4 Things You Better Know About Your Blood Pressure

1. Facts About High Blood Pressure
   - Percentage of Americans with Hypertension:
     - 7% - 10-19 years
     - 32% - 40-59 years
     - 35% - 60+ years
   - 30% Virginians Have Hypertension
   - Over 1.9 million individuals
   - 1 in 3 Americans are living with HBP today
   - Of the nearly 80M adults with HBP close to HALF are not controlled
   - 1,000 deaths a year

2. What is High Blood Pressure?
   - High Blood Pressure (Hypertension) Stage 1: 140 - 159 or 80 - 90
   - The top number (systolic) matters most; it measures the force of the heart beats, pumping blood throughout the body.
   - The bottom number (diastolic) blood pressure, measures the pressure in your blood vessels when your heart rests between beats.
   - When pressure increases, it can damage your kidneys, eyes, brain, even the lining of blood vessels and cause a stroke or heart attack.
   - Ask Your Doctor What Number is Right For You.

3. What Increases Blood Pressure?
   - Age: Over 55 years old, upper number increases starting at age 60.
   - Weight: Loose the Pounds. Dropping just 11 pounds can shave off more than 4 points.
   - Stress: Learn Ways to Relax. Blood pressure spikes just because you're having it measured.

4. Control Your Blood Pressure
   - Better BP Control: Reduces Risk of Illness
   - Three Steps To Lowering Your Blood Pressure:
     - Monitor Your Blood Pressure:
       - Top Number: less than 120 mmHg
       - Bottom Number: less than 80mmHg
     - Eat Healthy:
       - Eat a variety of natural foods with reasonable portions.
     - Manage Stress:
       - Find ways to calm your thoughts by practicing slow breathing or meditating.

American Heart Association - heart.org/bloodpressure
https://aarp.org
CDC.gov/bloodpressure

VDHLiveWell.com