

# Heart Health

## Know your numbers



*High blood pressure (also referred to as HBP or hypertension) occurs when the force of blood flowing through your blood vessels is higher than it should be for a long period of time.*

## What to know

By making your arteries and heart work harder than they are able to, high blood pressure can lead to a heart disease, stroke, or kidney disease.

Your blood pressure is recorded as two numbers:

- **First number: Systolic blood pressure** is the pressure your blood is exerting against your artery walls when the heart beats.
- **Second number: Diastolic blood pressure** indicates how much pressure your blood is exerting against your artery walls while the heart is resting between beats.

The only way to know if you have high blood pressure is to have it checked regularly.

<b>BLOOD PRESSURE CATEGORY</b>	<b>SYSTOLIC</b> (upper number)	<b>DIASTOLIC</b> (lower number)
<b>NORMAL</b>	Less than 120	Less than 80
<b>ELEVATED</b>	120-139	80-89
<b>HIGH BLOOD PRESSURE</b>	140 or higher	90 or higher
<b>CRISIS</b> Consult a doctor	Higher than 180	Higher than 120

## What to do

- Work with your doctor to set a goal.
- Eat healthy foods that are low in salt and saturated fats.
- Increase regular physical activity.
- Don't smoke, vape, or use other commercial tobacco products.
- Take medication as prescribed.
- Reduce your intake of alcohol.

## For more information

- Visit Health Fair 11 at the fair  
**American Heart Association**  
<http://www.heart.org>



At the Minnesota Department of Health, we work for all people and communities to have what they need to be healthy.

Visit us at [www.health.state.mn.us](http://www.health.state.mn.us)

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