

Self-Measured Blood Pressure Monitoring



Blood Pressure Categories

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

Learn How to Monitor Your Blood Pressure at Home

This handout is provided for information only. It is not a substitute for medical advice from your doctor. To help you and your doctor better understand your blood pressure, it can help to take it in the morning and in the evening.

For accurate results, consider the following tips:

1. Measure your blood pressure before you take your medication.
2. Use the bathroom before you measure your blood pressure.
3. Avoid exercise, caffeine and tobacco at least 30 minutes before taking your blood pressure.
4. Find a quiet space without distractions.
5. Sit with your back supported and do not cross your legs or ankles. Have your feet flat on the floor.
6. Rest your arm on a firm, flat surface with your palm facing up.
7. Place the blood pressure cuff on your bare upper arm just above your elbow.
8. Relax and rest your arm so the cuff is at the same height as your heart.
9. Rest quietly for five minutes before taking your blood pressure.
10. Avoid talking and using a phone, TV or other electronics.
11. When completed, write down your blood pressure numbers and your pulse.
12. Check your blood pressure at around the same time each morning and evening.
13. At your next doctor's visit, be sure to share your blood pressure numbers.
14. If you have any questions, talk to your doctor.
15. For more information visit LowerYourHBP.org

Sierra Libraries with Heart

Resources for Self-Measured Blood Pressure Monitoring



Hypertension (high blood pressure) is a silent killer. Left untreated, it can lead to a heart attack or stroke. It is important to check and monitor your blood pressure regularly.

Learn How to Monitor Your Blood Pressure at Home

Watch the video and learn the correct way to check your blood pressure. Scan the QR code or visit: <https://bit.ly/3jCL3U7>



Watch the video



Heart Healthy Tips

Find Heart Healthy Tips

Learn tips to keep your heart healthy with the *Healthy Eating and Physical Activity* resource.

Scan the QR code or visit:
<https://tinyurl.com/4ky68cs8>

Find Educational Materials at Your Local Library

Visit the Sierra County library website and find books that support your health. Scan the QR code or visit:
<https://www.sierracounty.ca.gov/481/Libraries>



Public

Library

Find Resources Near You

Find resources such as clinics, food pantries and food giveaways near you. Scan the QR code or visit:<https://tinyurl.com/32rt2pyw>



Resources

Use the Table Below to Track Your Self-Measured Blood Pressure



Utilice la tabla a continuación para mantener un registro de su presión monitoreada por si mismo.



NOTES/APUNTES:

Healthy Eating and Physical Activity



Did you know that there are many benefits of eating healthy and being active? Some benefits include:

- Better health
- Lower risk of high blood pressure, heart disease and stroke
- Lower risk of type 2 diabetes and some cancers
- Maintain a healthy weight
- Boosts mental health and mood

Eating Healthy with MyPlate

MyPlate shows the 5 food groups that are the building blocks for a healthy diet. The food groups are: fruits, vegetables, grains, protein and dairy. Here are MyPlate tips:

- Make half your plate fruits and vegetables
- Fill one fourth of your plate with lean protein
- Fill about one fourth of your plate with grains and focus on whole grains
- Choose low-fat or nonfat dairy products or fortified dairy alternatives (e.g. soy milk)



Check out MyPlate.gov for more tips: <https://www.myplate.gov/>

Rethink Your Drink



Sugary drinks add the most sugar to the American diet. They provide extra calories with few nutrients. Added sugar leads to weight gain and health risks. In children, sugary drinks can double the risk of cavities. Instead of sugary drinks, try:

- Water – plain or flavored with added fruit, vegetables and herbs
- Unsweetened sparkling water
- Unsweetened tea or coffee (iced or hot)
- Non-fat or lowfat (1%) unflavored milk
- Fortified soy, almond and rice milk (unsweetened or low sugar)

Check the Nutrition Facts label to find out how much sugar is in your drink. Make every sip count with this handout:
https://www.capk.org/wp-content/uploads/2021/02/RYD_Make-Every-Sip-Count-En.Spa_.pdf

Cut Back on Salt and Sodium



It's important to not consume too much sodium (salt). When we eat too much sodium, our bodies retain water, which can cause swelling. Some benefits of reducing sodium are:

- Lower risk of high blood pressure
- Lower risk of stroke and heart disease
- Healthier heart and kidneys

The American Heart Association recommends no more than 1 teaspoon of salt a day (2,300 milligrams [mg] of sodium). Adults with high blood pressure should limit sodium to 2/3 teaspoon of salt a day (1,500 mg of sodium). To find out how much sodium is in food and drinks, check the Nutrition Facts label on packages.

Tips to lower sodium:

- Prepare dishes from scratch
- Limit use of processed foods
- When using packaged or canned foods, choose lower sodium options
- Use less salt at the table
- Cook with herbs and spices instead of salt
- Go out to eat less often
- Pay attention to extras like ketchup, soy sauce, salad dressing, pickles and olives



Check out the American Heart Association for more information: <https://www.heart.org/en/health-topics/high-blood-pressure/changes-you-can-make-to-manage-high-blood-pressure/shaking-the-salt-habit-to-lower-high-blood-pressure>

Physical Activity

Building good physical activity habits helps maintain good health. But did you also know that physical activity helps you feel better? Benefits of being active include:



- Reduces stress and boosts your mood
- Improves sleep
- Sharpens focus
- Develops strong muscles, bones, heart, lungs and joints
- Prevents obesity and related chronic diseases
- Longer and better quality of life

To find out how much activity you need, check out:

Adults: https://health.gov/sites/default/files/2021-02/PAG_MYW_FactSheet_Adults_508c.pdf

Kids: https://health.gov/sites/default/files/2021-02/PAG_MYW_FactSheet_Kids_508c2.pdf

Older adults: https://health.gov/sites/default/files/2021-07/PAG_MYW_FactSheet_OlderAdults_07-08_508c.pdf

Resources Near You

Sierra County



Nutrition Assistance

Nutrition Assistance (formerly the Food Stamp Program) provides eligible households with monthly benefits they can use to purchase nutritious food. Apply for Nutrition Assistance through: <http://www.getcalfresh.org/>

Find your nearest food bank or food pantry. To learn more, visit:
<https://www.cafoodbanks.org/our-members/#sierra>



WIC

WIC is the Supplemental Nutrition Program for Women, Infants, and Children. WIC provides foods, health care referrals and nutrition education. WIC offers services to eligible pregnant, breastfeeding and non-breastfeeding postpartum women, infants and children up to the age of five who are at nutritional risk. Find out more at:
<https://tinyurl.com/2p87mjzh> or call 530-993-6700

FQHC Clinics

FQHC clinics are Federally Qualified Health Centers. FQHC provide affordable preventive and primary care services for uninsured and under-insured county residents. Patients are not denied services based on their ability to pay. Assistance is available to apply for health and social services. For clinic locations visit: <https://findahealthcenter.hrsa.gov/>



211 Sierra County

211 California is the central source for free and confidential information and referrals for food, shelter, healthcare and social services. For more information and referrals visit 211CA.org or call 2-1-1. Phone lines are open 24 hours a day, 7 days a week.



COVID-19 Vaccine



COVID-19 vaccines protect you, loved ones and the community. They are available at County-operated sites to people 5 and older who live or work in Sierra County. To make your appointment for a vaccination or booster, visit: <https://sierracounty.ca.gov/616/About-Vaccine-for-COVID-19>

American Heart Association

The American Heart Association has information on heart disease, high blood pressure and other heart conditions. They also provide information on heart healthy lifestyle choices.

Learn what your blood pressure numbers mean by visiting:
<https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings>

