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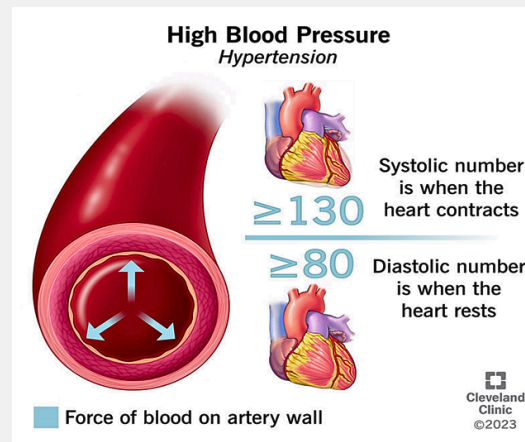
EARLY DETECTION  
AND MANAGEMENT  
ARE CRUCIAL TO  
PREVENT  
COMPLICATIONS.

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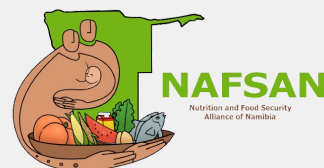
## BLOOD PRESSURE LEVELS

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
<b>NORMAL</b>	<b>LESS THAN 120</b>	<b>and</b>	<b>LESS THAN 80</b>
<b>ELEVATED</b>	<b>120 – 129</b>	<b>and</b>	<b>LESS THAN 80</b>
<b>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1</b>	<b>130 – 139</b>	<b>or</b>	<b>80 – 89</b>
<b>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2</b>	<b>140 OR HIGHER</b>	<b>or</b>	<b>90 OR HIGHER</b>
<b>HYPERTENSIVE CRISIS (consult your doctor immediately)</b>	<b>HIGHER THAN 180</b>	<b>and/or</b>	<b>HIGHER THAN 120</b>

Silent, but can be deadly.  
Control your blood pressure.  
Know your numbers.



**Disclaimer:** This information is intended for general knowledge and should not replace medical advice. Always consult your doctor for personalized recommendations.



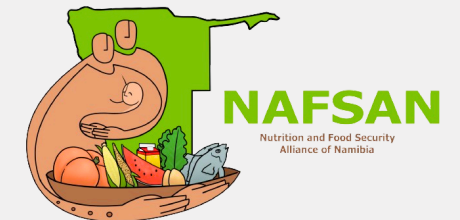
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## A GUIDE TO HEALTHY BLOOD PRESSURE



Co-funded by the European Union

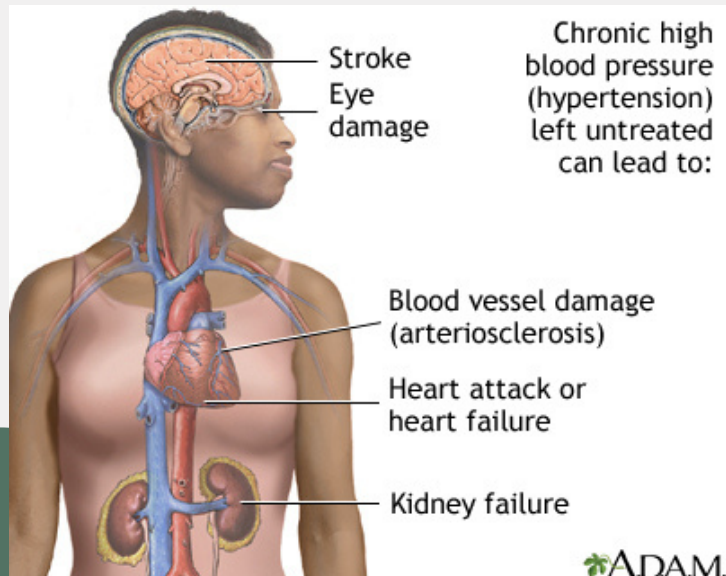


# WHAT IS BLOOD PRESSURE?

- The force of blood pushing against your artery walls.
- High blood pressure (hypertension) damages blood vessels and increases risk of heart disease, stroke, and kidney disease.



## BLOOD PRESSURE SYMPTOMS:



## LIFESTYLE CHANGES FOR HEALTHY BLOOD PRESSURE:

- **Diet:** Limit sodium (salt), ultra processed foods, and saturated fats. Increase fruits, vegetables, and whole grains.
- **Exercise:** Regular physical activity helps lower blood pressure.
- **Weight Management:** Losing weight can significantly improve blood pressure.
- **Smoking Cessation:** Smoking contributes to high blood pressure.
- **Stress Management:** Find healthy ways to manage stress, which can elevate blood pressure.



## FOOD CHOICES:

### • Eat More:

- Whole grains (brown rice, brown bread, mahangu)
- Vegetables (mutete, cabbage, pumpkin, lettuce, peppers, tomatoes)
- Fruits (berries, apples),
- Lean protein (fish, chicken),
- Low- fat dairy products

### Limit:

- Ultra processed foods (often high in sodium e.g deli meats, deep fried food like fatcake)
- Added table salt
- Red meat
- Sugary drinks