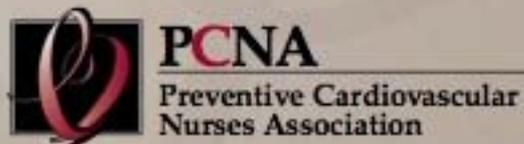


# Blood Pressure

## How do you measure up?

Brought to you by



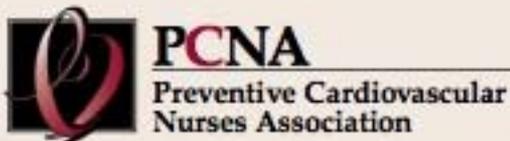
# About PCNA

The Preventive Cardiovascular Nurses Association (PCNA) is the leading nursing organization dedicated to preventing cardiovascular disease through assessing risk, facilitating lifestyle changes, and guiding individuals to achieve treatment goals.



# About Million Hearts™

- Goal: Prevent 1 million heart attacks and strokes by the end of 2016
- Department of Health and Human Services initiative co-led by Centers for Disease Control and Prevention and Centers for Medicare & Medicaid Services
- Focus efforts of public and private partners to:
  - Reduce the number of people who need treatment
  - Improve the care for those who do need it
- <http://millionhearts.hhs.gov>



# What is Blood Pressure?

- Blood pressure is determined by the amount of blood your heart pumps and the amount of resistance to blood flow in your arteries
- The more blood your heart pumps and the narrower your arteries, the higher your blood pressure



# What is Blood Pressure?

- Systolic blood pressure (top number) is when the heart squeezes to pump blood to the body
- Diastolic blood pressure (lower number) is when the heart relaxes
- Know your numbers
  - Normal blood pressure is less than 120/80 mm Hg
  - Prehypertension is 120-139/80-89 mm Hg
  - Hypertension is 140/90 mm Hg or higher

# Key Facts About High Blood Pressure

- 1 in 3 adults in the U.S. (68 million) has high blood pressure
- The lifetime risk of developing high blood pressure is:
  - 90% for a man aged 55
  - 90% for a woman aged 65
- High blood pressure can cause strokes, heart attacks, and heart and kidney failure
- Ways to lower blood pressure include: weight loss, exercise, limiting sodium and alcohol, and eating more fruits and vegetables

# Check Your Blood Pressure At Home

- Checking your blood pressure at home will help you:
  - See if you have high blood pressure
  - See if your blood pressure is at goal
  - Find out if you need to make a change in your medicine dose
- Blood pressure is normally 5 mm Hg lower at home; so the goal at home, according to some guidelines, is less than 135 (systolic) and less than 85 (diastolic)

# Choose the Best Monitor

- Ask your nurse or doctor to help you find a home blood pressure monitor
- Use only devices for the arm
- Measure around your upper arm for the cuff size
  - 8.5 – 10 inches = small adult
  - 10.5 – 13 inches = adult
  - 13.5 – 17 inches = large adult
  - 17.5 – 20 inches = adult thigh



# How to Measure

- Rest for 5 minutes before taking a reading
- Sit with legs uncrossed, back supported, feet flat on floor, and arm at heart level
- Measure in arm with highest reading
- Wait 30 minutes after drinking alcohol, smoking, or exercise to take a reading



# How to Measure

- Take your blood pressure in the morning and in the evening (twice each day) for 7 days
- Take your blood pressure two times and wait 2 minutes between readings
- Record the measures you take
  - In a notebook that you use for health information; or
  - In a blood pressure monitor that stores your reading; or
  - By tracking your readings online.
- Take your blood pressure monitor to your clinic visit to check it against the monitor there
- Take your readings to each clinic visit, and share with your nurse or doctor

# Websites for Tracking Your Readings

## Personal Health Records Sites:

1. \*AHA [heart360.org](http://heart360.org)
2. \*HealthyCircles [healthycircles.com](http://healthycircles.com)
3. \*Mayo Clinic [healthmanager.mayoclinic.com](http://healthmanager.mayoclinic.com)
4. Bloodindex [bloodindex.org](http://bloodindex.org)
5. Life Clinic [lifeclinic.com](http://lifeclinic.com)
6. ACC [cardiosmart.org](http://cardiosmart.org)

Patel B. et al. J Clin Hypertens 2010;12:389-395.

