

HIGH BLOOD PRESSURE in SOUTH DAKOTA

BLOOD PRESSURE is the force of blood pushing against the walls of the arteries as the heart pumps blood. If this pressure rises and stays high over time, it can damage the body in many ways.

193,000

SOUTH DAKOTA ADULTS HAVE HIGH BLOOD PRESSURE

That means more than **3 OUT OF 10** adults in SD have High Blood Pressure.

WHAT DO THESE NUMBERS MEAN?

Blood pressure is measured as systolic and diastolic pressures.

SYSTOLIC refers to blood pressure when the heart beats while pumping blood.

120 { **SYSTOLIC** }

80 { **DIASTOLIC** }

DIASTOLIC refers to blood pressure when the heart is at rest between beats.

KNOW YOUR NUMBERS GETTING A BLOOD PRESSURE CHECK IS QUICK AND EASY

Talk to your healthcare provider if your blood pressure is higher than the normal level.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper#)		DIASTOLIC mm Hg (lower#)
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 (consult your doctor immediately)	HIGHER THAN 180	AND/OR	HIGHER THAN 120

High blood pressure is a serious condition that can lead to:

HEART FAILURE

KIDNEY FAILURE

STROKE

CORONARY HEART DISEASE

PREVENTION



Following a healthy eating pattern



Reducing salt and sodium in your diet



Maintaining a healthy weight



Being physically active



Limiting alcohol intake








Quitting smoking

Good & HEALTHY
SOUTH DAKOTA



What Can I Do To Improve My Blood Pressure?

Modification	Recommendation	Approximate SBP Reduction Range
 Weight reduction	Maintain normal body weight (BMI=18.5-25)	5-20 mm Hg 10 kg weight lost
 DASH eating plan	Diet rich in fruits, vegetables, low fat dairy and reduced in fat	8-14 mmHg
 Restrict sodium intake	<2.4 grams of sodium per day	2-8 mmHg
 Physical activity	Regular aerobic exercise for at least 30 minutes most days of the week	4-10 mmHg
 Moderate alcohol	2 drinks/day for men and 1 drink/day for women	2-4 mmHg

BP = Blood pressure, BMI = Body mass index, SBP = Systolic blood pressure • Chobanian AV et al. • JAMA • 2003;289:2560-2572

Ranges According to Joint National Commission 7 Guidelines & Recommendations for Treatment and Management of Hypertension