The Role of Food and Your Health: Blood Pressure
These slides were created by the Kentucky Inclusive Health Collaborative at the University of Kentucky Human Development Institute in collaboration with Aramark and the American Heart Association as part of the Healthy for Life® Initiative.
Agenda

• Introduction
• Blood Pressure
• Health Care Discussion
• Goal Setting
Learning Objectives

• Meet with a health professional to obtain a personal blood pressure reading.
• Understand how food affects your blood pressure.
• Describe what causes high blood pressure.
• Identify at least two strategies for controlling blood pressure.
Ice Breaker
BLOOD PRESSURE MONITOR

- SYSTOLIC UPPER NUMBER
- DIASTOLIC LOWER NUMBER
Blood Pressure

How does blood pressure work?
• Heart pumps blood through blood vessels
• Blood pushes against vessel walls
  - This pushing is your blood pressure

What is blood pressure?
• Blood pressure moves blood throughout our bodies
• Provides organs and tissues needed oxygen
Blood Pressure

Arteries vs Veins

• Arteries move blood away from heart
• Elastic and can stretch
• Veins move blood back towards heart
Blood Pressure Numbers

Blood Pressure is measured by 2 numbers

**Systolic** Pressure
- Top number
- Measures pressure in arteries when blood is **pumping**

**Diastolic** Pressure
- Bottom number
- Measures pressure in arteries when heart is at **rest**
# Blood Pressure Chart

<table>
<thead>
<tr>
<th>BLOOD PRESSURE CATEGORY</th>
<th>SYSTOLIC mm Hg (upper number)</th>
<th>DIASTOLIC mm Hg (lower number)</th>
</tr>
</thead>
<tbody>
<tr>
<td>NORMAL</td>
<td>LESS THAN 120</td>
<td>LESS THAN 80</td>
</tr>
<tr>
<td>ELEVATED</td>
<td>120 - 129</td>
<td>LESS THAN 80</td>
</tr>
<tr>
<td>HIGH BLOOD PRESSURE</td>
<td>130 - 139</td>
<td>80 - 89</td>
</tr>
<tr>
<td>(HYPERTENSION) STAGE 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HIGH BLOOD PRESSURE</td>
<td>140 OR HIGHER</td>
<td>90 OR HIGHER</td>
</tr>
<tr>
<td>(HYPERTENSION) STAGE 2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HYPERTENSION CRISIS</td>
<td>HIGHER THAN 180</td>
<td>HIGHER THAN 120</td>
</tr>
</tbody>
</table>

Two numbers are recorded when measuring your blood pressure. The top, or upper, number (called systolic pressure) measures the pressure in your arteries when your heart beats. The bottom, or lower, number (called diastolic pressure) measures the pressure while your heart rests between beats. Blood pressure is measured in millimeters of mercury (mm Hg).

The five blood pressure ranges as recognized by the American Heart Association are:

- **Normal**
  - Blood pressure numbers of less than 120/80 mm Hg are considered within the normal range. If your results fall in this category, stick with heart-healthy habits like following a balanced diet and getting regular exercise.

- **Elevated**
  - Elevated blood pressure readings consistently range from 120-129 systolic and less than 80 mm Hg diastolic. People with elevated blood pressure are likely to develop high blood pressure unless steps are taken to control the condition.

- **Hypertension Stage 1**
  - Blood pressure consistently ranges from 130-139 systolic or 80-89 mm Hg diastolic. Health care providers are likely to prescribe lifestyle changes and may consider adding blood pressure medication based on your risk of atherosclerotic cardiovascular disease (ASCVD), such as heart attack or stroke.

- **Hypertension Stage 2**
  - Blood pressure consistently ranges at 140 systolic or 90 mm Hg diastolic or higher. Health care providers are likely to prescribe blood pressure medications and lifestyle changes.

- **Hypertensive Crisis**
  - This stage requires medical attention. If your blood pressure readings suddenly exceed 160/120 mm Hg, wait five minutes and then test again. If your readings are still unusually high, contact your health care provider immediately.
## Blood Pressure Range

<table>
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<th>DIASTOLIC mm Hg (lower number)</th>
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<tr>
<td>NORMAL</td>
<td>LESS THAN 120</td>
<td>and</td>
</tr>
<tr>
<td>ELEVATED</td>
<td>120-129</td>
<td>and</td>
</tr>
<tr>
<td>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1</td>
<td>130-139</td>
<td>or</td>
</tr>
<tr>
<td>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2</td>
<td>140 OR HIGHER</td>
<td>or</td>
</tr>
<tr>
<td>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 3</td>
<td>HIGHER THAN 180</td>
<td>and/or</td>
</tr>
</tbody>
</table>
High Blood Pressure (Hypertension)

• Doesn't always have a cause or symptoms
• "Silent killer"
Risk Factors

- Poor diet
- No physical activity
- Smoking
- Stress
- Drinking too much alcohol

Key:
- ○ out of our control
- □ in our control

Factors:
- Family history
- Age
- Gender
- Race
What Happens?

