

# WHAT IS HYPERTENSION?

Blood pressure is the force of your blood moving against the walls of your arteries.



Trillium  
HEALTH RESOURCES



## KNOW YOUR NUMBERS\*

Blood Pressure Category	Systolic mm Hg (upper number)		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	80-90
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (consult your doctor immediately)	Higher than 180	and/or	Higher than 120

IF BLOOD PRESSURE GETS TOO HIGH, IT IS CALLED "HYPERTENSION." IT'S EXPRESSED IN TWO NUMBERS.

## TOP NUMBER

### Systolic

The pressure or force in the arteries when the heart beats

## BOTTOM NUMBER

### Diastolic

The pressure measured between heartbeats

## LIFESTYLE CHANGES THAT LOWER BLOOD PRESSURE

- Get regular physical activity
- Focus on nutrition and choose more vegetables
- Don't add salt to foods and eat less canned or prepacked foods
- Limit alcoholic beverages
- Lose weight if you are overweight
- Don't smoke cigarettes or other harmful substances
- Meditation and rest can help lower blood pressure

## SOURCES:

CENTERS FOR DISEASE CONTROL AND PREVENTION. (2021, MAY 18). HIGH BLOOD PRESSURE. RETRIEVED MARCH 16, 2022, FROM QR



\*AMERICAN HEART ASSOCIATION [HEART.ORG/BPLEVELS](https://www.heart.org/bplevels)

## CAUTION

OVER TIME ELEVATED OR HIGH BLOOD PRESSURE WEAKENS YOUR HEART, BLOOD VESSELS, AND KIDNEYS, MAKING STROKE OR HEART ATTACK MUCH MORE LIKELY.