\*Top 3 sites

# Exercise to Lower Your Blood Pressure

- Exercise for at least 150 minutes a week
- Three 10-minute sessions or two 15-minute sessions count
- Use a pedometer, strive for 10,000 steps per day
- Warm-up and stretch before you exercise
- Stick with it—set your alarm 15 minutes earlier or take a walk at lunch

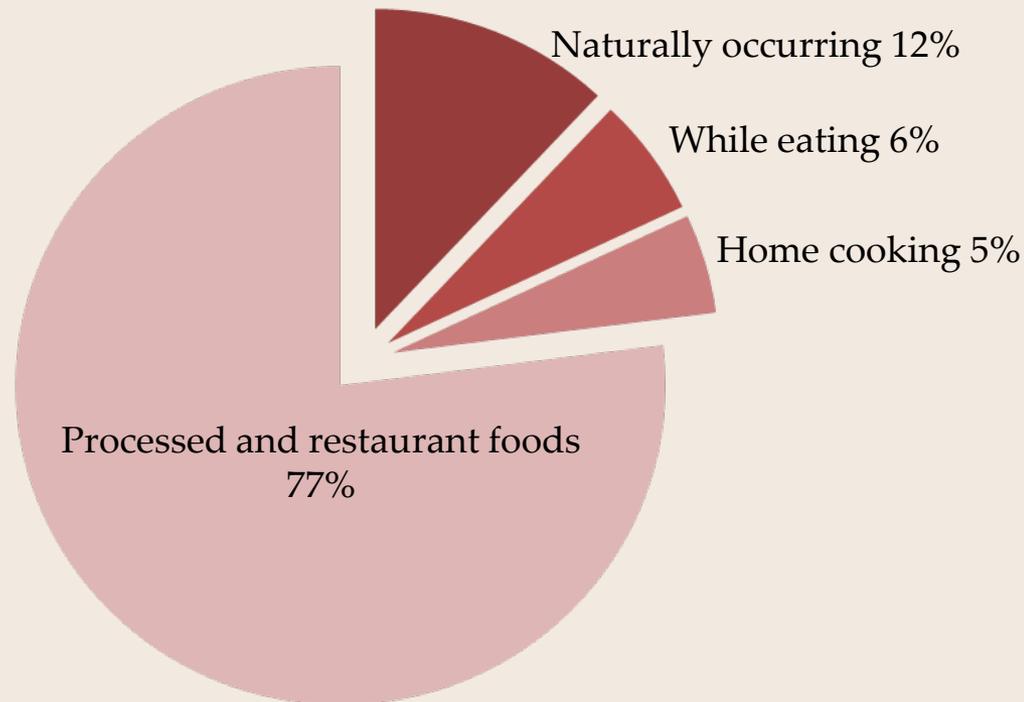


# Sodium in the United States

- The current average sodium intake in the U.S. is 3,300 mg a day
- Recommended daily sodium intake:
  - 1,500 mg for adults over 51 years, African Americans and people with high blood pressure, diabetes, or chronic kidney disease
  - Less than 2,300 mg for healthy adults

# Where's the Salt?

## Most Sodium Comes from Processed and Restaurant Foods



Mattes, RD, et al. Journal of the Am Coll Nutr 1991;10(4):383-393.

