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American Heart Association Releases New Blood Pressure Guidelines

Know Your Numbers to Save Your Life

EAU CLAIRE, WI. - February 12th, 2018- Do you know the most important numbers for your heart health? If you don't, you are not alone. About 1.3 million adults in Wisconsin have high blood pressure, a major risk factor for heart disease, and 2 out of 5 of them do not know it. The new American Heart Association blood pressure guidelines define high blood pressure as 130/80. The new guidelines will help people take steps to control their blood pressure earlier.

Heart disease is the leading cause of death in Eau Claire County, and in Wisconsin. Heart disease affects a growing number of people **under the age of 65**. Each year, more than 630,000 Americans die from heart disease. Every 40 seconds, someone in the United States has a heart attack.

The good news? Many of the risk factors for heart disease are preventable. The first step in prevention is learning your heart health numbers. Healthy heart numbers mean a healthy heart. This February, we encourage you to talk to your healthcare provider, learn your heart health numbers, and take action with one simple lifestyle change like eating better or getting active.

You can make at least one healthy change to lower your risk of heart disease:

- Have a healthy weight.
- Eat 5 – 7 servings of fruits and vegetables every day.
- Be active at least 30-60 minutes a day.
- Manage your cholesterol and blood pressure.
- Drink alcohol in moderation.
- Quit smoking and stay away from secondhand smoke.
- Find ways to manage stress.

Find more information about heart health from the American Heart Association at www.heart.org.

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Know Your Heart Health Numbers:

- 1) Blood pressure
- 2) Total cholesterol
- 3) Body mass index
- 4) Blood sugar