



know your numbers  
target your blood pressure

Initiated by the World Hypertension League

**WORLD**  
**HYPERTENSION**  
**DAY** MAY 17, 2011





## what is hypertension?

Hypertension is most commonly known as **High Blood Pressure**. It is a chronic medical condition in which the blood pressure is elevated. Many people have high blood pressure for years without knowing it. Most of the time, there are no symptoms, but when high blood pressure goes untreated, it damages arteries and vital organs throughout the body. That's why high blood pressure is often called the "**silent killer**".

## what is world hypertension day?

World Hypertension Day has been established to highlight the preventable stroke, heart and kidney diseases caused by high blood pressure and to communicate to the public information on prevention, detection and treatment. Each year, **May 17<sup>th</sup>** is designated **World Hypertension Day**.

## hypertension is a global epidemic!

Globally, **7 million people die and 1.5 billion suffer every year** because of high blood pressure or hypertension. It is the biggest single risk factor for death world wide causing heart disease, stroke, diabetes and kidney disease.



The table below shows normal numbers for adults. It also shows which numbers put you at greater risk for health problems. Blood pressure tends to go up and down, even in people who have normal blood pressure. If your numbers stay above normal most of the time, you're at risk.

In the presence of diabetes or chronic kidney disease (CKD), any reading above 130/85 mmHg is considered high blood pressure.

### CATEGORIES FOR BLOOD PRESSURE LEVELS (IN MMHG, OR MILLIMETERS OF MERCURY) IN ADULTS – AGE 18 AND ABOVE.

Category	Systolic (top #)		Diastolic (bottom #)
Optimal/Normal	Less than 120	and	Less than 80
High normal	120–139	or	80–89
High blood pressure			
Stage 1	140–159	or	90–99
Stage 2	160 or higher	or	100 or higher

## what is blood pressure?

Blood pressure is the force applied against the walls of the arteries as the heart pumps blood through the body. Your blood pressure number is determined by the force and amount of blood pumped, and the size and flexibility of the arteries. A reading consists of two numbers, for example: 120/80, which is read as “120 over 80.”

## know your blood pressure number.

The first number, systolic blood pressure measures the maximum pressure exerted as the heart contracts. A measurement over 90 and under 140 is generally considered normal for an adult.

The lower number indicates diastolic pressure is a measurement taken between beats, when the heart is at rest. A measurement over 60 and under 90 is generally considered normal for an adult.



## MEDICATIONS MAY HELP

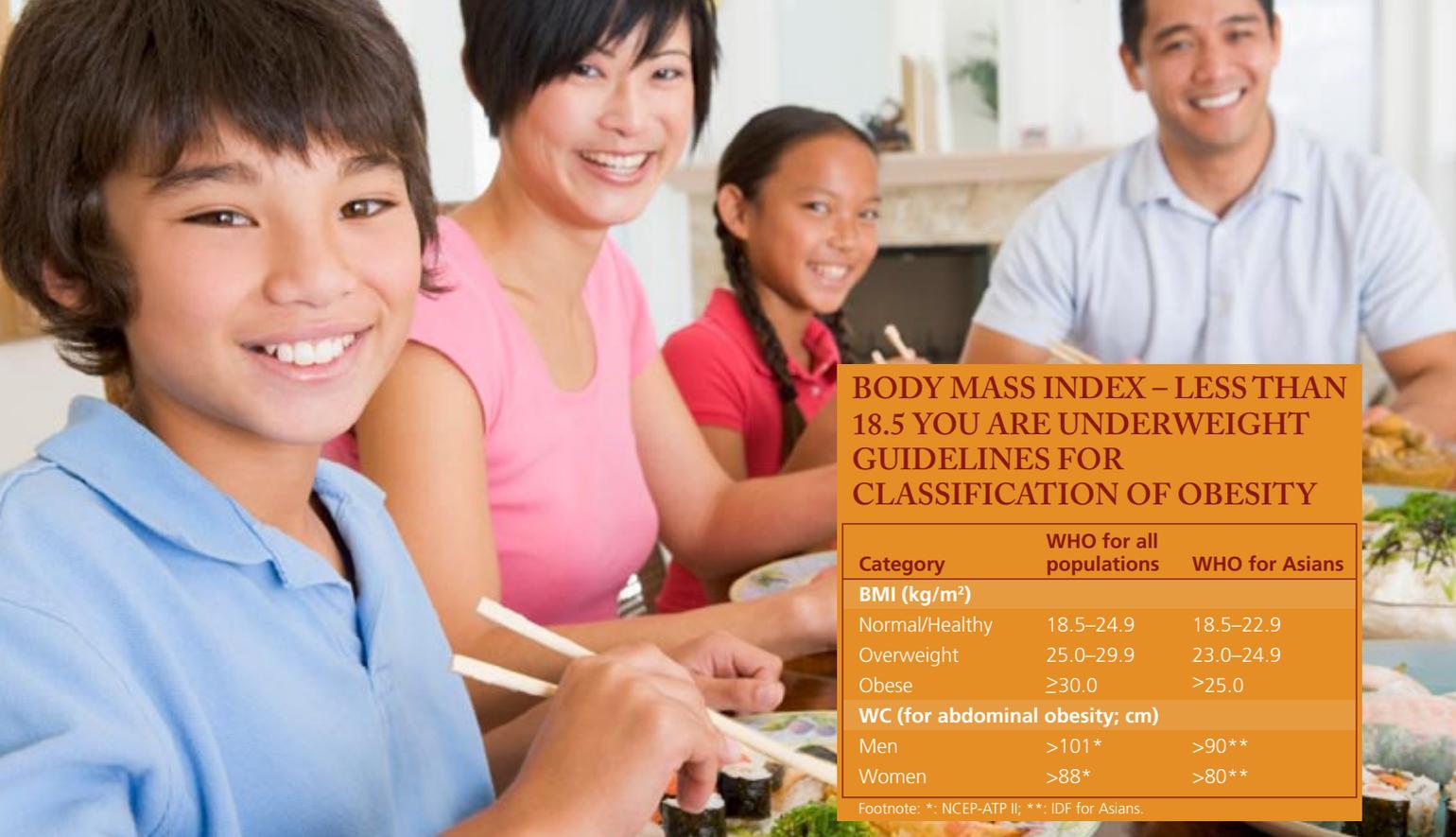
Many drugs that lower blood pressure also prevent heart attacks and strokes. Talk to your doctor or healthcare provider for individualized care. And then remember to:

