



# A START TO A **HEALTHY** **HEART**

HIGH BLOOD PRESSURE • SELF MANAGEMENT

**somos**  
COMMUNITY CARE

# A START TO A HEALTHY HEART



## What is High Blood Pressure?

Hypertension is the medical term for high blood pressure, and it can be controlled. Blood pressure is the force that blood creates as it circulates through your body.



## What does High Blood Pressure mean for me?

If you have high blood pressure and don't control it, it can lead to heart disease and stroke. Heart disease is the world's leading cause of death.

## Eat a Healthy Diet

### Follow the DASH Nutrition Plan

- Eat more fruit, vegetables, and whole grains
- Look for dairy products that are low-fat and non-fat
- Limit total fat, saturated fat, and cholesterol
- Cut back on salt and sugar
- Eat no more than 6 ounces of lean meat, fish, or poultry per day
- Drink water instead of juice and soda



Talk with your doctor about your self-management goals.

## How do I control my blood pressure?

Blood pressure can be managed with physical activity and proper diet.

- Take your medicine as your doctor has instructed.
- Maintain a healthy weight for your age and height.
- Reduce salt and fat in your diet.
- Stay active. Exercise or walk for at least 30 minutes a day, five days a week.
- Do not smoke or use tobacco in any form.
- If you drink alcohol, limit yourself to two drinks per day for men and one drink for women.



8 OUNCES  
OF BEER



4 OUNCES  
OF WINE



2 OUNCES OF SPIRITS  
OR HARD LIQUORS.



# SELF-MANAGEMENT GOALS: HIGH BLOOD PRESSURE

## MY CURRENT TREATMENT GOALS

| Health Concern<br>High Blood Pressure                                            | Treatment Goals<br>Today's Value | Treatment Goals<br>Next Visit | Self-Management<br>Instructions                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|----------------------------------------------------------------------------------|----------------------------------|-------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Reduce your blood pressure or maintain it at the level your doctor feels is safe |                                  |                               | <ul style="list-style-type: none"> <li>• Take your medicine according to your doctor's instructions.</li> <li>• Maintain a healthy weight for your age and height.</li> <li>• Exercise or walk at least 30 minutes a day, 5 days a week.</li> <li>• If you drink alcohol, limit yourself to less than one drink (women) or two (men) per day.</li> <li>• Do not smoke or use any form of tobacco.</li> <li>• Eat well. Follow the DASH Nutrition Plan:               <ul style="list-style-type: none"> <li>- Eat more fruit, vegetables, and whole grains</li> <li>- Look for dairy products that are low-fat and non-fat</li> <li>- Limit total fat, saturated fat and cholesterol</li> <li>- Cut back on salt and sugar</li> <li>- Eat no more than 6 ounces of lean meat, fish or poultry per day</li> <li>- Drink water instead of juice and soda</li> </ul> </li> </ul> |

One way I want to improve my health is (e.g., be more active): \_\_\_\_\_

My goal for this week is (e.g., walk 4 times): \_\_\_\_\_

When I will do it (e.g., mornings before breakfast): \_\_\_\_\_

Where I will do it (e.g., at the park): \_\_\_\_\_

How often I will do it (e.g., Monday through Friday): \_\_\_\_\_

What might get in the way of my plan (e.g., I have to take the children to school one day):  
\_\_\_\_\_  
\_\_\_\_\_

What I can do about things or events that prevent me from completing my goal (e.g., I'll choose days when I don't take the children to school):  
\_\_\_\_\_  
\_\_\_\_\_

How confident am I that I can reach this goal: (Mark one)



Follow-up plan (how and when): \_\_\_\_\_



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**[SomosCommunityCare.org/HEART](https://www.SomosCommunityCare.org/HEART)**

