



High Blood Pressure

What is high blood pressure?

An increase in the force of blood through the arteries.

What causes high blood pressure?

Family history, poor diet, lack of exercise, age, race, alcohol, stress.

What high blood pressure does to the body?

Without appropriate interventions, it can lead to heart attack, stroke, heart failure, aneurysm, metabolic syndrome, impaired kidneys, and trouble with memory and thinking.

Name _____

Date _____

BP _____

Weight _____

Height _____

BMI _____

Ranges of High Blood Pressure

Blood Pressure	What does it mean?	What you should do?
Less than 120/80	Normal blood pressure	Awesome! Remember blood pressure checks once every two years at minimum.
120/80 to 139/89	Prehypertensive (at risk for hypertension)	Have blood pressure rechecked within 6 months. Implement lifestyle changes.
140/90-179/109	Stage 1 Hypertension (140/90-159/99) Stage 2 Hypertension (160/100 or higher)	Visit your doctor. Have blood pressure rechecked in two weeks. Implement lifestyle adjustments.
180/110 and above	Hypertensive Crisis	Seek immediate medical help

Interventions to prevent high blood pressure?

- Eat healthy foods (increase fruit/vegetables, decrease sodium, limit fatty foods, and alcohol intake)
- Increase physical activity (walking, running, jogging, dancing, etc.)
- Stop smoking (smoking cessation programs)
- Maintain a record of blood pressure
- Take medications as prescribed

UAB Occupational Medicine provides free blood pressure checks by appointment. Please email OHSocmed@uab.edu or call 6-7817 for an appointment.

- Mayo Clinic Staff. (2016). *High blood pressure (hypertension)*. Mayo Clinic. Retrieved from <http://www.mayoclinic.org/diseases-conditions/high-blood-pressure/basics/complications/con-20019580>
- American Heart Association. (2017). *Hypertensive Crisis: When You Should Call 9-1-1 for High Blood Pressure*. Retrieved from http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/GettheFactsAboutHighBloodPressure/Hypertensive-Crisis-When-You-Should-Call-9-1-1-for-High-Blood-Pressure_UCM_301782_Article.jsp_.WVKMv1WGOUk