

Behavioral Habits and Hypertension

Bad Behavioral Habits: (4)

- Smoking:
 - * Nicotine reduces CO₂ levels in our blood stream causing an increase of red blood cells
- Drinking:
 - * Men who consume more than 2 drinks a day may cause higher blood pressure levels
 - * Women who consume more than 1 drink a day may increase their blood pressure levels
- Unhealthy Diet:
 - * Too much salt (sodium) causes body to keep fluids
 - * Little potassium intake will cause an imbalance in sodium levels in cells ⁴
 - * Little Vitamin D consumption affects an enzyme in your kidneys which will cause an increase in blood pressure ⁴
- Little/No Physical Activity:
 - * Can cause weight gain that forces your heart to pump harder causing more blood cells to forcefully hit your arteries

Good Behavioral Habits:

- Increase Physical Activity
- Managing Stress

Exercise

Between 2006 and 2011, 11.1% of health care expenditures were associated with physical inactivity, which cost the US an estimated \$117 billion annually ¹

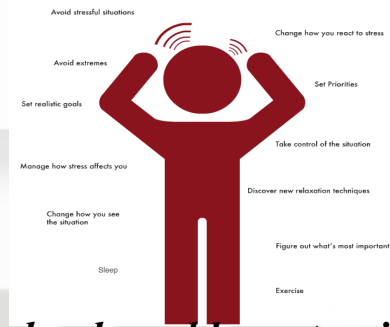


Picture retrieved from <http://healthy-ojas.com/pressure/hypertension-exercises.html>

National Academy of Sports Medicine suggests **150 minutes** of light to moderate exercise a week of **75 minutes** of intense exercise greatly reduces the risk of chronic diseases such as hypertension. ²

Make Exercise Fun

- ◆ Hiking
- ◆ Weight Lifting
- ◆ Dancing
- ◆ Sports
- ◆ Martial Arts
- ◆ Bike Riding



Stress levels and hypertension. (5)

Is stress level directly linked to high blood pressure?

- Stress level is not a direct risk factor of high blood pressure, but scientists are continuing to study the connection.

Stress management:

- BUT, some people deal with stress in ways that can increase your blood pressure.
- Everyone copes with the stress in different ways, some of which may cause negative effects.
- Smoking, drinking, unhealthy food habits, and others are all common behaviors that are performed when coping with stress. These behaviors can affect your heart health and increase your blood pressure.
- Stress hormones also cause a “flight or fight” reaction in your body, causing the heart to pump a lot faster and harder which releases more blood cells into your blood vessels ⁹

What to take away:

- Behaviors in which you deal with stress can lead to hypertension. Making healthy choices

Did You Know?

- **About 70 million** American adults (29%) have high blood pressure—that's **1 of every 3** adults ²
- Only **about half (52%)** of people with high blood pressure have their condition under control. ²
- High blood pressure costs the nation **\$46 billion each year**. This total includes the cost of health care services, medications to treat high blood pressure, and missed days of work. ²
- High blood pressure was a primary or contributing cause of death for more than **360,000 Americans** in 2013—that's nearly **1,000 deaths each day**. ²

Hypertension Varies with Age

Age	Men (%)	Women (%)
20-34	11.1	6.8
35-44	25.1	19.0
45-54	37.1	35.2
55-64	54.0	53.3
65-74	64.0	69.3
75 and older	66.7	78.5
All	34.1	32.7

This shows the different ages with prevalence rates

Resources

1. American Public Health Association. (2016). *Physical Inactivity United States*. Retrieved from America's Health Ranking: <http://www.americashealthrankings.org/ALL/Sedentary>
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4. Clark, M., Lucett, S., Sutton, B. G., & National Academy of Sports Medicine. (2012). *NASM essentials of personal fitness training (Fourth edition.)*. Philadelphia: Wolters Kluwer Health/ Lippincott Williams & Wilkins.
5. High blood pressure (hypertension) (2015, November 10). Retrieved January 21, 2016, from <http://www.mayoclinic.org/diseases-conditions/high-blood-pressure/basics/risk-factors/con-20019580>
6. Stress and Blood Pressure.(2014, April 4). Retrieved January 14, 2016, from http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/PreventionTreatmentofHighBloodPressure/Stress-and-Blood-Pressure_UCM_301883_Article.jsp#.VqpnsYUrKUI
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8. Background Picture Retrieved from: <http://www.dreamstime.com/royalty-free-stock-images-cardiovascular-system-image5970079>
9. American Heart Association. (2014). Stress and blood pressure. Retrieved from www.heart.org/heartorg/conditions/highbloodpressure/preventiontreatmentofhighbloodpressure/stress-and-blood-pressure_ucm_301883_article.jsp#.vuoic5wrljy

Are you at risk?



Relieve
the
Pressures
of
Hypertension