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/BPlevels

Blood pressure is typically recorded as two numbers, written as a ratio like this: 117/76

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).

Diastolic
The bottom number, the lower of the two numbers, measures the pressure in the arteries when the heart is resting between heart beats.

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 6 hours) and poor-quality sleep are associated with high blood pressure.

2. TRACK LEVELS

American Heart Association
Check. Change. Control.

Check. Change. Control. helps you track your progress in reducing blood pressure.

3. TIPS FOR SUCCESS

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

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