

Hypertension

Also known as high blood pressure and the "silent killer"



In North Dakota 29.7% of adults have been told they have high blood pressure



1 in every 3 adults have high blood pressure



1 in every 5 adults with high blood pressure still don't know they have it



\$46 billion is spent on high blood pressure every year

Keep your blood pressure in check:



Know Your Number

Have your blood pressure checked by a healthcare professional



Eat Healthier

Include more fruits and vegetables throughout the day and strive for 5 or more

Read food labels and limit sodium intake to:

<2,300 mg/day (adults with normal BP)

<1,500 mg/day (adults with high BP)



Be Active and Maintain Healthy Weight

Physical activity helps manage BP, maintain weight, and reduce stress

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	< 120	and	< 80
Prehypertension	120 – 139	or	80-89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90-99
High Blood Pressure (Hypertension) Stage 2	160 or >	or	100 or >
Hypertensive Crisis (Emergency care needed)	> 180	or	> 110

American Heart Association's (AHA) recommendations for healthy blood pressure (BP)



Quit Smoking and Reduce Alcohol Consumption

Smoking temporarily increases blood pressure for minutes after each cigarette

Limit alcohol intake to no more than:

1 drink/day for women

2 drinks/day for men