

# Tips and Resources

# High Blood Pressure



## What is high blood pressure?

High blood pressure (also referred to as HBP, or hypertension) is when your blood pressure, the force of blood flowing through your blood vessels, is consistently too high.

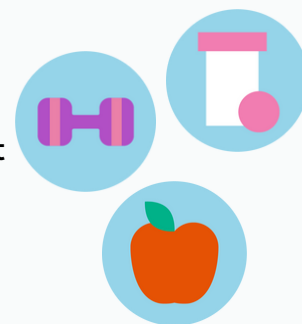
If you have high blood pressure, you are not alone. Nearly half of American adults have high blood pressure. (Many don't even know they have it.)

The best way to know if you have high blood pressure it is to have your blood pressure checked and know what it means!

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and/or	DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 - 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 - 139	or	80 - 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

## Make changes that matter:

- Eat a well-balanced diet that's low in salt, limit alcohol
- Enjoy regular physical activity and maintain a healthy weight
- Manage stress
- Quit smoking
- Take your medications properly and work together with your doctor



## Managing blood pressure is a lifelong commitment

For more information visit: [heart.org](http://heart.org)