

Blood Pressure Facts



February is Heart Health Month at the Y. Enjoy these life saving tips provided by the Academy of Nutrition and Dietetics and connect with our Healthy Living staff to learn more about how to keep your heart in check.

ATTACKING THE YOUNG

High blood pressure affects nearly **20%** of young adults, between ages **24** and **32**.

More than **20%** of people aged **20** years or older with high blood pressure have chronic kidney disease.

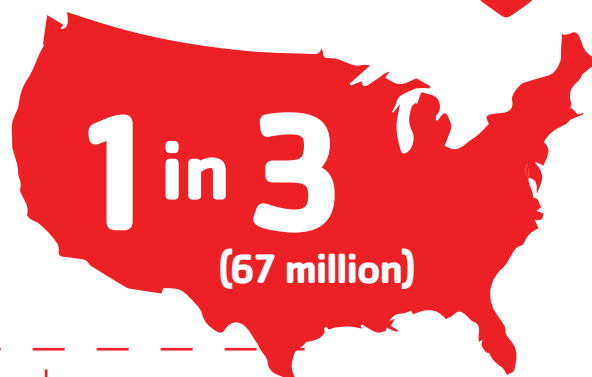
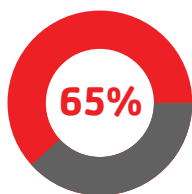


HIGH BLOOD PRESSURE

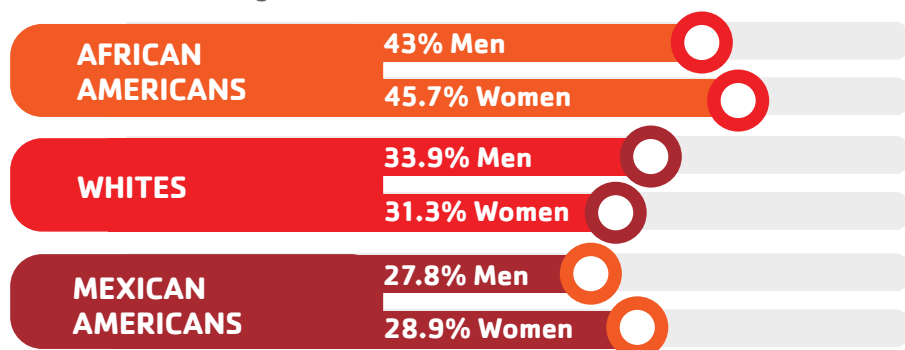
More than **65%** of adults with diabetes have high blood pressure.

About **65%** of americans aged 60 or older have high blood pressure.

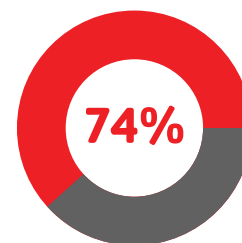
In response to this critical health issue, YMCA's Blood Pressure Self-Monitoring program offers personalized support as participants develop the habit of monitoring their blood pressure.



High blood pressure occurs earlier in life and is more common among African Americans



U.S. adults has high blood pressure or hypertension.



of people with chronic heart failure have high blood pressure.

SILENT KILLER



Most people with high blood pressure have no signs or symptoms.



High blood pressure was listed as a primary or contributing cause of death for about 348,000 Americans in 2008.



High blood pressure contributes to nearly 1,000 deaths a day.

MAKING SENSE OF BLOOD PRESSURE NUMBERS

CATEGORY	SYSTOLIC	DIASTOLIC
NORMAL	Less than 120	Less than 80
PREHYPERTENSION	120-139	80-89
STAGE1 HYPERTENSION	140-159	90-99
STAGE 2 HYPERTENSION	160 Or Higher	100 Or Higher