



# June:

## High Blood Pressure Education Month

### What is high blood pressure?

Blood pressure is the force of blood against your artery walls as it circulates through your body. Blood pressure normally rises and falls throughout the day, but it can cause health problems if it stays high for a long time. High blood pressure can lead to heart disease and stroke—leading causes of death in the United States.<sup>1</sup>

### Are you at risk?

One in three American adults has high blood pressure—that's an estimated 67 million people.<sup>2</sup> Anyone, including children, can develop it.

Several factors that are beyond your control can increase your risk for high blood pressure. These include your age, sex, and race or ethnicity. But you can work to reduce your risk by eating a healthy diet, maintaining a healthy weight, not smoking, and being physically active.

### What blood pressure levels are healthy?

BLOOD PRESSURE CHART			
Blood Pressure Category	Systolic mm Hg (upper number)		Diastolic mm HG (lower number)
Low Blood Pressure (Hypotension)	less than 90	and	less than 60
Normal	90 to 120	and	60 to 80
Prehypertension	120 to 139	and	80 to 89
High Blood Pressure (Hypertension Stage 1)	140 to 159	and	90 to 99
High Blood Pressure (Hypertension Stage 2)	160 or higher	and	100 or higher
High Blood Pressure Crisis (Seek Emergency Care)	180 or higher	and	110 or higher

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### Can high blood pressure be prevented?

You can take several steps to maintain normal blood pressure levels:

- Get your blood pressure checked regularly.
- Eat a healthy diet. Tips on reducing saturated fat in your diet are available on the Web site for CDC's Division of Nutrition, Physical Activity, and Obesity. <http://www.cdc.gov/nutrition/everyone/basics/fat/saturatedfat.html>
- Maintain a healthy weight. CDC's Healthy Weight Web site includes information and tools to help you lose weight. <http://www.cdc.gov/healthyweight/index.html>
- Be physically active. Visit CDC's Physical Activity Web site for more information on being active. <http://www.cdc.gov/physicalactivity/index.html>
- Limit alcohol use. See CDC's Alcohol and Public Health Web site for more information. <http://www.cdc.gov/alcohol>
- Don't smoke. CDC's Office on Smoking and Health Web site has information on quitting smoking. <http://www.cdc.gov/tobacco>

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