

What's the BIG DEAL about controlling my blood pressure?

Small changes make a HUGE difference:

Even one lifestyle change I make for my health ...

can decrease my blood pressure by small amounts

and **small** decreases in blood pressure result in **huge** health benefits.

Walking 30 minutes, five days a week

can decrease blood pressure **10 points**

Losing 5–10 lbs. of weight

can decrease blood pressure **5 points**

Quitting tobacco (call 1-800-QUITNOW)

can decrease blood pressure **5–10 points**

Limiting sodium (salt) to 1,500 mg. per day

can decrease blood pressure **2–8 points**

Every 5 points decrease in blood pressure reduces

- ♦ risk of stroke by **34%**
- ♦ risk of heart attack by **21%**

Every 3 points decrease in blood pressure reduces

- ♦ risk of stroke by **8%**
- ♦ risk of heart attack by **5%**

P R I N T I N G S P E C I F I C A T I O N S

Title: **What's the Big Deal About Controlling My Blood Pressure?** (poster)

Size: 8.5 x 11" and 11 x 17"

Paper stock: 80# Cover, white, smooth

Ink color: 4-color process/0, no bleeds

Special instructions: Laminate, matte finish, rounded and sealed 1/4" corners

DOH Pub #: 345-288