

LIVE
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BETTER

A GUIDE TO KNOW YOUR NUMBERS



Image: Hemlock Street Mural, Polk Street (DPW)

KNOW YOUR NUMBERS

You can't manage what you don't measure, which is why knowing your risk is critical to preventing chronic conditions such as heart disease, stroke and diabetes—and knowing your risk starts with *knowing your numbers*.

Talk to your healthcare provider today to learn more about your blood pressure, cholesterol, blood sugar and Body Mass Index (BMI). These numbers could save your life.

San Francisco Health Service System has resources to help measure and monitor your blood pressure and BMI. Learn more about these numbers below.

For more resources visit sfhss.org/well-being

WHAT IS BODY MASS INDEX?

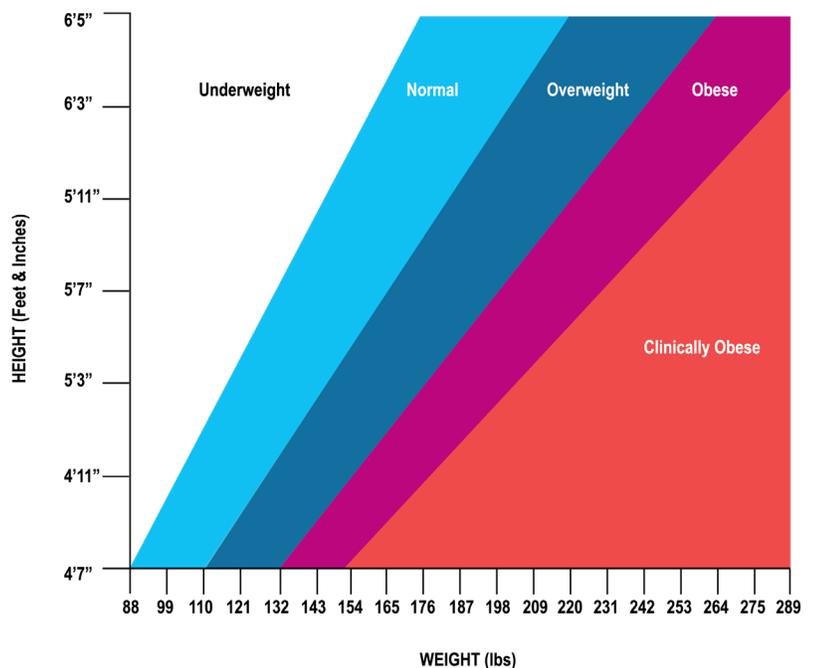
Measuring your Body Mass Index (BMI) is a useful way to determine if you are at a healthy weight. Excess weight can increase your risk of heart disease, stroke, and type-2 diabetes. However, if you are overweight, reducing your BMI not only reduces your risk significantly, but can also help you to feel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

IS MY BMI HEALTHY?

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.

Please note that while BMI measurement is a useful tool for most men and women, it does have its limitations. This reading is meant to be used as an indicator only.

BODY MASS INDEX CHART



https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm

WHAT IS BLOOD PRESSURE?

Knowing your blood pressure is an important indicator of your cardiovascular health. If left undetected, high blood pressure – otherwise known 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.

Often, there are 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.



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



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

TIPS FOR ACCURATE READING

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 both 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.

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 for locations) and at many pharmacies.

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. If you have persistent high blood pressure, regular self-monitoring is highly recommended, so you may want to consider purchasing a home monitor.

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

https://www.heart.org/HEARTORG/Conditions/HighBloodPressure/KnowYourNumbers/Monitoring-Your-Blood-Pressure-at-Home_UCM_301874_Article.jsp