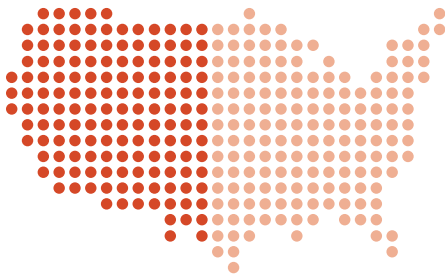


# GET THE FACTS: HIGH BLOOD PRESSURE

Blood pressure is a measure of how hard your blood pushes against your arteries as it moves through your body.

## 45.6%

of American adults will have stage 1 or stage 2 hypertension.



### WARNING!

Over time elevated or high blood pressure weakens your heart, blood vessels and kidneys, and makes a stroke or heart attack much more likely.



### Fitness

Regular physical activity — about 30 minutes most days of the week — can lower your blood pressure by about 5 to 8 mm Hg if you have high blood pressure.

### Waistline measurement matters

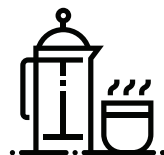
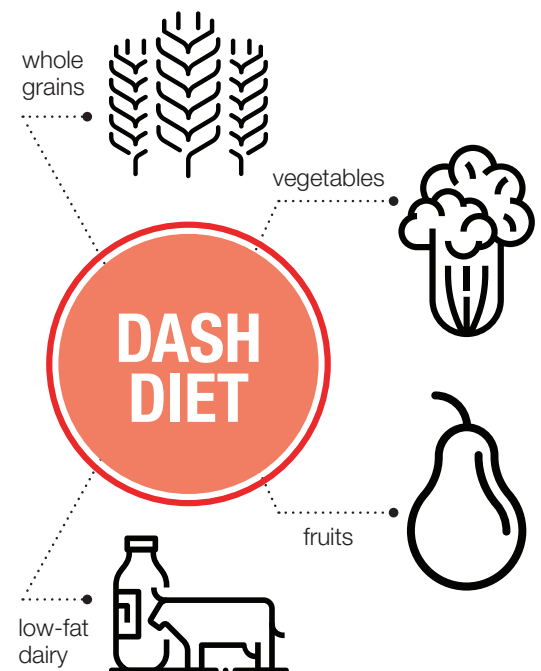
**Men** are at risk if waist is > 40 inches  
**Women** are at risk if waist > 35 inches

**Normal**  
**Elevated**  
**High blood pressure, stage 1**  
**High blood pressure, stage 2**

Systolic	and	Diastolic
Less than 120		Less than 80
120–129	and	Less than 80
130–139	and	80–89
140 or above	and	90 or above

## LIFESTYLE CHANGES

Follow the **Dietary Approaches to Stop Hypertension (DASH)** diet which includes whole grains, fruits, vegetables and low-fat dairy products and skimps on saturated fat and cholesterol to lower your blood pressure by up to 11 mm Hg if you have high blood pressure.



### Caffeine Sensitive

Check your pressure within 30 minutes of drinking a caffeinated beverage. If your blood pressure increases by 5 to 10 mm Hg, you may want to reduce or eliminate caffeine in your diet.



### Alcohol

By drinking alcohol only in moderation — generally one drink a day for women, or two a day for men — you can potentially lower your blood pressure by about 4 mm Hg. One drink equals 12 ounces of beer, five ounces of wine or 1.5 ounces of 80-proof liquor.



### Sodium

In general, limit sodium to 2,300 milligrams (mg) a day or less. However, a lower sodium intake — 1,500 mg a day or less — is ideal for most adults.