



High Blood Pressure

High blood pressure, also known as **hypertension**, is when the force of blood flowing through your vessels continues to be too high. If left uncontrolled, over time it can lead to kidney damage, heart attack, or stroke.

Prevention/Management

- Physical activity
 - Walking/running
 - Chores around the house
- No smoking
- Eating a healthy diet
 - limiting salt and sugar
 - Reading nutrition label
- Keep up with appointments



Blood Pressure Levels

- **Normal:** below 120/80
- **Normal (60 years or older):** 130/90
- **Elevated:** 120-129/80
- **Hypertensive crisis:** above 180/120
 - **Call 911/emergency medical services**

Tips for Accurate Device Read

- Do not eat/drink, take medication, or exercise before taking a reading
- Avoid caffeine, tobacco, and alcohol before taking a reading
- Sit quietly before and during
- Place cuff on bare skin or thin clothing
- Legs uncrossed and feet on floor
- Do a repeat reading after 1 to 3 minutes

