

# Other Factors to Consider When Taking a Blood Pressure

The following is a list of other factors that can influence blood pressure. Each of these factors can have a significant affect on your blood pressure reading.

## **Talking**

Can increase blood pressure 17/13 mmHg

## **Cold Exposure**

Can increase blood pressure 11/8 mmHg

## **Bowel/Bladder Distention**

Can increase blood pressure 27/22 mmHg

## **Caffeine**

Can increase blood pressure 10/7 mmHg

## **Physical Activity**

Can decrease blood pressure 5-11/4-8 mmHg

**Diet, antihistamines and other medications, recent exposure to high altitude, time since last meal and stress should Also be considered.**



**HEART DISEASE &  
STROKE PREVENTION PROGRAM**  
UTAH DEPARTMENT OF HEALTH