1. **Facts About High Blood Pressure**

- Percentage of Americans with Hypertension:
  - 7% - 18-39 years
  - 32% - 40-59 years
  - 65% - 60+ years

- Of the nearly 80M adults with HBP close to HALF are not controlled.

2. **What is High Blood Pressure?**

- **140/90**
  - High Blood Pressure (Hypertension) Stage 1
  - 140-159 or 90-99

- The top number (systolic) matters most; it measures the force at the moment 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**
  - 55+ Years Old:
    - The upper number increases starting at age 40.

- **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 80 mmHg

- **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.