**WHAT’S HIGH?**

<table>
<thead>
<tr>
<th>Status</th>
<th>Systolic</th>
<th>Diastolic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>&lt;120 mmHg</td>
<td>&lt;80 mmHg</td>
</tr>
<tr>
<td>At risk</td>
<td>120-139 mmHg</td>
<td>80-89 mmHg</td>
</tr>
<tr>
<td>High</td>
<td>&gt;140 mmHg</td>
<td>&gt;90 mmHg</td>
</tr>
</tbody>
</table>

**PREVENTION**

- Check your blood pressure regularly
- **Eat healthy.** For tips, visit [www.cdc.gov/nutrition/everyone/basics/fat/saturatedfat.html](http://www.cdc.gov/nutrition/everyone/basics/fat/saturatedfat.html)
- Maintain a healthy weight. For tips, visit [http://www.cdc.gov/healthyweight/index.html](http://www.cdc.gov/healthyweight/index.html)
- Be physically active. For tips, visit [http://www.cdc.gov/physicalactivity/index.html](http://www.cdc.gov/physicalactivity/index.html)
- Limit your alcohol. For tips, visit [http://www.cdc.gov/alcohol](http://www.cdc.gov/alcohol)
- Do not smoke. For tips, visit [http://www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)
- Prevent or manage diabetes. For tips, visit [http://www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

**SIGNS AND SYMPTOMS**

- High blood pressure often has no obvious signs or symptoms

**INCREASES YOUR RISK FOR**

- Heart disease
- Stroke
- Chronic kidney disease
- It is important to [visit your doctor regularly](http://www.cdc.gov/nutrition/everyone/basics/fat/saturatedfat.html) to control your high blood pressure

**TREATMENT**

- Along with lifestyle changes, such as those listed under prevention, medications are available
- Discuss with your doctor about the best ways to reduce your risk

**FOR MORE INFORMATION**

- CDC Division of Heart Disease and Stroke Prevention: [http://www.cdc.gov/bloodpressure/about.htm](http://www.cdc.gov/bloodpressure/about.htm)
- American Heart Association: [http://www.americanheart.org](http://www.americanheart.org)