

Low sodium  
diet

# High blood pressure

risk of  
strokes

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Hypertension (high blood pressure or hbp) is when your blood pressure (the force of blood flowing through your vessels) is consistently too high.

## How to Take Blood Pressure at Home:

1. Stay still.
2. Sit correctly (uncross legs, place your feet flat on the floor, sit upright straight, place your arm on a flat surface).
3. Measure at the same time every day.
4. Take your blood pressure multiple times and record the results.
5. Do not take the measurements over your clothing.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and/or	DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER

## Ways To Prevent Hypertension:

1. Eat a healthy diet (limit salt intake, eat fruits, veggies, whole grains, and/or lean meats).
2. Exercise regularly (at least 30 minutes a day).
3. Limit alcohol use.
4. Do not smoke.
5. Manage stress in healthy ways.

