

# QUICK FACTS

## About High Blood Pressure



### Know Your Numbers

## CHECK YOUR BLOOD PRESSURE

### Sample blood pressure reading

# 120/80

Systolic / diastolic (mm Hg)

### Systolic pressure

The top number measures the pressure in your arteries when your heart beats.

### Diastolic pressure










The bottom number measures the pressure in your arteries between beats.

Your provider will help you determine the appropriate blood pressure for you based on your age and other medical conditions.

### Top Lifestyle

## RISK FACTORS

Some risk factors (like race and family history) are not controllable, but you can impact these risk factors

-  Not getting regular physical activity
-  An unhealthy diet that's high in sodium
-  Being overweight or obese
-  Excessive alcohol consumption
-  Sleep apnea
-  High cholesterol
-  Diabetes
-  Smoking or using tobacco
-  Excessive stress



**45%** (108 MILLION)

U.S. adults with high blood pressure



**1 IN 3**

Adults have high blood pressure and don't know it



High blood pressure is the

**#1**

Cause of stroke