

WHAT YOU NEED TO KNOW ABOUT HIGH BLOOD PRESSURE (HYPERTENSION)

1 IN 4 NEW YORKERS HAS HIGH BLOOD PRESSURE



Blacks, Latinos, and people 65 years or older are more likely to have high blood pressure.



If uncontrolled, high blood pressure can lead to **stroke, heart disease, kidney failure,** and other serious conditions.

KNOW YOUR NUMBERS

A blood pressure reading has two numbers.

Systolic blood pressure (top): **120**

Diastolic blood pressure (bottom): **80**

There are often no symptoms.

Check your blood pressure regularly at your pharmacy or doctor's office.

Normal Blood Pressure	<u>Less than 120</u> Less than 80
Elevated Blood Pressure	<u>120-129</u> Less than 80
Hypertension – Stage 1	<u>130-139</u> 80-89
Hypertension – Stage 2	<u>140 or higher</u> 90 or higher

REDUCE YOUR RISK



Maintain a healthy weight

Eat a heart-healthy diet

Exercise regularly

Avoid high-salt, processed foods

Limit alcohol consumption

Quit smoking