# How to Read a Food Label

Look for:

1. Serving size and number of servings per container
2. Amount of sodium per serving

This can of soup actually has 800 mg of sodium

## Nutrition Facts

Serving Size 1 cup (246g)  
Servings Per Container 2

Amount Per Serving

Calories 90

Total Fat 2g

Saturated Fat 0.5g

Cholesterol 25mg

Sodium 400mg

Total Carbohydrate 11g

Dietary Fiber 1g

# Lower Your Sodium: Foods to Avoid

- Fast foods: cheeseburgers, fries, tacos, pizza, burritos
- Ham, bacon, corned beef, hot dogs, sausage
- Canned fish such as salmon, tuna, sardines (or rinse them off)
- Pickles and pickled foods
- Salad dressing with high sodium

# Lower Your Sodium: Foods to Avoid

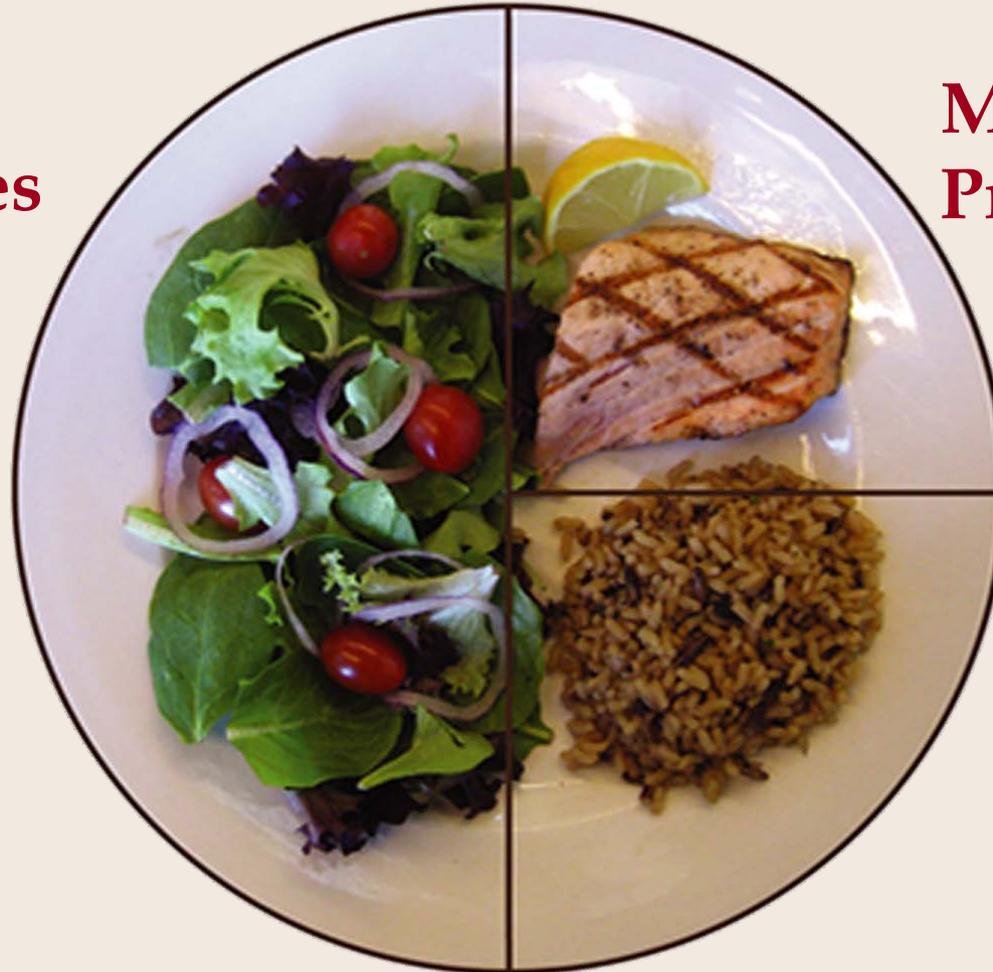
- Sauces like soy, barbeque, Worcestershire
- Pre-packaged and frozen foods, packaged mixes
- Canned soups, except low sodium
- Cheese: all processed cheese and cheese spread
- Salted snacks: potato, tortilla and corn chips; pretzels; salted nuts; crackers

# Sodium Content in Common Foods

- Some foods that you may not think of as salt—like bread—are major sources of sodium because we eat so much of them
- There are lower sodium choices available in most food categories
- Read the labels to find the best choices!

