Do You Know About...

Hypertension (High Blood Pressure) in Cleveland County

Blood Pressure

Blood pressure is the pressure of blood pushing against the walls of your arteries. Arteries carry blood from your heart to other parts of your body. Blood pressure normally rises and falls throughout the day, but it can damage your heart and cause health problems if it stays high for a long time.

Hypertension, also called **high blood pressure**, is blood pressure that is higher than normal (CDC).

High Blood Pressure is known as the "**Silent Killer**." You may not feel that anything is wrong, but high blood pressure could be quietly causing damage that can threaten your health. The best prevention is knowing your numbers and making changes that matter in order to prevent and manage high blood pressure (heart.org).

Textbook normal blood pressure is: 120/80.

There are two numbers used to measure blood pressure which are:
Systolic blood pressure (top number) – indicates how much pressure your blood is exerting against your artery walls when the heart beats.
Diastolic blood pressure (bottom number) – indicates how much pressure your blood is exerting against your artery walls while the heart is resting between beats.

According to the 2019 Community Health Assessment, 37.18% of Cleveland County residents reported having high blood pressure.

How to Manage High Blood Pressure:

- Eat a well-balanced diet that's low in salt
- Limit alcohol
- Enjoy regular physical activity
- Manage stress
- Maintain a healthy weight
- Quit smoking
- Take your medications properly (heart.org)

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER

BLOOD PRESSURE HIGHER THAN 180/120 mmHg IS A CRISIS! WAIT A FEW MINUTES AND TAKE YOUR BLOOD PRESSURE AGAIN. IF IT IS STILL HIGH CONTACT YOUR DOCTOR IMMEDIATELTY!

Resources

Cleveland County Health Department's Adult Health/General Clinic
- Address: 200 S. Post Rd Shelby, NC 28152
- Phone: 980-484-5100
- Website https://www.clevelandcounty.com/main/departments/adult_health_general_clinic.php:

Atrium Cleveland
- Address: 201 E. Grover St Shelby, NC 28150
- Phone: 980-487-3000
- Website: https://www.atriumhealth.org

Online Resources
- **American Heart Association:** https://www.heart.org/en/health-topics/high-blood-pressure
- https://www.cdc.gov/bloodpressure/
- https://www.startwithyourheart.com

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