

FAITH, HEALTH & PURPOSE

High Blood Pressure & Heart Health

Know Your Numbers. Protect Your Heart. Live Your Purpose.

WHY HEART HEALTH MATTERS

High blood pressure, also called **hypertension**, is often called the “**silent killer**” because many people do not have symptoms.

High blood pressure can increase your risk for:

-  Heart disease and heart attack
-  Stroke
-  Kidney disease
-  Vision problems
-  Heart failure

High blood pressure disproportionately affects Black adults, making awareness, prevention, regular screening, and treatment especially important in our communities

KNOW YOUR NUMBERS

Blood pressure has two numbers:

Systolic (top number): Pressure when your heart beats.

Diastolic (bottom number): Pressure when your heart rests.

General Blood Pressure Categories

Normal: Less than 120/80

Elevated: 120–129 and less than 80

High Blood Pressure: 130/80 or higher

Very High: Higher than 180 and/or 120

One high reading does not necessarily mean you have hypertension. Talk with your healthcare provider about your reading



5 WAYS TO PROTECT YOUR HEART

1. KNOW YOUR NUMBERS

Have your blood pressure checked regularly. If you have a home monitor, keep a record of your readings.

2. EAT FOR YOUR HEART

Choose more:

- Fruits and vegetables
- Whole grains
- Beans
- Lean proteins

Reduce foods high in **salt/sodium, saturated fat, and added sugar.**

3. GET MOVING

Walking, dancing, gardening, and other physical activities can help strengthen your heart and support healthy blood pressure.

4. MANAGE STRESS

Make time for prayer, rest, fellowship, deep breathing, physical activity, and activities that bring you peace.

5. TAKE CARE OF YOURSELF

Take medications exactly as prescribed and keep your healthcare appointments. Never stop blood pressure medication without talking with your healthcare provider.

Taking care of your health is part of caring for the body God has given you.

Prayer is powerful. Prevention is powerful. Action is powerful.

“Beloved, I wish above all things that thou mayest prosper and be in health...”

— 3 John 1:2