

STOP! High Blood Pressure Know Your Numbers

Heart Disease and Stroke Prevention Program
Kentucky Department for Public Health







Cabinet for Health & Safety





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High Blood Pressure

- Leading risk factor for Stroke
- A leading risk factor for Heart Disease
- Affects 67% of diabetics
- Affects 28% of adult Kentucky population
- Affects more than 1/3 of Kentucky African American adults
- Called the “Silent Killer” because no outward signs
- Nationally, HBP accounts for \$66.4 billion in healthcare costs (AHA, HD and Stroke Update 2007).

STOP! High Blood Pressure

If you have blood pressure over 139 systolic (top number) and/or 89 diastolic (bottom number) STOP! You are in danger zone and need to see your healthcare provider. You could be at a high risk for stroke or heart attack



STOP! High Blood Pressure

CAUTION: If your blood pressure is between 120-139 systolic and/or 80-89 diastolic, apply the brakes to your life and begin making some lifestyle modifications before you get hurt.

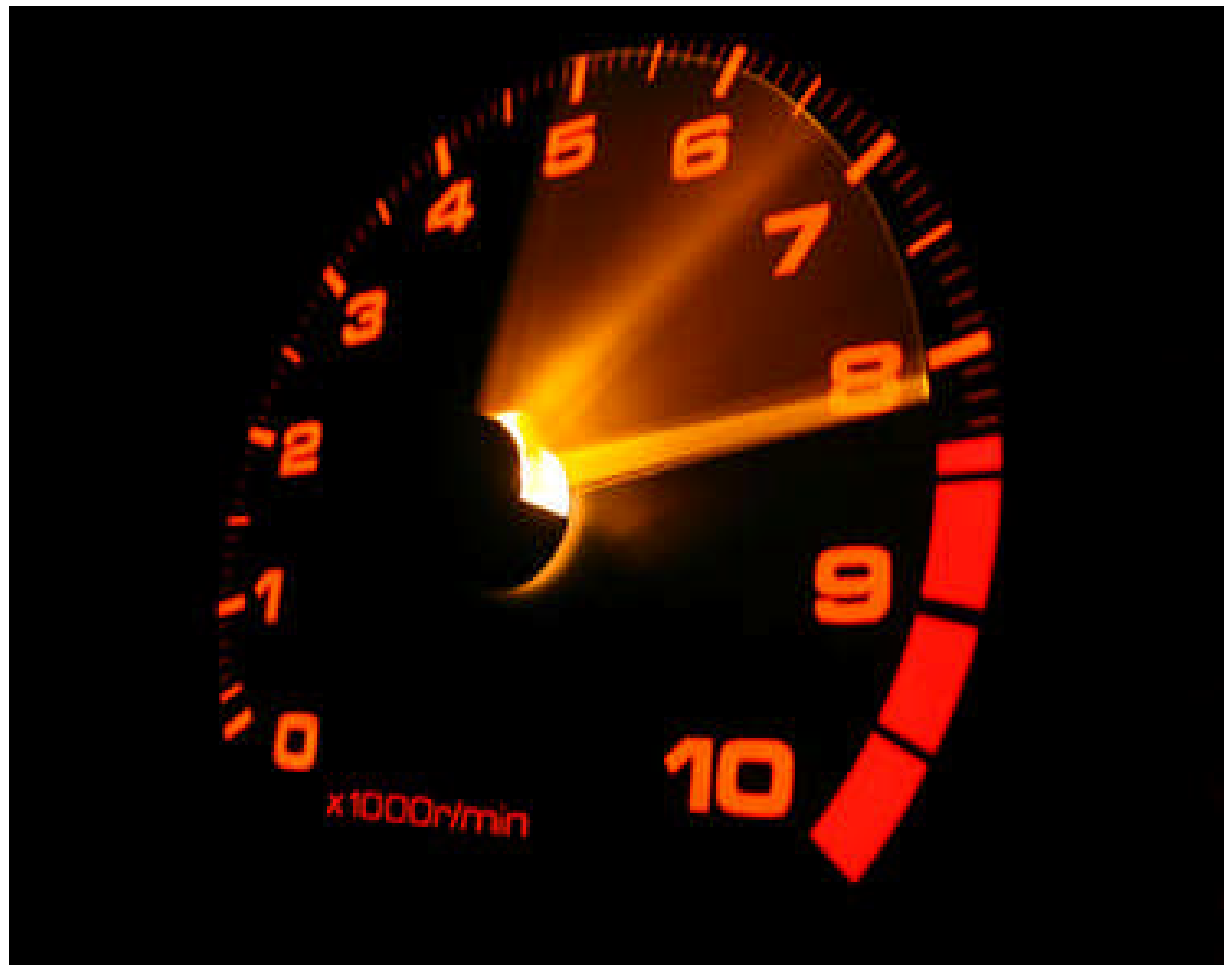


STOP! High Blood Pressure

GO: If your blood pressure number is below 120 systolic, and/or your diastolic is lower than 80, you know you have the Green light for your blood pressure numbers.



Your Blood Pressure is like a Tachometer



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A Seemingly Healthy Car...



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...Can still have a meltdown



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Shifting Gears

What Can the Healthcare Provider Do?

- Follow JNC 7 Guidelines on Detection, Evaluation, and Treatment of HBP.
- Be empathetic to patient.
- Consider individuality of patient.
- Encourage healthy lifestyles for all individuals.
- Prescribe lifestyle modifications for ALL pts w/prehypertension and hypertension.

Shifting Gears

LIFESTYLE MODIFICATION RECOMMENDATIONS

MODIFICATION	RECOMMENDATION	AVG. SBP REDUCTION RANGE
Weight Reduction	Maintain normal body weight (BMI of 18.5-24.9 kg/m ²).	5-20 mmHg/10kg
DASH eating plan	Adopt a diet rich in fruits, vegetables, and lowfat dairy products w/ reduced content of saturated and total fat	8-14 mmHg
Dietary sodium reduction	Reduce dietary sodium intake to \leq mmol per day (2.4 g sodium or 6g sodium chloride).	2-8 mmHg

Shifting Gears

LIFESTYLE MODIFICATION RECOMMENDATIONS

MODIFICATION	RECOMMENDATION	AVG. SBP REDUCTION RANGE
Aerobic physical activity	Regular aerobic physical activity (e.g. brisk walking) at least 30 minutes per day, most days of the week.	4-9 mmHg
Moderation of alcohol consumption	Men: limit to ≤ 2 drinks* per day. Women and lighter weight persons: limit to ≤ 1 drink* per day.	2-4 mmHg

*1 drink = $\frac{1}{2}$ oz or 15 mL ethanol (e.g., 12 oz beer, 5 oz wine, 1.5 oz 80-proof whiskey).

Source: NIH Publication No. 03-5231

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Know Your BP Numbers...



RED= STOP! See your healthcare provider— 140/90 and above. Entering danger zone.

YELLOW= CAUTION: 120/80 to 139/89. Adjust lifestyle so you don't hit red. More physical activity, better nutrition. Stop smoking.

GREEN= GO! Below 120/80. Your blood pressure is great! Good job.



...before your blood pressure...



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...gives YOU a meltdown.



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Contact Information

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