

# High blood pressure

Get the facts and get checked

## What is it?

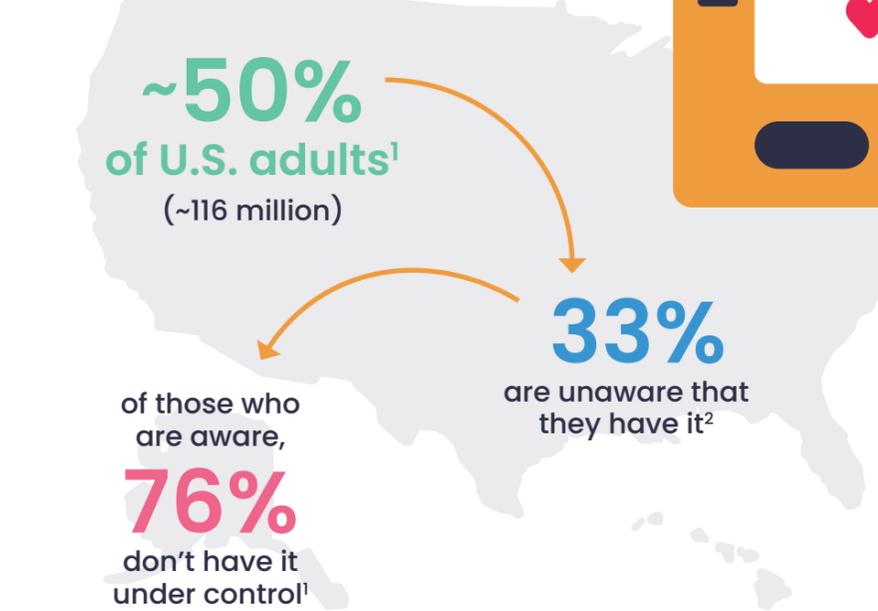
Blood pressure (BP) measures how strongly the blood pushes against your arteries.

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**.<sup>3</sup>

Black Americans experience **5x** the mortality risk compared with white Americans.<sup>4</sup>

## What can you do?<sup>7</sup>

Individual results may vary.

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

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

### 5 mmHg reduction<sup>8</sup>

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

### 10 mmHg reduction<sup>9</sup>

- 13%** all-cause death
- 17%** coronary heart disease
- 20%** major cardiovascular events
- 27%** stroke
- 28%** heart failure

## What are the effects?

### Health

-  **Heart attack<sup>5</sup>**
-  **Heart failure<sup>5</sup>**
-  **Stroke<sup>5</sup>**
-  **Kidney failure<sup>5</sup>**

### Cost

Adults with high blood pressure spend

**3.2x more**

on healthcare every year<sup>6</sup>



Content by Medtronic

References:

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- <sup>2</sup>Virani SS, Alonso A, Benjamin EJ, et al. Heart disease and stroke statistics-2020 update: a report from the American Heart Association. *Circulation*. March 3, 2020;141(9):e139-e596.
- <sup>3</sup>Lackland DT. Racial differences in hypertension: implications for high blood pressure management. *Am J Med Sci*. August 2014;348(2):134-138.
- <sup>4</sup>Aggarwal R, Chiu N, Wadhwa 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.
- <sup>5</sup>Messerli FH, Williams B, Ritz E. Essential hypertension. *Lancet*. August 18, 2007;370(9587):591-603.
- <sup>6</sup>Schmieder R, et al. HCCI research. 2018. Presented at EuroPCR 2018.
- <sup>7</sup>What 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/](https://targetbp.org/tools_downloads/what-can-i-do-to-improve-my-blood-pressure/). Accessed November 4, 2022.
- <sup>8</sup>Blood 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.
- <sup>9</sup>Ettehad 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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