

UNDERSTANDING BLOOD PRESSURE

Blood pressure measures how strongly your blood pushes against the walls of your arteries. Arteries carry blood from your heart to other parts of your body. Your blood pressure reading changes based on your activity, stress, and overall health.

High blood pressure, or hypertension, can cause health problems such as:

- Chronic kidney disease
- Pregnancy-related complications
- Stroke
- Cognitive decline and dementia
- Vision decline or loss
- Heart disease
- Peripheral artery disease
- Other health problems



KNOW YOUR NUMBERS

CATEGORY	SYSTOLIC BLOOD PRESSURE (MM HG)	AND	DIASTOLIC BLOOD PRESSURE (MM HG)
Normal	<120	AND	<80
Elevated	120-129	AND	<80
Stage 1 Hypertension	130-139	OR	80-89
Stage 2 Hypertension	≥140	OR	≥90

MANAGING BLOOD PRESSURE

For many, blood pressure can be managed by making lifestyle changes such as:

- Incorporating physical activity (about 30 minutes per day, 5 days each week)
- Maintaining a healthy diet and healthy weight
- Managing stress
- Not smoking

For more information, visit [cdc.gov/high-blood-pressure](https://www.cdc.gov/high-blood-pressure)