# A Healthy Plate = A Healthy Weight

**Vegetables**



**Meat or Protein**

**Grains and Starches**

# Ways to Save 100 Calories Each Day

- Eat 1 cup of whole grain cereal instead of 2
- Put fresh vegetables on your sandwich
- Drink non-fat or low-fat instead of whole milk
- Use low-fat and low-sodium salad dressing, or make your own
- Eat low-fat yogurt instead of toast and butter
- Drink water or unsweetened iced tea instead of soda
- Use mustard instead of mayo on sandwiches
- Order thin crust instead of thick crust pizza
- Use fresh fruit instead of fruit juice
- Use smaller bowls and plates for your food

# Small Changes Make a Big Difference

Lifestyle Change	Systolic Blood Pressure Reduction
Lose weight	5-20 mm Hg per 22 pounds weight loss
Eat a DASH diet	8-14 mm Hg
Eat less salt	2-8 mm Hg
Exercise	4-9 mm Hg
Limit alcohol	2-4 mm Hg

# Tips on Taking Medicines

- Use a weekly pill box even if you only take one medicine a day
- If you don't feel well after taking a medicine, call your doctor or nurse—don't just stop taking the medicine
- Write down on a calendar when you need to refill your medicine
- Keep taking your medicine even if your blood pressure is at goal
- Your pharmacist is an important member of your health team and can answer questions—even between refills

# Summary

- High blood pressure is common: 1 out of 3 Americans has high blood pressure
- Home blood pressure monitoring helps to reveal if blood pressure is controlled
- Changes in lifestyle such as losing weight, exercising, and reducing sodium lowers systolic blood pressure
- Taking medicines to lower blood pressure also reduces the risk of heart attack, stroke, and heart and kidney failure

# Questions?

**What You Need to Know**  
**High Blood Pressure**

You have the power to lower your blood pressure and live a healthy, full life. High blood pressure, also called hypertension, raises your risk for heart disease, stroke, kidney disease, and damage to your eyes. This worksheet will give you tips on how to eat less salt, check your blood pressure at home, and learn about your medicines.

**Know your blood pressure numbers**

**What do these numbers mean?**  
157 / 98

**Systolic (upper):**  
This is the amount of pressure it takes for the heart to squeeze blood to the body.

**Diastolic (lower):**  
This is the amount of pressure when the heart is relaxed and filling with blood.

Normal blood pressure	Less than 120 and less than 80
At risk for high blood pressure	120-139 and 80-89
High blood pressure	140 or higher or 90 or higher

Write your recent numbers here: \_\_\_\_ / \_\_\_\_

**Eat less salt**

Eating less salt can help lower your blood pressure. Salt is also called sodium on food labels. Try to eat less than 1300mg of sodium a day. 1 teaspoon of salt has 2300mg of sodium. Don't add salt to food while cooking or eating.

**How to read a food label:**

1. Look at the serving size and servings per container. This can has 2 servings.
2. Look at the mg of sodium. In this can, a 1 cup serving has 400mg of sodium. This whole can has 800mg of sodium.

**Check off the things you will do:**

- Eat more fresh fruits and vegetables.
- Cook with fresh herbs and spices or use vinegars and lemon juice for flavor.
- Rinse canned foods like vegetables, beans, and tuna with water to remove salty liquid.
- For salads, choose oil and vinegar. When eating out, ask for dressing on the side.
- When shopping, choose reduced sodium, low sodium, light sodium, or sodium free foods.

**Foods to avoid:**

- Fast food like pizza, tacos, burritos, cheeseburgers, fries, and fried chicken
- Ham, bacon, corned beef, hot dogs, sausage, salt pork, packaged meats, and cheese
- Salty foods in cans and jars like pickles, sauces, dips, salad dressings, soups, and broths
- Packaged foods like salty snacks and chips, mixes for sauces, rice and noodle meals
- Frozen meals and foods that contain soy sauce or are marinated, smoked, or cooked in broth

**Nutrition Facts**  
Serving Size 1 cup (240ml)  
Calories Per Container 7

Amount Per Serving
Calories 90
Total Fat 7g
Saturated Fat 0.5g
Cholesterol 27mg
Sodium 400mg
Total Carbohydrate 1.2g
Dietary Fiber 1g

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Blood Pressure  
Factsheet on  
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