

High blood pressure

Get the facts and get checked

What is it?

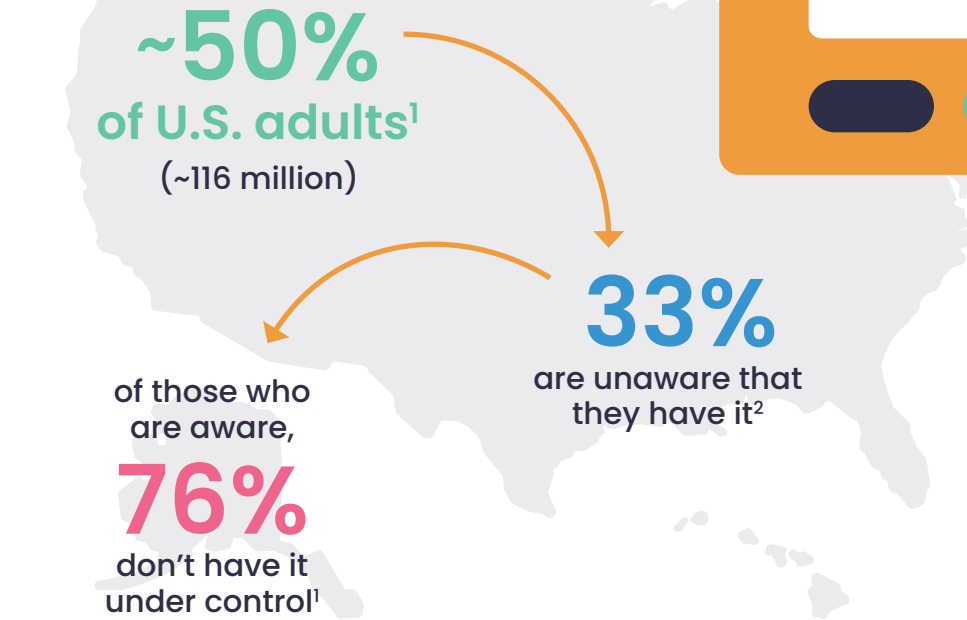
Blood pressure (BP) measures how strongly the blood pushes against your arteries.

High blood pressure, also called hypertension, is when your blood pressure is higher than normal.

The American Heart Association and the American College of Cardiology recommend treating high blood pressure at or above 130/80 mmHg.

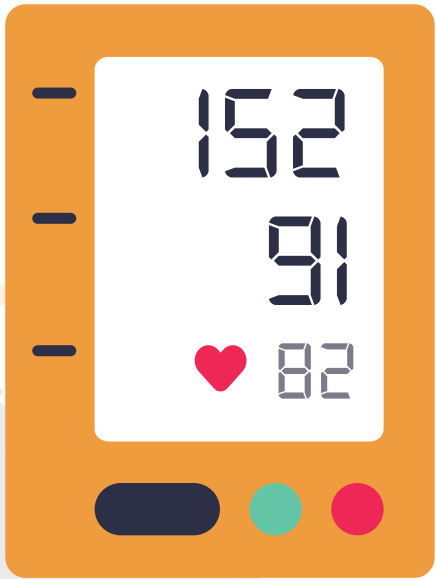
- **Normal**
<120 / <80
- **Elevated**
120–129 / <80
- **Stage 1**
130–139 / 80–89
- **Stage 2**
≥140 / ≥90
- **Hypertensive Crisis**
≥180 / ≥120

Who has it?








It disproportionately affects communities of color.³

Black Americans experience **5x** the mortality risk compared with white Americans.⁴



What can you do?⁷

Individual results may vary.





-  **Change diet**
Eat fruits, veggies, low-fat dairy, etc.
Approximate SBP reduction: 11 mmHg
-  **Lose weight**
Approximate SBP reduction: 5 mmHg
-  **Moderate alcohol intake**
Men: 2 drinks/day
Women: 1 drink/day
Approximate SBP reduction: 5–8 mmHg
-  **Lower salt intake**
Approximate SBP reduction: 5–6 mmHg
-  **Increase activity**
Aim for 90–150 minutes of moderate activity weekly
Approximate SBP reduction: 5–8 mmHg

Even small BP changes can have **big** impacts on reducing risk of cardiovascular events

5 mmHg reduction ⁸	10 mmHg reduction ⁹
5% cardiovascular death	13% all-cause death
8% coronary heart disease	17% coronary heart disease
10% major cardiovascular events	20% major cardiovascular events
13% stroke	27% stroke
13% heart failure	28% heart failure

What are the effects?

Health

-  **Heart attack⁵**
-  **Heart failure⁵**
-  **Stroke⁵**
-  **Kidney failure⁵**

Cost

Adults with high blood pressure spend **3.2x more** on healthcare every year⁶



Content by Medtronic

References:

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³Lackland DT. Racial differences in hypertension: implications for high blood pressure management. *Am J Med Sci*. August 2014;348(2):134–138.

⁴Aggarwal R, Chiu N, Wadhera RK, et al. Racial/Ethnic Disparities in Hypertension Prevalence, Awareness, Treatment, and Control in the United States, 2013 to 2018. *Hypertension*. December 2021;78(6):1719–1726.

⁵Messerli FH, Williams B, Ritz E. Essential hypertension. *Lancet*. August 18, 2007;370(9587):591–603.

⁶Schmieder R, et al. HCC research. 2018. Presented at EuroPCR 2018.

⁷What can I do to improve my high blood pressure? Target: BP. Available at: https://TargetBP.org/tools_downloads/what-can-i-do-to-improve-my-blood-pressure/. Accessed November 4, 2022.

⁸Blood Pressure Lowering Treatment Trialists' Collaboration. Pharmacological blood pressure lowering for primary and secondary prevention of cardiovascular disease across different levels of blood pressure: an individual participant-level data meta-analysis. *Lancet*. May 1, 2021;397(10285):1625–1636.

⁹Ettehad D, Emdin CA, Kiran A, et al. Blood pressure lowering for prevention of cardiovascular disease and death: a systematic review and meta-analysis. *Lancet*. March 5, 2016;387(10022):957–967.

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