

CHC

Community Health Councils, Inc.



African Americans and certain Latino populations are at a higher risk of having problems from high blood pressure.

What Puts Me at Risk for High Blood Pressure?

- ▶ Getting older
- ▶ Having family members with high blood pressure
- ▶ Being overweight or obese
- ▶ Not getting enough exercise
- ▶ Drinking too much alcohol
- ▶ Eating food with a lot of salt
- ▶ Smoking
- ▶ Stress
- ▶ Some medical conditions and medicines



Know Your Digits! Be In Control.

Why Know Your Digits?

- ▶ “Know your digits” means knowing your blood pressure level.
- ▶ Your blood pressure level tells you how hard your heart has to work to move blood through your body.
- ▶ The goal is to keep your blood pressure in the normal level.
- ▶ You can have high blood pressure, also called hypertension, and not know it.
- ▶ Over time high blood pressure can cause heart attacks, strokes and kidney disease.
- ▶ Knowing your blood pressure is a step toward good heart health!

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

How Can You Control Your Blood Pressure?

Know your blood pressure level. If your blood pressure is not in a normal range, see your doctor and make a plan for good heart health.

- ▶ Eat a healthy diet
- ▶ Exercise
- ▶ Keep a healthy weight
- ▶ Do not smoke
- ▶ Manage stress
- ▶ Use medicine properly

Learn More!
KnowYourDigits.org

CommunityHealthCouncils @CHCInc



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