

High Blood Pressure: Know Your Numbers

High blood pressure is more than just numbers; it can be an indication of your overall heart and vascular health. So find out where you stand, today.

KNOW WHERE YOU STAND

Get your CRP. A cardiac risk profile—or CRP—gives you information about some of the factors that can put you at risk for heart disease—things like high blood pressure and elevated blood levels of cholesterol, triglycerides, and glucose.

You can get your CRP from your healthcare provider or—if you're a Federal employee—from the FOH Health Unit at your worksite, where available.

Take your HRA. The CRP and HRA go hand in hand. The information from the CRP is an essential part of your health risk appraisal (HRA).

Having this information will give you a more complete picture of where you stand as far as your heart health. And, the HRA also provides you with a personalized action plan for ways to reduce your risks, so you'll have more control over your own health decisions.

Calculate your BMI. Go to the FOH website and use the body mass index (BMI) calculator. If your BMI is 25 or higher, you can really make an impact on your blood pressure by losing even 10 pounds. Combining a low-calorie, well-balanced diet with regular physical activity can help you let go of the extra weight and keep it off.

High Blood Pressure: Tips for Lowering Your Risk

Keep at a healthy weight. One of the best things you can do for your blood pressure is to maintain a healthy weight, which is a body mass index (BMI) reading lower than 25.

Get physical. A good place to start is with at least 30 minutes of moderately intense physical activity, like a brisk walk, every day. This can be broken down into smaller segments (for example, three segments of ten minutes each) as long as they add up to 30 minutes or more per day.

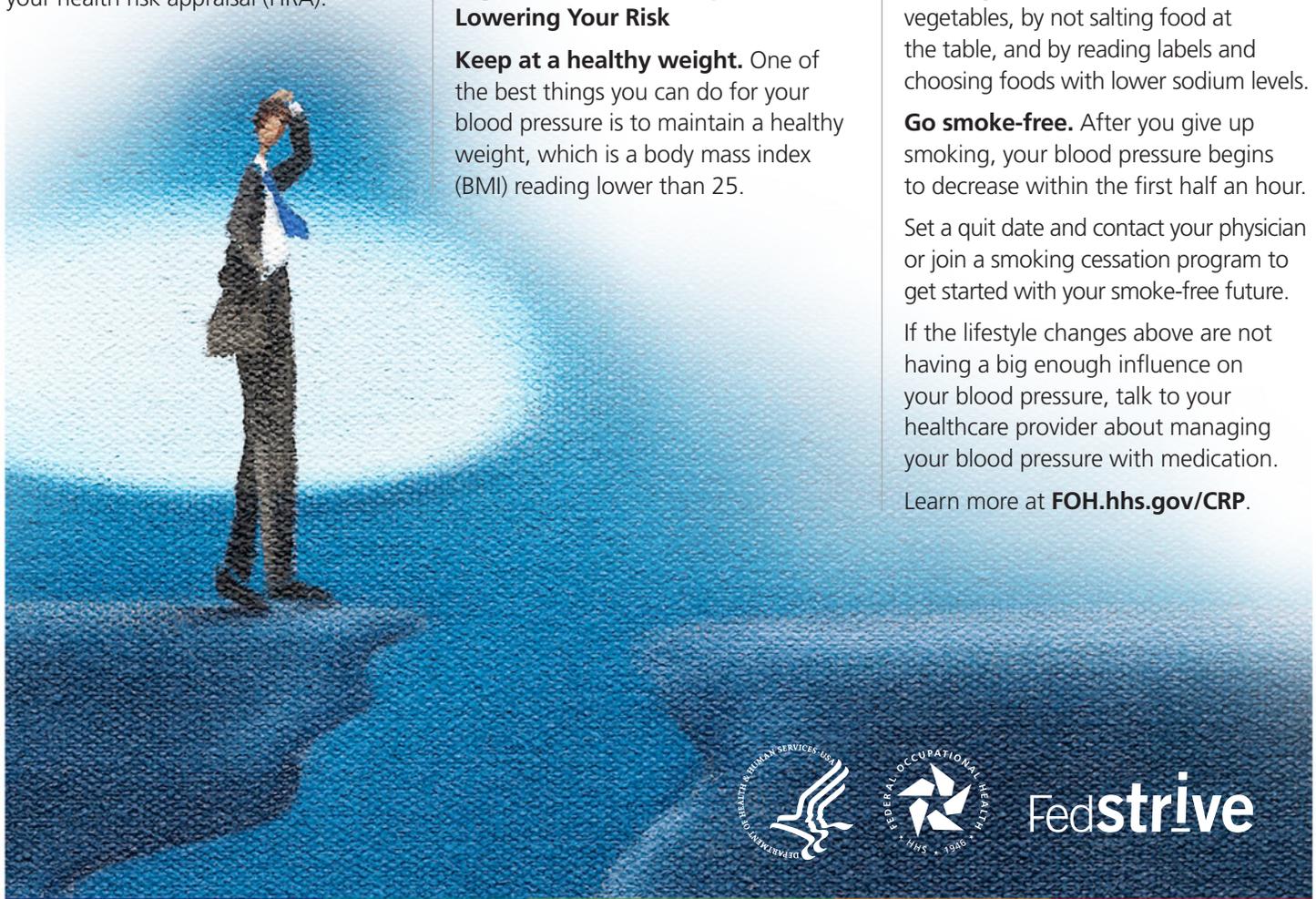
Find some physical activity that you like doing, and do it! The best exercise is the one you will actually do because you enjoy it.

Reduce sodium (salt) in your diet. Most people should take in around 1,500 mg (less than 1 teaspoon) of sodium a day. You can reduce sodium by eating fewer processed foods and choosing more fresh fruits and vegetables, by not salting food at the table, and by reading labels and choosing foods with lower sodium levels.

Go smoke-free. After you give up smoking, your blood pressure begins to decrease within the first half an hour. Set a quit date and contact your physician or join a smoking cessation program to get started with your smoke-free future.

If the lifestyle changes above are not having a big enough influence on your blood pressure, talk to your healthcare provider about managing your blood pressure with medication.

Learn more at FOH.hhs.gov/CRP.



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