

AMCP RESEARCH AND EDUCATION COMMITTEE  
PRESENTS  
**WHAT IS HYPERTENSION?**



## HIGH BLOOD PRESSURE

High blood pressure (also known as **hypertension**) is when your blood pressure, the force of your blood pushing against the wall of blood vessels, is consistently too high.

## COMMON CAUSES OF HIGH BLOOD PRESSURE



Genetics



Unhealthy diet with:

- High fat
- High salt
- Low potassium



Too much alcohol

daily:

Male > 2 drinks  
Women > 1 drink



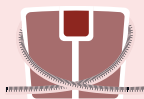
Lack of exercise  
and sedentary  
lifestyle

## Blood Pressure Categories



| BLOOD PRESSURE CATEGORY                                  | SYSTOLIC mm Hg<br>(upper number) |        | DIASTOLIC mm Hg<br>(lower number) |
|--|----------------------------------|--------|-----------------------------------|
| NORMAL   | LESS THAN 120                    | and    | LESS THAN 80                      |
| ELEVATED   | 120-129                          | and    | LESS THAN 80                      |
| HIGH BLOOD PRESSURE<br>(HYPERTENSION) STAGE 1            | 130-139                          | or     | 80-89                             |
| HIGH BLOOD PRESSURE<br>(HYPERTENSION) STAGE 2            | 140 OR HIGHER                    | or     | 90 OR HIGHER                      |
| HYPERTENSIVE CRISIS<br>(consult your doctor immediately) | HIGHER THAN 180                  | and/or | HIGHER THAN 120                   |

## WHAT CAN YOU DO?



**Lose weight** and keep  
waistline under:  
Men < 40 inches  
Women < 35 inches



**Exercise** is key: At least  
30 minutes of physical  
aerobic activity a day,  
3-4 times a week



**Reduce stress:**  
Take time off during the  
day to relax with  
activities you enjoy



Eat a **healthy diet** rich in:  
Fruits, grains, vegetables, lean  
meat and fish. Avoid high fat  
and high sodium diet



Reduce daily **alcohol  
intake:**

Men - 2 drinks max  
Women - 1 drink max



Continue **blood pressure  
medications** as directed (If  
taking any).



## HYPERTENSION MAY INCREASE YOUR RISK OF SERIOUS ILLNESS FROM COVID-19

- If you have high blood pressure and are currently taking blood pressure medication, it is important to continue taking them as directed to minimize the risk of complications from COVID-19.
- Get the COVID-19 vaccine where available in your county.



COVID-19 VACCINE & DISEASE  
STATE INFOGRAPHICS:

[HTTPS://TINYURL.COM/AMCPHEALTHHELPER](https://tinyurl.com/amcphealthhelper)

TEXT (402) 732-2627 TO LEARN MORE  
ABOUT THE COVID-19 VACCINE AND  
COMMON DISEASES

SCAN ME