

## What does my blood pressure reading mean?



| Blood Pressure Rating                       | Systolic (mm Hg) | Diastolic (mm Hg) |
|---|------------------|-------------------|
| Normal                                      | < 120            | & < 80            |
| Elevated                                    | 120 - 129        | & < 80            |
| High Blood Pressure (Hypertension) Stage 1  | 130 - 139        | or 80 - 89        |
| High Blood Pressure (Hypertension) Stage 2  | 140+             | or 90+            |
| Hypertensive Crisis (Emergency Care Needed) | 180+             | &/or 120+         |

**Note:** A diagnosis of high blood pressure must be confirmed with a medical professional. A doctor should also evaluate any unusually low blood pressure readings. Additionally, lower targets may be appropriate for some populations such as African-American adults, the elderly, or patients with underlying issues such as diabetes mellitus or chronic kidney disease (from: <http://www.heart.org>).

- The average resting heart rate is 60-100 beats per minute.
- If you are not exercising and your heart rate is above 100 beats per minute, it may be considered tachycardia (a heart rhythm disorder) and you should get checked by your physician if this occurs frequently.



## Are High Blood Pressure and Diabetes related?

- 2 in 3 people with diabetes report having high blood pressure or taking prescription medication for high blood pressure  
*(American Diabetes Association/CDC)*
- Individuals with high blood pressure are almost 2½ times more likely to develop diabetes than those with normal blood pressure

The Diabetes Prevention Program showed that people can delay and possibly prevent diabetes by losing a small amount of weight (5 to 7 lbs.), getting 30 minutes of physical activity 5 days a week, and eating healthier. (<http://www.cdcfoundation.org/>)

## Simple ways to reduce High Blood Pressure



Eat whole grains and try using herbs to season food, instead of salt.



Limit alcohol consumption.



Lose weight or take steps to prevent weight gain.



If you smoke or use other nicotine-based products, get help to quit. **Call 1-800-QUITNOW.**



Ask your physician about medications to lower your blood pressure.

If you need immediate assistance please contact your nearest emergency room or call 911

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