

HIGH BLOOD PRESSURE in SOUTH DAKOTA

BLOOD PRESSURE is the force of blood pushing against the walls of the arteries as the heart pumps blood. If this pressure rises and stays high over time, it can damage the body in many ways.

193,000

SOUTH DAKOTA ADULTS HAVE HIGH BLOOD PRESSURE

That means more than **3 OUT OF 10** adults in SD have High Blood Pressure.

WHAT DO THESE NUMBERS MEAN?

Blood pressure is measured as systolic and diastolic pressures.

SYSTOLIC refers to blood pressure when the heart beats while pumping blood.

120 { SYSTOLIC }

80 { DIASTOLIC }

DIASTOLIC refers to blood pressure when the heart is at rest between beats.



KNOW YOUR NUMBERS GETTING A BLOOD PRESSURE CHECK IS QUICK AND EASY

Talk to your healthcare provider if your blood pressure is higher than the normal level.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper#)		DIASTOLIC mm Hg (lower#)
NORMAL	LESS THAN 120	AND	LESS THAN 80
PREHYPERTENSION	120-139	OR	80-89
HIGH BLOOD PRESSURE (HYPERTENSION)	HIGHER THAN 140	OR	HIGHER THAN 90

High blood pressure is a serious condition that can lead to:

HEART FAILURE

KIDNEY FAILURE

STROKE

CORONARY HEART DISEASE

PREVENTION



Following a healthy eating pattern



Reducing salt and sodium in your diet



Maintaining a healthy weight



Being physically active



Limiting alcohol intake



Quitting smoking