



# WORLD HYPERTENSION DAY

Hypertension is a long-term medical condition in which the blood pressure in the arteries is persistently elevated.

According to CNNS 2016-18, 5% of adolescents aged 10–19 years were classified as being hypertensive and overall Indian men and women was 31% and 26 % respectively according to NNMB, 2017.

## Know your blood pressure

Blood pressure level in mmHg

Category	Systolic	Diastolic
Normal	Less than 120 and	Less than 80
Elevated	120-129 and	Less than 80
Stage 1	130-139 or	80-89
Stage 2	140 or higher or	90 or higher

\*American college of cardiology

## RISK FACTORS FOR HYPERTENSION

### MODIFIABLE RISK FACTORS

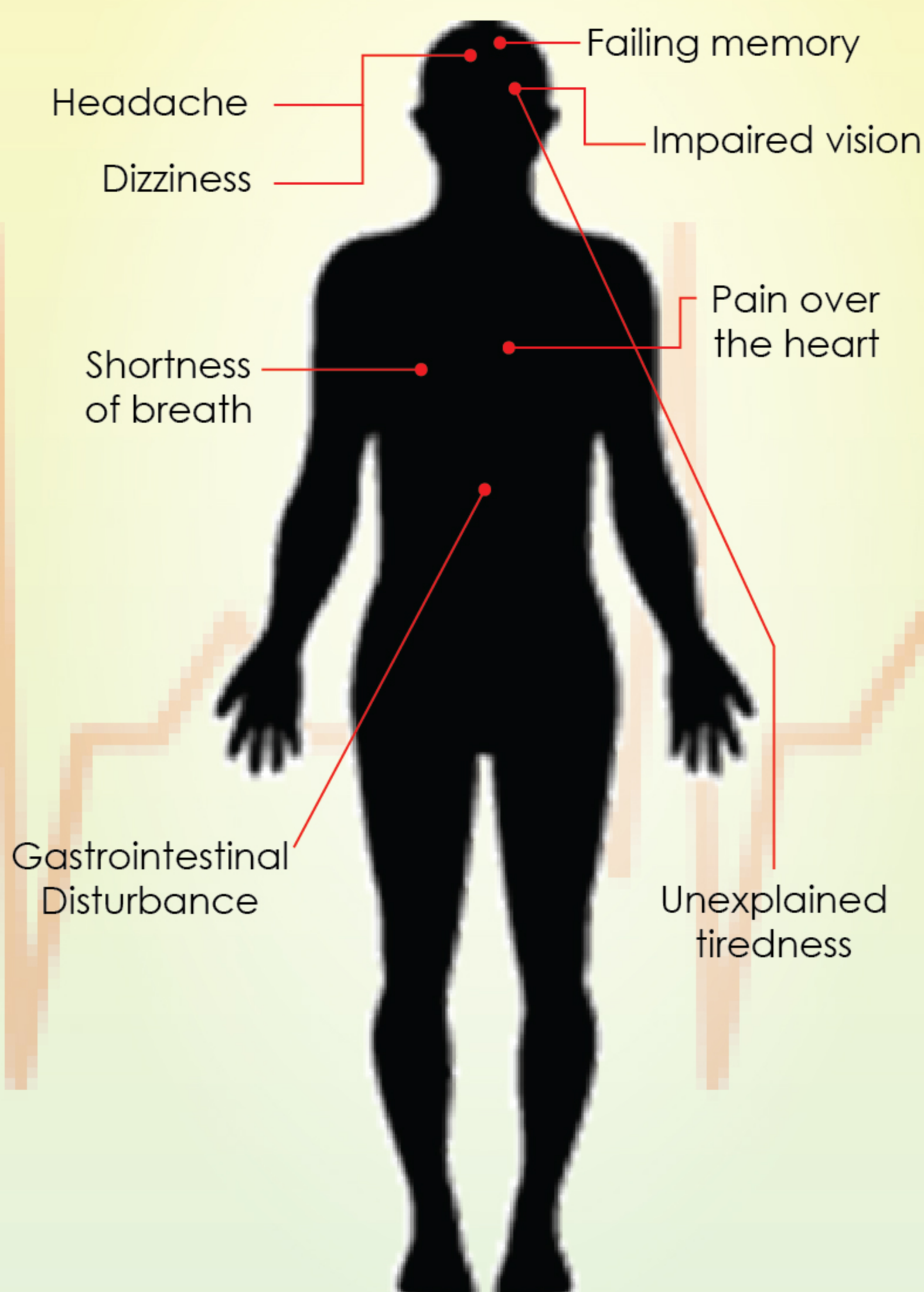
• Unhealthy diets, physical inactivity, consumption of tobacco and alcohol, and being overweight or obese.

### NON-MODIFIABLE RISK FACTORS

Family history of hypertension, age over 65 years and co-existing diseases such as diabetes or kidney disease.  
\*World Health Organization

### Signs to look out for:

Many people would not know that they suffer from hypertension as there may be no symptoms.



## HOW TO MANAGE YOUR BLOOD PRESSURE:



### MANAGE YOUR SODIUM:

Salt is a major food factor for hypertension. Hence consume less than 5 g per day \*WHO

### DASH DIET:

Eat a diet rich in fruits, vegetables, fish, low-fat dairy and less fat and sodium



### LIFESTYLE MODIFICATION:

Control your weight and lead an active lifestyle with regular physical activity

If you are experiencing any of these conditions, you should consult your doctor

**YOU MAYBE AT RISK OF HYPERTENSION!**