

# Be in the K.N.O.W. about **high blood pressure**

Blood pressure is the pressure of blood pushing against the walls of your arteries. Arteries carry blood from your heart to other parts of your body.

## Know your blood pressure numbers:

|                                 |                     |
|---------------------------------|---------------------|
| Normal blood pressure           | Less than 120/80    |
| At risk for high blood pressure | Greater than 120/80 |
| High blood pressure             | 140/90 or above     |



## Why you need to measure your blood pressure:

Measuring your blood pressure is the only way to know whether you have high blood pressure. High blood pressure usually has no warning signs or symptoms, and many people do not know they have it.

## Things that contribute to high blood pressure:

- 1 A diet high in saturated fat
- 2 Eating too much salt (foods and table salt)
- 3 Overweight and obesity
- 4 Little to no exercise
- 5 Drinking alcohol
- 6 Family history high blood pressure
- 7 Being over 65 years of age
- 8 Having more than one medical condition, like diabetes



## Did you know?

In 2022, high blood pressure was the **main or one of the main causes** of the 685,875 deaths in the United States.

**Nearly half of adults** have high blood pressure.

**Black people develop high blood pressure more often**

than white people, Hispanics, Asian, Pacific Islanders, American Indians, or Alaska Natives do.

**More men** than women tend to have high blood pressure.

## How to manage high blood pressure:

- 1 Lose weight
- 2 Eat healthy
- 3 Increase fruit and vegetables
- 4 Limit salt and fat intake
- 5 Exercise regularly
- 6 Do not smoke or vape
- 7 Limit alcohol
- 8 Take all medications, as prescribed

Source: CDC

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