

High Blood Pressure



Understanding your blood pressure

Blood pressure is measured with two numbers. It is written with one number over the other. You can check your blood pressure at your health care provider's office, at many pharmacies, or at home.

115

Systolic

The amount of pressure in your arteries when your heart pumps blood

75

Diastolic

The amount of pressure in your arteries when your heart rests between heartbeats

For most people, normal blood pressure is less than 120/80. If your blood pressure is 120/80 or higher, talk to your health care provider. Some people can lower their blood pressure by getting more physical activity and eating healthier foods, while others may need medicine.

If you were already told you have high blood pressure (also called hypertension), your provider can help you set a goal that is right for you.



High blood pressure is dangerous



More than **one** in **four** adult New Yorkers have high blood pressure.

Many New Yorkers have high blood pressure but don't know it.

High blood pressure can be overlooked because there are usually no symptoms. However, it can cause stroke, heart attack, kidney failure, and early death.

Checking your blood pressure regularly helps you know if there is a problem.



You can help prevent or control high blood pressure



Eat mostly vegetables, fruits, whole grains, and lean protein.



Limit the amount of alcohol you drink.

Nutrition Facts	
Serving Size 100g	
Cholesterol 50mg	17%
Sodium 150mg	6%
Total Carbohydrate 10g	3%

Read nutrition labels and try to limit your sodium (salt) to less than 2,300 milligrams per day.



Get moving (walking counts!) for at least 150 minutes per week.

Every day is a new opportunity to make a healthy choice. Don't give up! Working toward these goals helps you lead a longer, healthier life.

If you smoke, quitting smoking is an important way to reduce your risk of heart disease. If you are not ready to quit, treatment (medicine and counseling) can help you cut back gradually or avoid smoking at specific times (such as when at home, at work, or around family).

Stick with your medications

Take your medicines, if prescribed. Some people stop taking their high blood pressure medicines or skip doses because:



- They don't feel sick.
- They worry about being able to afford it.
- They worry about side effects.
- Their blood pressure has started to improve.



Don't skip doses or stop taking your medicines. Medications can lower your risk for heart attack and stroke.



Talk to your provider or pharmacist if you have questions or concerns.



Check your blood pressure regularly. If your blood pressure is under control, your medicines are working.



Resources

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Find tools to help prevent or lower high blood pressure:

Visit **nyc.gov/health** and search for **high blood pressure**.

Learn about tobacco treatment options:

Visit **nyc.gov/nycquits**.



Visit **nyc.gov/health** to find this health material and others in additional languages. You have the right to services in your language. Interpretation services are free at all NYC Health Department offices and clinics.