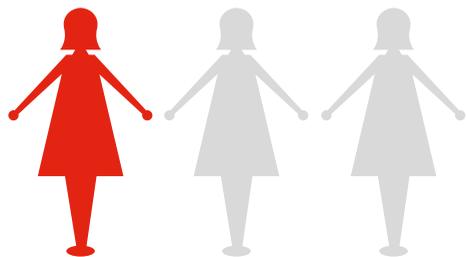


HIGH BLOOD PRESSURE

Blood pressure is the force of blood against the walls of arteries. High blood pressure (hypertension) increases your chance of heart disease, and is dangerous because it often has no symptoms. Prevent high blood pressure by reducing sodium (salt) intake, being active, and keeping a healthy weight.



NEARLY 1 IN 3
AMERICAN WOMEN HAS
HIGH BLOOD PRESSURE.

Sources

- National Center for Health Statistics. (2007-2010). *National Health and Nutrition Examination Survey*.
- Centers for Disease Control and Prevention. (2011). Vital signs: prevalence, treatment, and control of hypertension, 1999-2002 and 2005-2008. *MMWR: Morbidity & Mortality Weekly Report*, 60(4), 103-108.
- National Heart, Lung, and Blood Institute, National High Blood Pressure Education Program. (2004). *The seventh report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure*.

CATEGORY	BLOOD PRESSURE LEVEL (mmHg)	
	SYSTOLIC	DIASTOLIC
NORMAL	less than 120 and	less than 80
PREHYPERTENSION	120-139 or	80-89
STAGE 1 HYPERTENSION	140-159 or	90-99
STAGE 2 HYPERTENSION	160 or higher	100 or higher



CONSUME LESS THAN 1 TEASPOON (2,300 MG)
OF SODIUM A DAY, INCLUDING
SODIUM FOUND IN PACKAGED OR
PREPARED FOODS.

HeartTruth.gov

