

# Blood Pressure and You

## Definition

The pressure in the arteries when the heart beats (systolic) and relaxes (diastolic). A blood pressure of 120/80mmHg is considered normal. In general, the lower, the better.



## 411

- High blood pressure (HBP) is 140/90 mmHg or higher
- HPB usually has no signs or symptoms
- Uncontrolled HBP can lead to stroke, heart attack, heart or kidney failure, and other conditions
- African Americans are more likely to have HBP than other races
- Over half of adults age 60 and older have HBP

## Prevention

- Maintain a healthy weight
- Engage in physical activity
- Follow a healthy diet, high in fruits, vegetables, and low-fat dairy products
- Eat and prepare foods with less salt and sodium
- Drink alcohol in moderation
- Monitor blood pressure regularly



Source: Wellness Council of America, *High Blood Pressure: A Guide to Understanding Blood Pressure*