

# Why should I care about High Blood Pressure?

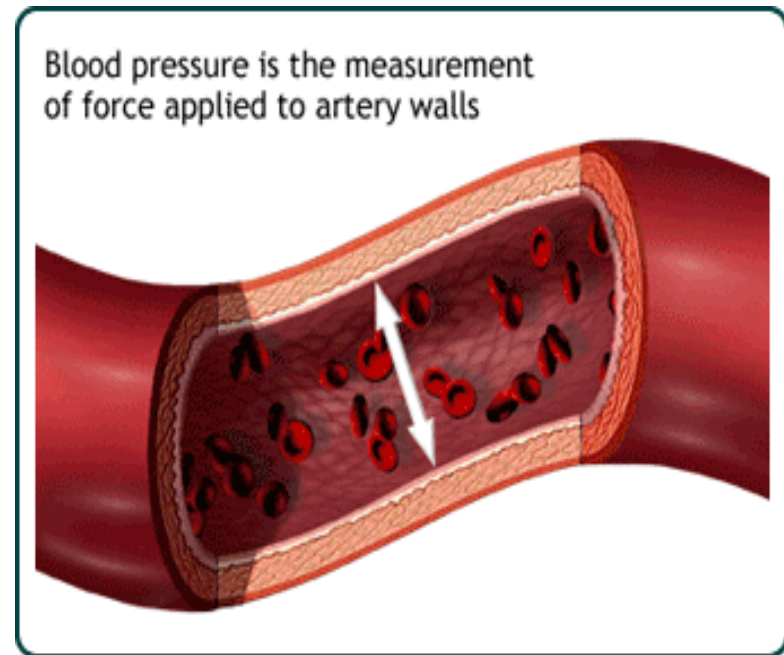


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# What is high blood pressure?

- When the force of your blood flowing through your body is (consistently) too high.
- When it's too high, it raises the heart's workload and can cause serious damage to the arteries
- Over time, uncontrolled high blood pressure increases the risk of heart disease, stroke, and kidney disease



# Are you at risk?

**Certain things that make you more likely to have high blood pressure include:**

- Family history
- Age (the older you are, the higher your risk)
- Gender - Until age 45 men are more likely to have high blood pressure.
- Women 65+ are more likely to have high blood pressure
- Race- African Americans are especially likely to get hypertension. Compared to Caucasian or Hispanic American adults.

# What are the signs and symptoms?

- High blood pressure is often called a "silent killer" because it usually has no warning signs.
- There may be no symptoms or signs.
- Blood pressure is affected by time of day, exercise, the foods you eat, stress, and other factors.
- Problems can arise if your blood pressure stays too high for too long.

# How is high blood pressure diagnosed?

Your doctor measures your blood pressure by wrapping an inflatable cuff with a pressure gauge around your arm to squeeze the blood vessels.

