## PRESSURE 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

#### WHAT DO THESE NUMBERS MEAN?

Blood pressure is measured as systolic and diastolic pressures.

120 SYSTOLIC

80 DIASTOLIC

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

**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	<b>SYSTOLIC</b> mm Hg (upper#)		<b>DIASTOLIC</b> 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 immediatley)	HIGHER THAN 180	AND/OR	HIGHER THAN 120

#### SOUTH DAKOTA ADULTS HAVE HIGH BLOOD PRESSURE

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

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



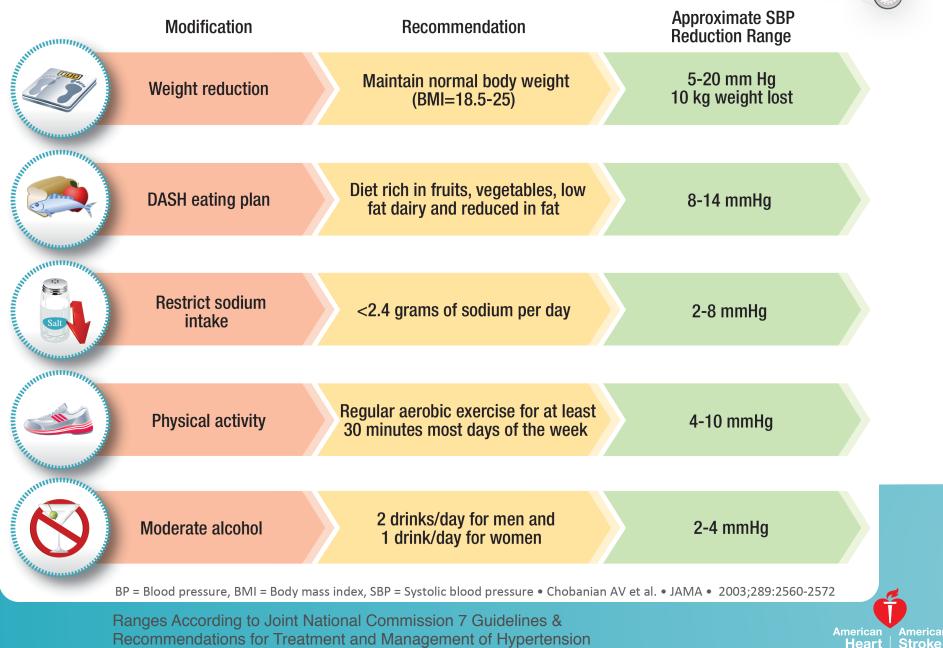


Limiting alcohol intake Quitting smoking



For more information about high blood pressure and preventative measures visit doh.sd.gov/diseases/chronic/heartdisease

### What Can I Do To Improve My Blood Pressure?



Association

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