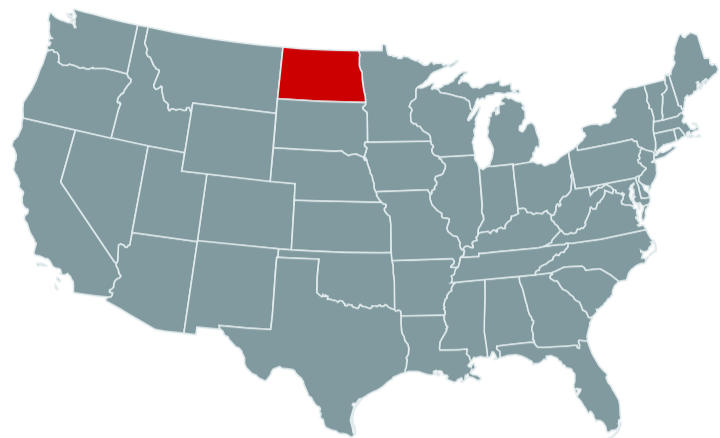


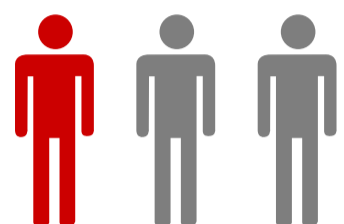
Hypertension



Also known as high blood pressure and the "silent killer"



In North Dakota, 30.4% of adults have been told they have high blood pressure (2015)



1 in every 3 adults in the U.S. have high blood pressure



1 in every 5 adults in the U.S. with high blood pressure still don't know they have it



\$46 billion is spent on high blood pressure every year in the U.S.

Keep your blood pressure in check:



Know Your Numbers

Have your blood pressure checked by a healthcare provider



Eat Healthy

Include more fruits and vegetables throughout the day and strive for 5 or more

Read food labels and limit sodium intake to:

- <2,300 mg/day (adults with normal BP)
- <1,500 mg/day (adults with high BP)

Category	Systolic		Diastolic
Normal	Less than 120	AND	Less than 80
Elevated	120-129	AND	Less than 80
Hypertension (1)	130-139	OR	80-89
Hypertension (2)	140 or higher	OR	90 or higher
Hypertension Crisis	Higher than 180	AND/OR	Higher than 120

* For adults ages 18 and older who are not on medicine for high blood pressure and do not have a short-term serious illness.

+ If systolic and diastolic pressures fall into different categories, overall status is the higher category.

Source: 2017 Guidelines for Diagnosing, Treating and Living with High Blood Pressure, American Heart Association (AHA) Published: Nov. 13, 2017



Be Active and Maintain Healthy Weight

Physical activity helps manage blood pressure, maintain weight, and reduce stress



Quit Smoking and Reduce Alcohol Consumption

Smoking temporarily increases blood pressure for up to **20** minutes after each cigarette

Limit alcohol intake to no more than:

- 1 drink/day for women
- 2 drinks/day for men