STOP! High Blood Pressure
Know Your Numbers

Heart Disease and Stroke Prevention Program
Kentucky Department for Public Health
Cabinet for Health and Family Services
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).
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.
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
A Seemingly Healthy Car...
...Can still have a meltdown
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

<table>
<thead>
<tr>
<th>MODIFICATION</th>
<th>RECOMMENDATION</th>
<th>AVG. SBP REDUCTION RANGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight Reduction</td>
<td>Maintain normal body weight (BMI of 18.5-24.9 kg/m²).</td>
<td>5-20 mmHg/10kg</td>
</tr>
<tr>
<td>DASH eating plan</td>
<td>Adopt a diet rich in fruits, vegetables, and lowfat dairy products w/ reduced content of saturated and total fat</td>
<td>8-14 mmHg</td>
</tr>
<tr>
<td>Dietary sodium reduction</td>
<td>Reduce dietary sodium intake to ≤ mmol per day (2.4 g sodium or 6g sodium chloride).</td>
<td>2-8 mmHg</td>
</tr>
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<td>Aerobic physical activity</td>
<td>Regular aerobic physical activity (e.g. brisk walking) at least 30 minutes per day, most days of the week.</td>
<td>4-9 mmHg</td>
</tr>
<tr>
<td>Moderation of alcohol consumption</td>
<td>Men: limit to ≤ 2 drinks* per day. Women and lighter weight persons: limit to ≤ 1 drink* per day.</td>
<td>2-4 mmHg</td>
</tr>
</tbody>
</table>

*1 drink = ½ 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

Cabinet for Health and Family Services
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...
…gives YOU a meltdown.
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