1 IN 4 NEW YORKERS HAS HIGH BLOOD PRESSURE (HYPERTENSION).

IF UNTREATED, IT CAN LEAD TO HEART DISEASE OR STROKE.

LOWER YOUR RISK FOR HEART DISEASE:

- **Know your numbers.** There are usually no symptoms. Check your blood pressure regularly at your pharmacy or doctor’s office.

- **Cut the salt.** Foods high in sodium can raise blood pressure. Limit processed or restaurant foods.

- **Don’t smoke.** Smoking raises blood pressure and damages the heart.

- **Get moving.** Physical activity is good for your heart!

*WorkWell NYC is here to help! Visit nyc.gov/workwellnyc for resources and programs to help keep your heart healthy.*
About Your Blood Pressure

High Blood Pressure Damages:

- High blood pressure causes strokes by causing a break in blood vessels and bleeding in the brain. If a blood clot blocks a narrowed artery, it can also cause a **stroke**.
- High blood pressure leads to impaired vision and **blindness**.
- High blood pressure leads to **congestive heart failure** and a weakened heart. High blood pressure also leads to **hardened arteries**.
- High blood pressure can cause the **kidneys to fail**.

How to Lower Your Blood Pressure:

- **Lower your sodium:** Consume less than 2,300 mg of sodium per day* from processed foods and table salt.
- **DASH diet:** Eat a diet rich in fruits, vegetables, low-fat dairy/calcium, nuts, seeds, and legumes with adequate lean protein.
- **Exercise and control your weight.**
- **Avoid smoking.**
  
  *1,500 mg for people who have or are at risk for high blood pressure.

What is your blood pressure?

<table>
<thead>
<tr>
<th>Category</th>
<th>Systolic</th>
<th>Diastolic</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Normal</strong></td>
<td>Less than 120</td>
<td>Less than 80</td>
</tr>
<tr>
<td><strong>Elevated</strong></td>
<td>120-129</td>
<td>Less than 80</td>
</tr>
<tr>
<td><strong>High Blood Pressure Hypertension Stage 1</strong></td>
<td>130-139</td>
<td>80-89</td>
</tr>
<tr>
<td><strong>High Blood Pressure Hypertension Stage 2</strong></td>
<td>140 or Higher</td>
<td>90 or higher</td>
</tr>
<tr>
<td><strong>Hypertensive Crisis</strong></td>
<td>180 or Higher</td>
<td>Higher than 120</td>
</tr>
</tbody>
</table>

Keeping your systolic blood pressure below 120mm Hg will help you reduce your risk for heart attack, stroke, and death.

Source: SPRINT study

Source: AHA/ACC 2017 update

http://hyper.ahajournals.org