It is estimated that one in every four American adults has high blood pressure. Once high blood pressure develops, it usually lasts a lifetime. You can prevent and control high blood pressure by taking action.

DASH eating plan based on 1600 calories daily:

- Vegetables 3-4 servings
- Fruits 4 servings
- Whole grains and grain products 6 servings
- Lowfat or fat free dairy foods 2-3 servings
- Meats, poultry, and fish 1-2 servings
- Nuts, seeds, and dry beans 3 per servings week
- Fats and oils 2 servings
- Sweets 2 servings per week



Web sites for DASH information:

www.hearthishighway.org

www.nhlbi.nih.gov/health/public/heart/nbp/dash



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