

Healthy Heart Schools' Program

High Blood Pressure



What is blood pressure?

Blood pressure is the amount of force that the blood creates on the artery walls. It is made up of 2 numbers/pressures.

Systolic Blood Pressure

The pressure on the artery walls when the heart is pumping/contracting

120

Diastolic Blood Pressure

The pressure on the artery walls when the heart is refilling

80

What is high blood pressure?

When your blood pressure gets too high it:

- is called *hypertension*
- means that there is extra force being placed on your heart and arteries for a long period of time which can lead to damage
- can lead to increased risk of heart disease, stroke, eye and kidney disease if not treated

Boys SBP by Age and Height

(Normal SBP is less than the prehypertensive result.)

Age ↓	BP Classification	Systolic BP (mmHg)							
		147	150	155	160	166	171	173	
13	Height (cm)	147	150	155	160	166	171	173	
	Prehypertension	117	118	120	120	120	120	120	
	Stage 1 HTN	121	122	124	126	128	129	130	
	Stage 2 HTN	133	135	136	138	140	141	142	
14	Height (cm)	154	157	162	167	173	177	180	
	Prehypertension	120	120	120	120	120	120	120	
	Stage 1 HTN	124	125	127	128	130	132	132	
	Stage 2 HTN	136	137	139	141	143	144	145	

Girls SBP by Age and Height

(Normal SBP is less than the prehypertensive result.)

Age ↓	BP Classification	Systolic BP (mmHg)							
		148	151	155	159	164	168	170	
13	Height (cm)	148	151	155	159	164	168	170	
	Prehypertension	117	118	119	120	120	120	120	
	Stage 1 HTN	121	122	123	124	126	127	128	
	Stage 2 HTN	133	134	135	137	138	139	140	
14	Height (cm)	151	153	157	161	166	170	172	
	Prehypertension	119	120	120	120	120	120	120	
	Stage 1 HTN	123	123	125	126	127	129	129	
	Stage 2 HTN	135	136	137	138	140	141	141	
15	Height (cm)	152	154	158	162	167	171	173	
	Prehypertension	120	120	120	120	120	120	120	
	Stage 1 HTN	124	125	126	127	129	130	131	
	Stage 2 HTN	136	137	138	139	141	142	143	

What May Cause High BP

- Sitting around being inactive
- Being overweight
- Smoking
- High salt intake
- Genetics (family history of high BP)

How To Lower Your BP

- Don't sit around too much
- Be as physically active as possible
- Weight reduction if needed
- No smoking
- Eating less salt and more vegetables
- Eat a high fibre diet

SYSTOLIC BLOOD PRESSURE

The most important number at your age
Normal ranges are calculated using your height and age
Normals will be different for everyone



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