



# High Blood Pressure

## WHAT IS HIGH BLOOD PRESSURE?

- Blood pressure is the amount of resistance it takes for your heart to pump blood through your arteries. The more blood your heart pumps and the narrower your arteries, the higher your blood pressure.
- High blood pressure (hypertension) usually has no symptoms and is often called the “silent killer.”
- Nearly one in three American adults has high blood pressure.
- Uncontrolled high blood pressure is dangerous and can lead to stroke, heart failure, heart attack, kidney failure, and blindness.

## HOW DO I PREVENT MYSELF FROM GETTING HIGH BLOOD PRESSURE?

- Maintain a healthy weight
- Follow a healthy eating plan, which includes fruits and vegetables at every meal and snack-time
- Reduce sodium (salt) in your diet
- Quit smoking
- Reduce alcohol consumption
- Enjoy regular physical activity

## WHAT ARE THE SYMPTOMS OF HIGH BLOOD PRESSURE?

People with high blood pressure usually do not feel sick or have any symptoms that something is wrong. Uncontrolled high blood pressure increases your risk of serious health problems, including heart attack and stroke. That is why it is important to check your blood pressure on a regular basis to make sure that your blood pressure is in a healthy range.

## WHAT IS A HEALTHY BLOOD PRESSURE?

	Systolic (mmHg)		Diastolic (mmHg)
Normal	less than 120	and	less than 80
Pre-hypertension	120-139	or	80-89
Stage 1 Hypertension	140-159	or	90-99

*This information was adapted from guidelines developed by the American Heart Association. For more information about high blood pressure, visit [www.americanheart.org](http://www.americanheart.org).*

Information provided on high blood pressure is for general knowledge only and is not intended to provide personal medical advice or substitute for the advice of your physician. Always consult with your physician or healthcare provider if you think you may have high blood pressure.

For more information about fruits, vegetables, and physical activity, visit us at [www.cachampionsforchange.net](http://www.cachampionsforchange.net) or call 1-888-328-3483. Funded by the USDA's Food Stamp Program, an equal opportunity provider and employer.

*Take Action!* High Blood Pressure