

# 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