Blood pressure is a measure of the force of blood on the heart. Systolic numbers measure when the heart is actively pumping and diastolic numbers refer to when the heart is at rest.

### Systolic Pressure
- Under 120: Normal
- 120-139: Pre-Hypertensive
- 140-159: Hypertensive
- Above 160: Stage 2 Hypertensive

### Diastolic Pressure
- Under 80: Normal
- 80-89: Pre-Hypertensive
- 90-99: Hypertensive
- Above 100: Stage 2 Hypertensive

Blood pressure is a growing problem that is easily overlooked. An estimated one-third of Americans have high blood pressure. It is important to be aware of the healthy ranges, complications, how to measure, and how to maintain blood pressure. Awareness is the first step towards decreasing high blood pressure.

### Complications
- Coronary artery disease
- Heart failure
- Stroke
- Peripheral vascular disease
- Kidney impairment
- Clogged arteries
- Overworking heart

### Maintaining Healthy Blood Pressure
- Keep an active lifestyle
- Lower salt intake
- No smoking or alcohol
- 150 minutes of moderate activity per week
- Medication if needed

### DASH Diet
- Similar to Mediterranean diet
- High plant-based food intake
- Whole grains
- Lean meats
- Abundance of leafy greens
- Little processed and packaged foods = lower salt intake