

ON THE PATH TO HEALTHY BLOOD PRESSURE



Healthy blood pressure is an important part of your overall health.

BLOOD PRESSURE

What is blood pressure?

Blood pressure is a number that measures how hard your heart is working to pump blood through your arteries.

Normal Less than 120
Less than 80

Elevated (at risk of high blood pressure)
120-129
Less than 80



High Blood Pressure is

130 or higher
80 or higher

High blood pressure (or hypertension) puts you at risk for a stroke or heart attack.

Track your Numbers

My blood pressure _____ / _____

Date: _____

Healthy Elevated High

My blood pressure goal _____ / _____

My next appointment: _____

Who can I contact at the health center?



Did you know? You can have high blood pressure and not have symptoms, or feel sick.

Risks for Blood Pressure: Your age or family history can increase your risk for high blood pressure. Structural racism plays a role in People of Color being at a higher risk for high blood pressure.

If you were diagnosed with high blood pressure...

- Talk to your provider about your blood pressure goal. You can also ask about using an at-home blood pressure monitoring device.
- Ask about blood pressure medication. If you're prescribed blood pressure medication, always take it as directed even if you don't feel sick.

- Try to take steps toward healthy changes, like a healthy diet and moving more.



MASSACHUSETTS
DEPARTMENT
OF PUBLIC HEALTH

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Destination: Healthy Blood Pressure

Lowering your weight, having a healthy diet, and getting regular physical activity are all healthy steps you can take to lower your blood pressure.



Eat Less Salt

Salt (sodium) can raise your blood pressure. Choose low-sodium options. Try to eat less of high sodium foods like deli meat, chips, fast food, and canned soup.

► To eat less salt, I will start by eating less: _____



Choose Healthy Foods

Eat more vegetables, whole grains, fruit, fish, and lean poultry. Try to eat less red meat.

► Options for healthy food are different in every community. Ask your health care provider about resources: _____



Get Moving

Regular exercise (physical activity) that raises your heart rate, like fast walking or biking, helps lower your blood pressure

► Ways I can add more physical activity into my day: _____

Small steps, big difference: Walking 30 minutes a day, 5 days a week can decrease your blood pressure (the top number) by 10 points!



Quit Smoking

Tobacco and nicotine use, including vaping, can raise your blood pressure and cholesterol. Quitting tobacco can decrease your blood pressure (the top number) by 5-10 points!

Keep trying: Call **1-800-QUIT-NOW (1-800-784-8669)** or visit makesmokinghistory.org for information and support.

► My first step to quitting: _____



Other Resources: Mass.gov/bloodpressure ChooseMyPlate.gov

Blood Pressure Support Resources or Programs (Clinic or community-based): _____

Contact Information: _____