- Take your medications regularly as instructed by your physician.
- Report any side effects to your physician immediately
- Continue to monitor blood pressure while on medication.

## measure your blood pressure.

It is important to measure your blood measure regularly. You can do this yourself at home with an automatic, cuff style bicep (upper arm) monitor. Here are a few tips.

- 1. Make Sure The Cuff Fits.** Before you purchase a machine, measure around your upper arm. Then, choose a monitor that comes with the correct size cuff.
- 2. Be Still.** Don't drink caffeinated beverages or exercise within the 30 minutes before measuring your blood pressure.
- 3. Sit Correctly.** Sit with your back straight and supported on a hard chair. Do not cross your feet or your arms.
- 4. Take Multiple Readings.** Each time you measure, take two or three readings one minute apart and record all the results.
- 5. Measure At The Same Time Daily.** Because blood pressure fluctuates it is important to take the readings at the same time each day. Recommended times are first thing in the morning and again in the evening.
- 6. Record All Your Results.**



**BODY MASS INDEX – LESS THAN 18.5 YOU ARE UNDERWEIGHT  
GUIDELINES FOR CLASSIFICATION OF OBESITY**

Category	WHO for all populations	WHO for Asians
<b>BMI (kg/m<sup>2</sup>)</b>		
Normal/Healthy	18.5–24.9	18.5–22.9
Overweight	25.0–29.9	23.0–24.9
Obese	≥30.0	>25.0
<b>WC (for abdominal obesity; cm)</b>		
Men	>101*	>90**
Women	>88*	>80**

Footnote: \*: NCEP-ATP II; \*\*: IDF for Asians.

**target healthy blood pressure with these four keys.**

- 1. Another measure for obesity is the waist circumference (WC).** In our rapidly, changing world, the number of over-weight and obese people is on the rise. Being overweight can lead to hypertension. A good way to monitor your weight is to regularly keep tabs on your 'Body Mass Index'. To calculate your Body Mass Index, take your weight (in kilograms), and divide by your height (in meters) squared. The unit of BMI is kilogram/square meter. Another measure for obesity is the waist circumference (WC).
- 2. Quit Smoking.** If you are smoker try to quit this habit. Or at least start cutting down the number of cigarettes per day gradually to zero.
- 3. Make Healthy Food Choices.** Eating healthy is always a good idea. First and foremost, don't skip meals. Eat three good meals a day and watch your portion sizes. Try limiting processed and fast foods.



**Instead:**

- Increase your fruit, vegetable and nut intake daily.
- Try making at least one vegetarian meal a week.
- Drink no more than one or two standard alcohol drinks a day.

**Reduce your sodium or salt intake.**

- Don't add extra salt when cooking.
- Leave the salt shaker off the dinner table.
- Season foods fresh herbs, lemon juice or vinegars.
- Check for sodium in the food label and choose low sodium products.

**4. Live An Active Life.** Your body was born to move. So, get active with anything you love. Biking, swimming, gardening, whatever makes you happy can't help but be good for you! And if you're starved for time, remember ten minutes of simple exercise, a couple of times a day, really adds up. Try:

- Walking up the stairs at work.
- Park your car and walk a block or two.
- Turn up the music and dance!

## partners:



## supported by:



## for more information

[www.worldhypertensionleague.org](http://www.worldhypertensionleague.org)  
[www.hypertension.ca](http://www.hypertension.ca)  
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## partnerships

World Hypertension Day (WHD) is an official partner with International Society of Hypertension (ISH), World Kidney Day (WKD), World Action on Salt and Health (WASH) and International Diabetes Federation (IDF).

All these organizations (WHD, WKD, WASH, IDF) will work together to raise global awareness of high blood pressure as a common cause and complication of all vascular diseases including kidney diseases, obesity and diabetes.