

SAFETY MONDAY®



HEART-HEALTHY LIVING



Heart disease is a leading cause of death for men, 45 or older, and women, 55 or older, in the United States.

Maintaining a Heart-Healthy Life means:

- ✓ Understanding your risk for heart issues
- ✓ Making healthy choices
- ✓ Taking steps to reduce your chances of getting heart disease

Health risks associated with heart disease include:

- ✓ High blood pressure
- ✓ High cholesterol
- ✓ Being overweight
- ✓ Having prediabetes or diabetes
- ✓ Family history of heart disease

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and/or	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
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



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