To improve your blood pressure . . .

- Eat more fruits and vegetables
- Increase physical activity (such as dancing, walking, yoga)
- Limit alcohol:
  - Women – up to 1 drink per day
  - Men – up to 2 drinks per day
- Eat foods lower in sodium
- If you use tobacco, quit
- Be at a healthy weight
- Reduce stress
- Limit caffeine

Community resources

- Visit your local health department.
- Take classes, such as Zumba, water aerobics and nutrition at your local community parks and recreation centers.
- Join community organizations, such as walking clubs or the YMCA.
- Shop at your farmers market for in-season fruits and vegetables.
- Talk with a nutritionist, diettitian or a health educator referred by your medical provider. This could be covered by your insurance.
- Community health workers help improve the quality and cultural sensitivity of health and social services. By providing community education, informal counseling and social support, the relationships they have with their communities are built on trust and promote knowledge about personal health. Contact your insurance provider for more information.

Online resources

- American Heart Association: www.Heart.org
- American Diabetes Association: www.diabetes.org/are-you-at-risk/ lower-your-risk
- National Heart, Lung and Blood Institute: www.NHLBI.nih.gov
- Washington State Department of Health: www.doh.wa.gov

Call 211 to find more resources in your community.

Talk to your medical provider

Understand the importance of blood pressure control by asking these questions:

- Do I have high blood pressure?
- What medicine(s) do I take that help me manage my blood pressure?
- Are there free community resources to help me control my blood pressure?
- How long will it take to see improvement in my blood pressure?
- How often do I need to check my blood pressure? How do I share my blood pressure measurements with you?

Should I talk to my medical provider about it?

What is blood pressure?
What is blood pressure?

Blood pressure is a measure of how hard the blood pushes against the walls of your arteries as it moves through the body.

Blood pressure has two numbers:

- **Systolic** (upper number)
  - This is the pressure when the heart is pumping.
- **Diastolic** (lower number)
  - This is the pressure when the heart is at rest between pumping.

What is high blood pressure?

Also called hypertension, high blood pressure is a chronic medical condition.

High blood pressure strains the heart and can harm the blood vessels, which can lead to heart attack, stroke or death.

Did you know . . .

- About 1,000 people in the United States die each day because of high blood pressure related causes.
- High blood pressure can make other chronic diseases worse. It affects the heart, brain, kidneys and eyes.
- High blood pressure is a major risk factor for heart disease and stroke.
- Heart disease and stroke combined were the #1 killers of Washingtonians in 2013.

Risk factors for heart disease and stroke

- High blood pressure
- Overweight
- High cholesterol
- Diabetes
- Physically inactive
- Older age:
  - >55 for males
  - >65 for females
- Family history of heart disease

Lifestyle changes can help control your blood pressure.