

HealthReach Community Health Centers

May 2019



High Blood Pressure Education Month

Tips for Decreasing High Blood Pressure

5 Surprising Facts About High Blood Pressure

- High blood pressure does not usually have symptoms.
- Many people who have high blood pressure do not know it.
- High blood pressure may be linked to dementia.
- Young people may have high blood pressure.
- Women and minorities have unique risk factors when it comes to high blood pressure.
- High blood pressure is linked to heart disease and stroke.

- Eat a healthy diet
- Maintain a healthy weight
- Increase physical activity
- Avoid tobacco products
- Limit alcohol consumption
- Cut out excess sodium

Know Your Risk Factors for High Blood Pressure!

- Age
- Family History
- Unhealthy Lifestyle
- Race or Ethnicity
- Sex

Resources:

<https://www.nhlbi.nih.gov/health-topics/education-and-awareness/HBP-education-month>
<https://www.cdc.gov/features/highbloodpressure/index.html>
https://sodiumbreakup.heart.org/stroke_and_hbp_education_month