

# LIVE FEEL BETTER

## EVERY DAY

### A GUIDE TO KNOW YOUR NUMBERS



## WHAT IS BLOOD PRESSURE?

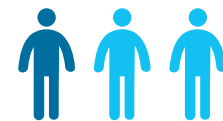
Knowing your blood pressure is an important indicator of your cardiovascular health. If left undetected, high blood pressure – otherwise know as hypertension – can harm your quality of life and health as it puts you at higher risks for heart disease, stroke, and other potentially life-threatening diseases.

Note that there are often no outward signs or symptoms of high blood pressure. The only way to know if you have high blood pressure is to have your blood pressure tested. If you have high blood pressure, it's important to speak with your physician and monitor your blood pressure regularly.

To maintain a healthy blood pressure, make sure to practice healthy habits every day.



**1 IN 6 AMERICANS DON'T KNOW THEY HAVE HIGH BLOOD PRESSURE.**



**1 IN 3 ADULTS HAVE HIGH BLOOD PRESSURE**

## WHAT IS MY BLOOD PRESSURE?

There are different ways to have your blood pressure measured. You can have it checked at your healthcare provider's office. There are also blood pressure machines at various City worksites (visit [sfhss.org/well-being](https://sfhss.org/well-being) for locations) and at many pharmacies. If you have persistent high blood pressure, regular self-monitoring is highly recommended, so you may want to consider purchasing a home monitor.

For the most accurate results,

1. Rest for 5 minutes before taking your blood pressure.
2. Do not smoke, drink caffeine, or exercise 30 minutes before.
3. Sit up straight with your feet flat on the floor. Make sure your arm is supported.
4. Measure at a consistent time of day.
5. Take 2-3 readings at least one minute apart for a more accurate measurement.

## IS MY BLOOD PRESSURE HEALTHY?

The optimal range for your blood pressure is less than 120/80. If you have been diagnosed with high blood pressure, speak to your health care provider about what your target blood pressure should be.

Refer to the blood pressure chart below to determine your blood pressure category.

Blood Pressure Category	Systolic mm Hg (upper #)	Diastolic mm Hg (lower #)
Normal	less than 120	and less than 80
Elevated	120-129	and less than 80
High Blood Pressure (Hypertension) Stage 1	130-139	or 80 – 89
High Blood Pressure (Hypertension) Stage 2	140 or Higher	or 90 or Higher
Hypertensive Crisis (Consult Your Doctor Immediately)	Higher than 180	and / or Higher than 120

### IMPORTANT NOTES

- Remember, one high reading doesn't mean that you have high blood pressure. If you have consistently high readings, consult your healthcare professional.
- If your blood pressure reading is higher than 180/120 mm Hg, wait five minutes and test again. If your readings are still high, contact your doctor immediately.
- If your blood pressure is higher than 180/120 mm Hg and you are experiencing chest pain, shortness of breath, back pain, numbness/weakness, change in vision, difficulty speaking, do not wait to see if your pressure comes down on its own. Call 9-1-1.

Source:  
[https://www.heart.org/HEARTORG/Conditions/HighBloodPressure/KnowYourNumbers/Monitoring-Your-Blood-Pressure-at-Home\\_UCM\\_301874\\_Article.jsp](https://www.heart.org/HEARTORG/Conditions/HighBloodPressure/KnowYourNumbers/Monitoring-Your-Blood-Pressure-at-Home_UCM_301874_Article.jsp)

## HEALTHY HABITS FOR BLOOD PRESSURE CONTROL

Follow these easy tips to lower your blood pressure:



Find and remove the hidden sodium lurking in your diet. Check nutrition labels before buying foods and try to eat no more than 1500 mg of sodium a day.



Add more fruits and vegetables to naturally reduce sodium and calories. Try to eat at least 5 servings of fruits and vegetables a day.



Increase your physical activity a little each day until you are active for at least 30 minutes at least 5 days per week.



Use breathing and regular movement to manage your stress. Taking a one minute breathing or stretch break can help to decrease your stress, lower your blood pressure and increase your well-being.



Quit tobacco to lower your blood pressure, increase your heart health, and enhance the quality of your life.



