



1 IN 4 NEW YORKERS HAS HIGH BLOOD PRESSURE (HYPERTENSION).
IF UNTREATED, IT CAN LEAD TO HEART DISEASE OR STROKE.

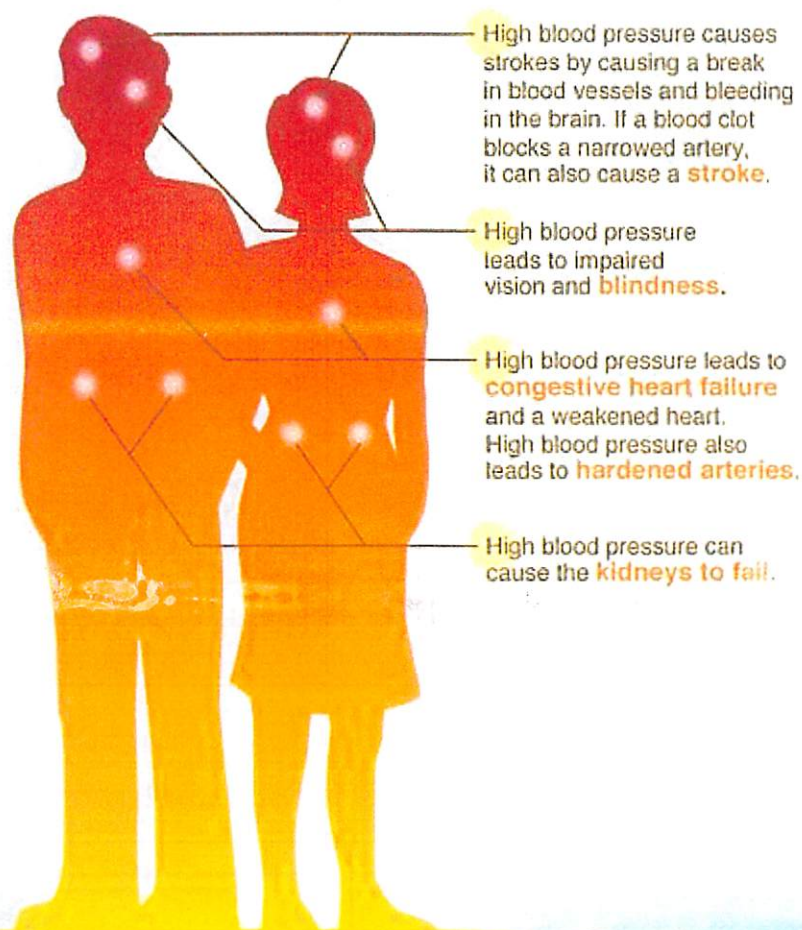


LOWER YOUR RISK FOR HEART DISEASE:

- **Know your numbers.** There are usually no symptoms. Check your blood pressure regularly at your pharmacy or doctor's office.
- **Cut the salt.** Foods high in sodium can raise blood pressure. Limit processed or restaurant foods.
- **Don't smoke.** Smoking raises blood pressure and damages the heart.
- **Get moving.** Physical activity is good for your heart!

About Your Blood Pressure

High Blood Pressure Damages:



How to Lower Your Blood Pressure:



Lower your sodium:

Consume less than 2,300 mg of sodium per day* from processed foods and table salt.

DASH diet:

Eat a diet rich in fruits, vegetables, low-fat dairy/calcium, nuts, seeds, and legumes with adequate lean protein.



Exercise and control your weight.

If you drink alcohol, drink in moderation each day: 2 drinks for men and 1 drink for women.



Avoid smoking.

*1,500 mg for people who have or are at risk for high blood pressure

What is your blood pressure?

Blood Pressure Level (mmHg)

Category	Systolic		Diastolic
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
High Blood Pressure Hypertension Stage 1	130-139	or	80-89
High Blood Pressure Hypertension Stage 2	140 or Higher	or	90 or higher
Hypertensive Crisis	180 or Higher	and/or	Higher than 120

Keeping your systolic blood pressure below 120mm Hg will help you reduce your risk for heart attack, stroke, and death.

Source: SPRINT study



foodandhealthcommunications



Source: AHA/ACC 2017 update
<http://hyper.ahajournals.org>