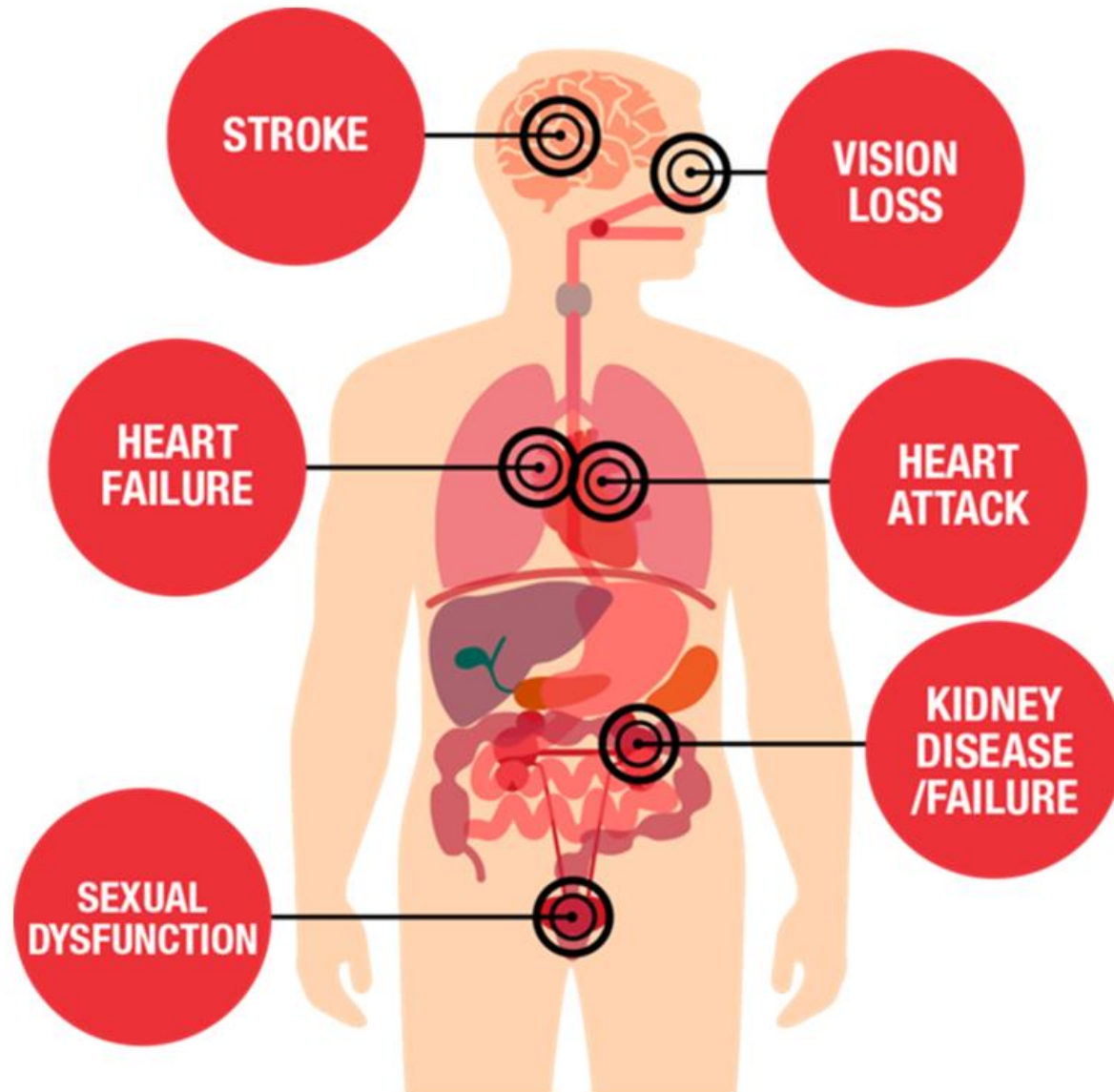


## What does my reading mean?

<b>BLOOD PRESSURE CATEGORY</b>	<b>SYSTOLIC (upper number)</b>		<b>DIASTOLIC (lower number)</b>
Normal	Less than 120	AND	Less than 80
Prehypertension	120—139	OR	80—89
High Blood Pressure—Stage 1	140—158	OR	90—99
High Blood Pressure—Stage 2	160 or Higher	OR	100 or Higher
High Blood Pressure Crisis	Higher than 180	OR	Higher than 110

# The Consequences of High Blood Pressure

## Consecuencias de la Hipertensión Arterial



# How is it prevented?

- Keep a healthy weight.
- Be physically active.
- Eat a healthy diet.
- Cut down salt.
- Drink alcohol in moderation, if at all.
- Don't smoke.
- Get a good night's sleep.
- Take prescribed drugs as directed by your doctor.
- Prevent or manage Diabetes.



# Learn to read nutrition labels

1. Start here

2. Check the total calories per serving

3. Limit these nutrients

4. Get enough of these nutrients

<b>Nutrition Facts</b>		
Serving Size 2/3 cup (55g) Servings Per Container About 8		
<b>Amount Per Serving</b>		
<b>Calories</b> 230	Calories from Fat 72	
		<b>% Daily Value*</b>
<b>Total Fat</b> 8g		<b>12%</b>
Saturated Fat 1g		<b>5%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 160mg		<b>7%</b>
<b>Total Carbohydrate</b> 37g		<b>12%</b>
Dietary Fiber 4g		<b>16%</b>
Sugars 1g		
<b>Protein</b> 3g		
Vitamin A		10%
Vitamin C		8%
Calcium		20%
Iron		45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.		
	Calories:	2,000    2,500
Total Fat	Less than	65g    80g
Sat Fat	Less than	20g    25g
Cholesterol	Less than	300mg    300mg
Sodium	Less than	2,400mg    2,400mg
Total Carbohydrate		300g    375g
Dietary Fiber		25g    30g

5. Quick Guide for % Daily Value: 5% or less is low and 20% or more is high

- You can make your own decisions about which foods and beverages are best for your heart health by learning how to read food labels.
- A serving is the amount of food or beverage the label describes. If you eat two servings, you're getting twice the number of calories and nutrients.



# Sodium

- The American Heart Association recommends getting less than 2,500 milligrams (mg) of sodium each day,
- UNLESS, you have high blood pressure already.
- Then, the recommendation is that you eat **1,500 milligrams** of salt a day. That's less than a teaspoon from all your meals and snacks.



Food	Sodium (mg)
Ramen Noodles	910mg
Burger King Whopper	980mg
1 Tbsp of Soy Sauce	1,005mg



- About **1 of 3 U.S. adults**—or about **75 million people**—have high blood pressure in the United States.<sup>1</sup> **Only about half (54%)** of these people have their high blood pressure under control.
- When you get your blood pressure checked, always talk to your doctor about what the reading means.
- If you have high blood pressure, checking your blood pressure regularly and writing it down can help your doctor learn more about how to help you stay healthy.

# Where to get help?

- Your Provider
- Community Health Worker can help you with education.
- I Can Prevent Diabetes classes (ICPD)
- Sanford
- Avera
  - sliding scale fee program
- Our Lady Of Guadalupe - Free Clinic
- Open Door (mobile clinic)
- Pharmacy – Sterling Drug

We can check your blood pressure today!



# Thank you/Gracias/

Community Wellness Partners/Public Health Office

- If you have any questions call:
  - Fabio López (CHW) at 507-295-5368
  - Owar Ojulu (CHW) at 507-295-5392
- We can help you manage your Blood Pressure!