• Makes our hearts work harder
• Damages inner lining of arteries
• May increase risk of heart disease
Healthy Blood Pressure: 2 Tips

1. Heart **healthy diet** includes:
   - Fruits
   - Vegetables
   - Whole grains
   - Lean meat

2. Limit sodium
Sodium

• Most comes from eating packaged and prepared foods
• Limiting sodium keeps blood pressure in check
Popular High Sodium Foods

Bread and rolls
  • Check nutrition labels for lowest sodium

Pizza
  • Add veggie toppings

Sandwiches
  • Eat half or add a side salad
Popular High Sodium Foods

Cold cuts and cured meats
  • Look for brands with lower sodium

Soup
  • Check nutrition labels for lowest sodium

Burritos and tacos
  • Make your own taco seasoning:
    - Half a teaspoon of cumin, oregano, chili powder, garlic powder
Health Care Discussion

Learn About Your Blood Pressure
**HOW TO MANAGE BLOOD PRESSURE**

**1. UNDERSTAND READINGS**

The first step to managing blood pressure is to understand what the levels mean and what is considered normal, elevated, high blood pressure (hypertension), and hypertensive crisis. [heart.org/NPLevels]

<table>
<thead>
<tr>
<th>Blood pressure (systolic/diastolic) recorded as two numbers:</th>
<th>117/76</th>
</tr>
</thead>
<tbody>
<tr>
<td>Systolic: The top number, the higher of the two numbers, measures the pressure in the arteries when the heart beats (when the heart muscle contracts).</td>
<td></td>
</tr>
<tr>
<td>Diastolic: The bottom number, the lower of the two numbers, measures the pressure in the arteries when the heart is relaxing between beats.</td>
<td></td>
</tr>
</tbody>
</table>

- **Normal**: less than 120 and less than 80
- **Elevated Blood Pressure**: 120 to 129 and less than 80
- **High Blood Pressure (Hypertension)Stage I**: 130 to 139 or 80 to 80
- **High Blood Pressure (Hypertension)Stage II**: 140 or higher, or 90 or higher
- **Hypertensive Crisis (Call your doctor immediately)**: higher than 160 and/or higher than 100

**2. TRACK LEVELS**

Health care providers can take blood pressure readings and provide recommendations. Check, Change, Control, helps you track your progress in reducing blood pressure. Track online at cctctmm.com/AMH

**LEARN MORE AT HEART.ORG/MYLIFECHECK AND HEART.ORG/HBP**

**3. TIPS FOR SUCCESS**

- **EAT SMART**
  - Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins, and fish. Limit sodium, saturated fats and added sugars. Limit sugary foods and drinks, fatty or processed meats, salty foods, refined carbohydrates and highly processed foods. [heart.org/EatSmart]

- **MOVE MORE**
  - Physical activity helps control blood pressure, weight and stress levels. [heart.org/MoveMore]

- **MANAGE WEIGHT**
  - If you’re overweight, even a slight weight loss can reduce high blood pressure. [heart.org/Weight]

- **DON’T SMOKE**
  - Every time you smoke, vape or use tobacco, the nicotine can cause a temporary increase in blood pressure. [heart.org/Tobacco]

- **SLEEP WELL**
  - Short sleep (less than 5 hours) and poor-quality sleep are associated with high blood pressure.
DID YOU KNOW?

THESE SIX POPULAR FOODS CAN ADD HIGH LEVELS OF SODIUM TO YOUR DIET

The American Heart Association recommends no more than 2,300 milligrams (mg) per day and no more than 1,500 mg per day for most adults. When you use the library, check this one a question you have a food that has been added to meet sodium needs for heart healthy foods, including sodium.

1. **BREADS & ROLLS**
   - Some foods that you can control your intake of. Each food item will help you keep your sodium levels lower.

2. **PIZZA**
   - A side of pizza with several toppings can contain more than half of your daily recommended sodium intake.
   - Limit the cheese and add more veggies to taste.

3. **SANDWICHES**
   - A sandwich is a great way to add a lot of sodium. Each sandwich can contain more than half of your daily recommended sodium intake. Try half a sandwich with extra sauce以防 too much sodium is taken in.

4. **COLD CUTS & CURED MEATS**
   - Dried meats and cold cuts are a great source of sodium. Each slice of meat can contain a lot of sodium. Each slice is more than half of your daily recommended sodium intake. If you need to reduce sodium, try to limit your intake.

5. **SOUP**
   - Soup is a great way to add a lot of sodium. Each cup of soup can contain more than half of your daily recommended sodium intake. If you need to reduce sodium, try to limit your intake.

6. **BURRITOS & TACOS**
   - Burritos and tacos can be a great source of sodium. Each burrito and taco can contain more than half of your daily recommended sodium intake. If you need to reduce sodium, try to limit your intake.

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Tomato Basil Soup
SMART

What are your SMART goals?

Specific
Measurable
Attainable
Relevant
Time-Based

American Heart Association
aramark
SMART Goal Example

Goal:
I will check my blood pressure weekly.

SMART Goal:
I will check my blood pressure every Wednesday morning.
SMART Goals

Step 1: Specific
What do I want to accomplish?

Step 2: Measurable
How will I know when I reach my goal?

Step 3: Attainable
How can this goal be met?

Step 4: Relevant
Will this goal help me reach my long-term goals?

Step 5: Time-Based
When will this goal be met?

My Goal

Created by the Kentucky Inclusive Health Collaborative at the University of Kentucky Human Development Institute in collaboration with Aramark and the American Heart Association as part of the Healthy for Life! Initiative.

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Questions?
Thank You!