

NATIONAL
**HIGH BLOOD
PRESSURE**
EDUCATION MONTH
MAY



Manage Blood Pressure for Better Health & to Prevent Stroke

STROKE

occurs when a blood vessel to the brain is blocked or bursts.

BLOOD & OXYGEN FLOW are interrupted, and brain cells begin to die.

More than

1 IN 3

American adults with high blood pressure don't know they have it.

Have your blood pressure checked and keep it in check to

REDUCE YOUR RISK OF STROKE

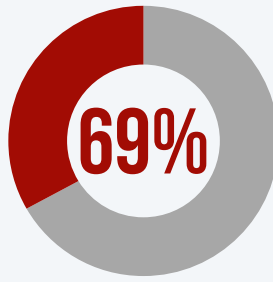
WHEN YOUR BLOOD PRESSURE IS HIGH

3X

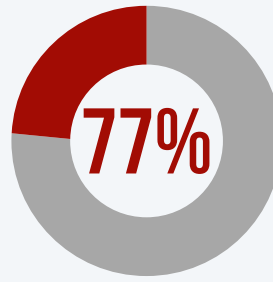
You are 3x more likely to die from heart disease

4X

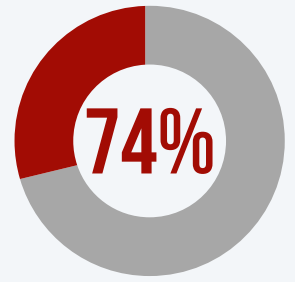
You are 4x more likely to die from a stroke.



of people who have a first heart attack



of people who have a first stroke



of people who have chronic heart failure

HAVE HIGH BLOOD PRESSURE



Eat a healthy diet with less sodium, saturated fat, trans fats, and cholesterol



Check your blood pressure regularly—at home, at a doctor's office, or at a pharmacy.



Avoid being sedentary, get active and maintain a healthy weight. Aim for two hours and thirty minutes of moderate physical activity every week.

MANAGE BLOOD PRESSURE FOR BETTER HEALTH & TO PREVENT STROKE, CONT.

BLOOD PRESSURE CATEGORY	SYSTOLIC MM HG (UPPER #)		DIASTOLIC MM HG (LOWER#)
Normal	Lower than 120	and	Lower than 80
Elevated Blood Pressure	120-129	and	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 Doctor Immediately)	Higher than 180	and/or	Higher than 120

Sources:
 National Center for Chronic Disease Prevention and Health Promotion, CDC.gov/nccdphp
 American Heart Association, heart.org
 American Stroke Association, stroke.org

The first step to managing blood pressure is to understand what the levels mean and what is considered normal, elevated, high blood pressure (hypertension), and hypertensive crisis.

Blood pressure is typically recorded as two numbers, like this:

117 **SYSTOLIC**

The top number, the higher of the two numbers, measures the pressure in the arteries when the heart beats (when the heart muscle contracts).

76 **DIASTOLIC**

The bottom number, the lower of the two numbers, measures the pressure in the arteries when the heart is resting between heart beats.

Read as "117 over 76 millimeters of mercury."

Banana Bars with Chocolate Chips

PREP:
25 mins

COOK:
18 mins

TOTAL:
1 hr

Who doesn't love bananas and chocolate chips? These two come together in a delicious, healthy dessert that is as easy to make as it is to enjoy snacking on. Check out this recipe and others at *Well Plated* by Erin Clarke, at www.wellplated.com.

INGREDIENTS

1 cup mashed ripe banana
 (about 3 medium bananas)
 1/3 cup coconut sugar
 3 tablespoons unsalted butter melted
 and cooled to room temperature
 2 tablespoons unsweetened almond milk
 or milk of choice
 1 large egg
 1 teaspoon pure vanilla extract
 3/4 cup white whole wheat flour
 1/2 teaspoon baking soda
 1/2 teaspoon ground cinnamon
 1/8 teaspoon ground nutmeg
 1/4 teaspoon kosher salt
 1/3 cup plus 2 tablespoons dark or
 semi-sweet chocolate chips, divided

INSTRUCTIONS

- Place a rack in the center of your oven and preheat the oven to 350 degrees F. Line an 8"x8" inch baking pan with parchment paper so that the parchment overhangs two opposite sides like handles. Lightly coat with nonstick spray and set aside.
- Mash the bananas in a mixing bowl. Double check the measurement to ensure you have 1 cup (less will make the bars dry; more and they may not bake all the way through). Stir in the coconut sugar, butter, milk, egg, and vanilla until well blended.
- In a separate bowl, stir together the flour, baking soda, cinnamon, nutmeg, and salt. Add the dry ingredients to the bowl with the wet ingredients. With a wooden spoon or spatula, stir to combine, stopping as soon as the flour disappears. Fold in 1/3 cup chocolate chips.
- Scrape the batter into the prepared baking pan and smooth the top. Sprinkle the remaining 2 tablespoons chocolate chips on top. Bake for 16 to 20 minutes, or until a toothpick inserted in the center comes out clean with just a few moist crumbs clinging to it. Place the pan on a wire rack to cool completely, then using the parchment handles, lift the bars onto a cutting board. Slice into squares of desired size and enjoy!

