

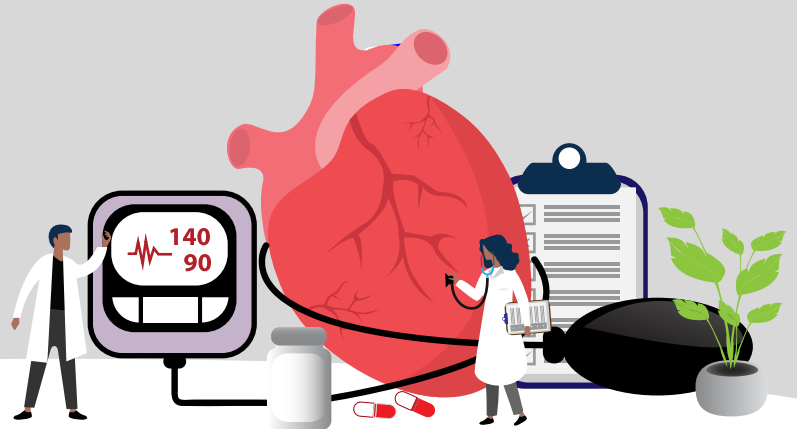
# WHAT IS HYPERTENSION?

Hypertension (high blood pressure) develops when blood flows through your arteries at higher-than-normal pressures over time.

## DID YOU KNOW?



Only about **1** in **4** adults with hypertension have it under control.



## BLOOD PRESSURE CATEGORIES

### NORMAL BLOOD PRESSURE:

< 120 mm HG  
AND  
< 80 mm HG

### ELEVATED BLOOD PRESSURE:

120-129 mm HG  
AND  
< 80 mm HG

### HIGH BLOOD PRESSURE / STAGE 1:

130-139 mm HG  
OR  
80-89 mm HG

### HIGH BLOOD PRESSURE / STAGE 2:

≥ 140 mm HG  
OR  
≥ 90 mm HG

## STEPS TO PREVENT HIGH BLOOD PRESSURE



Balanced diet



Limit alcohol



Active lifestyle



Quit smoking



Manage stress

# WHAT IS HYPERTENSION?

Hypertension (high blood pressure) develops when blood flows through your arteries at higher-than-normal pressures over time.

## DID YOU KNOW?



Nearly **1** in **2** adults in the United States (**108 million**) have hypertension.



## Blood Pressure Categories

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AND  
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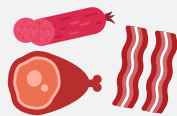
### HIGH BLOOD PRESSURE / STAGE 2:

≥ 140 mm HG  
OR  
≥ 90 mm HG

## Limit the American Heart Association's "Salty Six"—Popular Foods That Can Add High Levels of Sodium to Your Diet



Breads and rolls



Cold cuts and cured meats



Sandwiches



Pizza



Burritos and tacos



Soup