



## HEALTH INDEX SCORE

HEALTH ENHANCEMENT RESPONSE

*Learning how to live healthy®*

### BLOOD PRESSURE

Blood pressure is the force that is pressed against the walls of the arteries through circulation. The top number is the systolic blood pressure and reflects the pressure during heart beat/contraction of the heart. The bottom number is the diastolic blood pressure and is the pressure during the relaxation phase of the heart cycle. Both numbers are important for good health. High blood pressure increases your risk for stroke, heart attack, kidney damage and vision problems.

#### MY BLOOD PRESSURE IS:

Healthy is a systolic blood pressure of less than 120 and a diastolic blood pressure of less than 80.

Health Risk is a systolic blood pressure greater than 120 or a diastolic blood pressure between 80-89.

Unhealthy is a systolic blood pressure greater than or equal to 140 or a diastolic blood pressure greater than or equal to 90.

- HEALTHY** – Well done! Look on the back side of this card to see how you can maintain a healthy blood pressure.
- HEALTH RISK** – Look on the back side of this card to see how you can control your blood pressure.
- UNHEALTHY** – Look on the back side of this card to see what you can do for high blood pressure.

**CRCH**

CENTER FOR RURAL &  
COMMUNITY HEALTH

[CRCH@osteo.wvsom.edu](mailto:CRCH@osteo.wvsom.edu)

<https://crch.wvsom.edu>

# What to do for ...

**HEALTHY BLOOD PRESSURE:** Good job! Exercise, maintain a healthy body weight, don't smoke, consume little to no alcohol, keep blood sugar under control, manage stress and eat a healthy diet.

**HEALTH RISK BLOOD PRESSURE:** Exercise, eat healthy (lower salt intake), lose weight, stop smoking, drink less alcohol, reduce stress, keep your blood sugar under control and consult your doctor to discuss your elevated blood pressure.

**UNHEALTHY BLOOD PRESSURE:** Consult your doctor. Take your medications as prescribed to lower your blood pressure. Make sure you take your medications on a regular basis. You may also try a low salt diet, start an exercise program, start eating healthier and try to improve your lifestyle. Schedule an appointment with your doctor to discuss your high blood pressure.

## Get more information ABOUT BLOOD PRESSURE AND HOW TO MAINTAIN A HEALTHY BLOOD PRESSURE BY...

- Showing this card to your doctor or other health care professional.
- Contacting the WVSOM Center for Rural and Community Health online at <https://crch.wvsom.edu>, by calling 800-566-1258, or by email [CRCH@osteو.wvsom.edu](mailto:CRCH@osteو.wvsom.edu)
- Talking with a Community Health Education Resource Person (CHERP), also known as a community health worker, or a health care provider in your community. To find a community health worker near you, contact the WVSOM Center for Rural and Community Health as directed above.

Tracking

Identification \_\_\_\_\_

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