If you are overweight or obese, lowering your weight by 5-10% can reduce your blood pressure and risks for other conditions.

For resources to help you succeed visit  
[sfhss.org/well-being/bp](https://sfhss.org/well-being/bp).

# PERFORATION

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Measuring your Body Mass Index (BMI) is a useful way to determine if you are at a healthy weight. Excess weight can increase your risk of heart disease, stroke, and type 2 diabetes. However, if you are overweight, reducing your BMI not only reduces your risk significantly, but can also help you to feel better and more energized as you go through your day.

If you carry your weight

around your waist, you may be at greater risk for heart disease and type 2 diabetes. Your risk increases when your waist circumference is greater than 35 inches for women and 40 inches for men.

Note that while BMI measurement is a useful tool for most men and women, it does have its limitations. Athletes and others with a more muscular build may be categorized as overweight or obese when their body fat is within a healthy range. Older persons or those who have lost muscle may appear at a healthy weight although they are lacking muscle mass important for their health.

**BMI:** **IS CONSIDERED:**

Less than 18.5	Underweight
18.5 to 24.9	Healthy
25.0 to 29.9	Overweight
30.0 or more	Obese
40 or greater	Extremely obese



To determine your BMI category, find your height and weight on the chart below to estimate your BMI-related risk for heart disease, stroke and diabetes.

Height	Minimal risk (level under 25) {lbs}	Moderate Risk (level 25 to 29.9) Overweight {lbs}	High Risk (BMI 30 and above) Obese {lbs}
4'10"	118 or less	119 to 142	143 or more
4'11"	123 or less	124 to 147	148 or more
5'0"	127 or less	128 to 152	153 or more
5'1"	131 or less	132 to 157	158 or more
5'2"	135 or less	136 to 163	164 or more
5'3"	140 or less	141 to 168	169 or more
5'4"	144 or less	145 to 173	174 or more
5'5"	149 or less	150 to 179	180 or more
5'6"	154 or less	155 to 185	186 or more
5'7"	158 or less	159 to 190	191 or more
5'8"	163 or less	164 to 196	197 or more
5'9"	168 or less	169 to 202	203 or more
5'10"	173 or less	174 to 205	209 or more
5'11"	178 or less	179 to 214	215 or more
6'0"	183 or less	184 to 220	221 or more
6'1"	188 or less	189 to 226	227 or more
6'2"	193 or less	194 to 232	233 or more
6'3"	199 or less	200 to 239	240 or more
6'4"	204 or less	205 to 245	246 or more

Source:  
[https://www.nhlbi.nih.gov/health/educational/lose\\_wt/risk.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/risk.htm)

Talk to your doctor to see if you are at an increased risk and should lose weight. For people who are considered obese or overweight and have other risk factors, weight loss is generally recommended.

Note that even small changes can have big benefits. Lowering your weight by just 5-10% if you are overweight or obese can dramatically reduce your health risks.

Consider these examples based on your own weight:

How many pounds would I need to lose for a 5% weight loss?

x .05 =  lbs.  
(current weight)

How many pounds would I need to lose for a 10% weight loss?







x .10 =  lbs.  
(current weight)

How many weeks will it take you to lose 5-10% of your weight? It is recommended to lose no more than 1-2 pounds per week for successful weight loss and management.

It will take me  to  weeks to lose 5-10% of my weight.  
(# lbs/2) (# lbs.)

Source: [https://www.nhlbi.nih.gov/health/educational/lose\\_wt/risk.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/risk.htm)

**Follow these simple tips to help you manage your weight:**

-  Practice portion control, plan meals and reduce eating out.
  -  Limit sugary beverages. Consider drinking unsweetened ice tea or water as a substitute.
  -  Add more fruits and vegetables to feel fuller longer on fewer calories.
  -  Use breathing and/or movement to eat more mindfully. Take a minute to breathe.
  -  Increase your physical activity a little each day until you are active for at least 30 minutes at least 5 days per week.
  -  Join a weight management program to learn how you can manage your weight.

**For free and discounted weight management resources, visit [sfhss.org/well-being/weight](https://sfhss.org/well-being/weight).**