

High blood pressure

Get the facts and get checked

What is it?

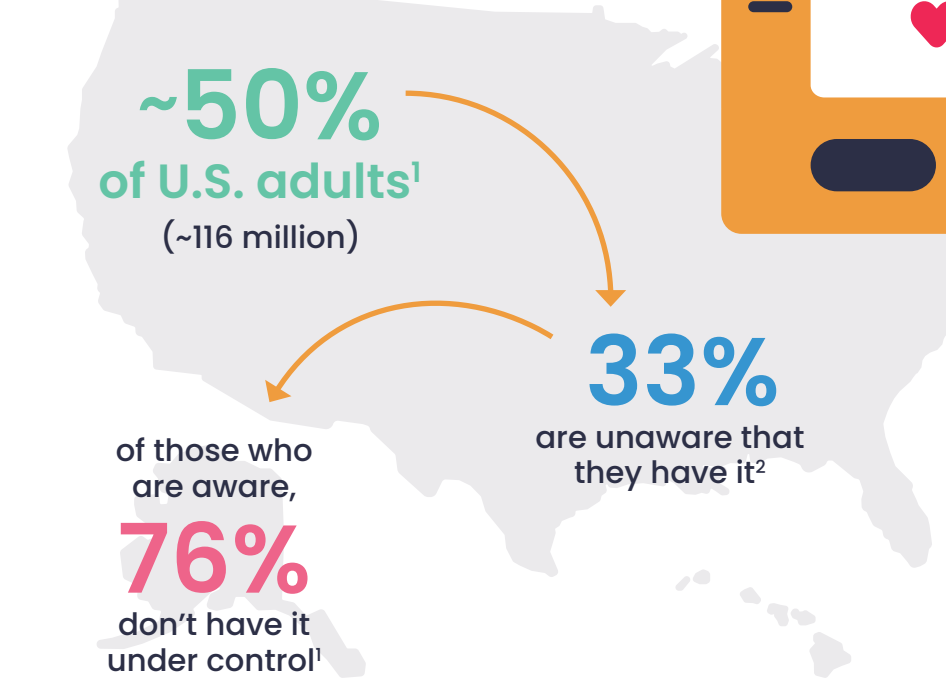
Blood pressure (BP) measures how strongly the blood pushes against your arteries.

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.

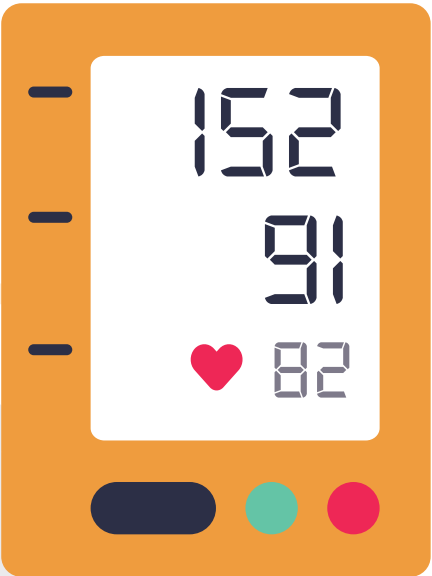
- **Normal**
<120 / <80
- **Elevated**
120-129 / <80
- **Stage 1**
130-139 / 80-89
- **Stage 2**
≥140 / ≥90
- **Hypertensive Crisis**
≥180 / ≥120

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 reduction⁸





- 5%** cardiovascular death
- 8%** coronary heart disease
- 10%** major cardiovascular events
- 13%** stroke
- 13%** heart failure

10 mmHg reduction⁹

- 13%** all-cause death
- 17%** coronary heart disease
- 20%** major cardiovascular events
- 27%** stroke
- 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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