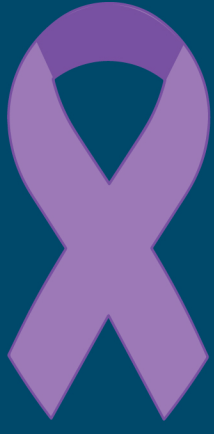


Hypertension

HIGH BLOOD PRESSURE



What is it?

Force against the arterial walls is 140/90 or higher
 Can damage organs if it stays for a long time
 Systolic pressure: when heart contracts (during beats)
 Diastolic pressure: when heart is relaxed (between beats)



**Systolic 140 or above OR
 Diastolic 90 or more**



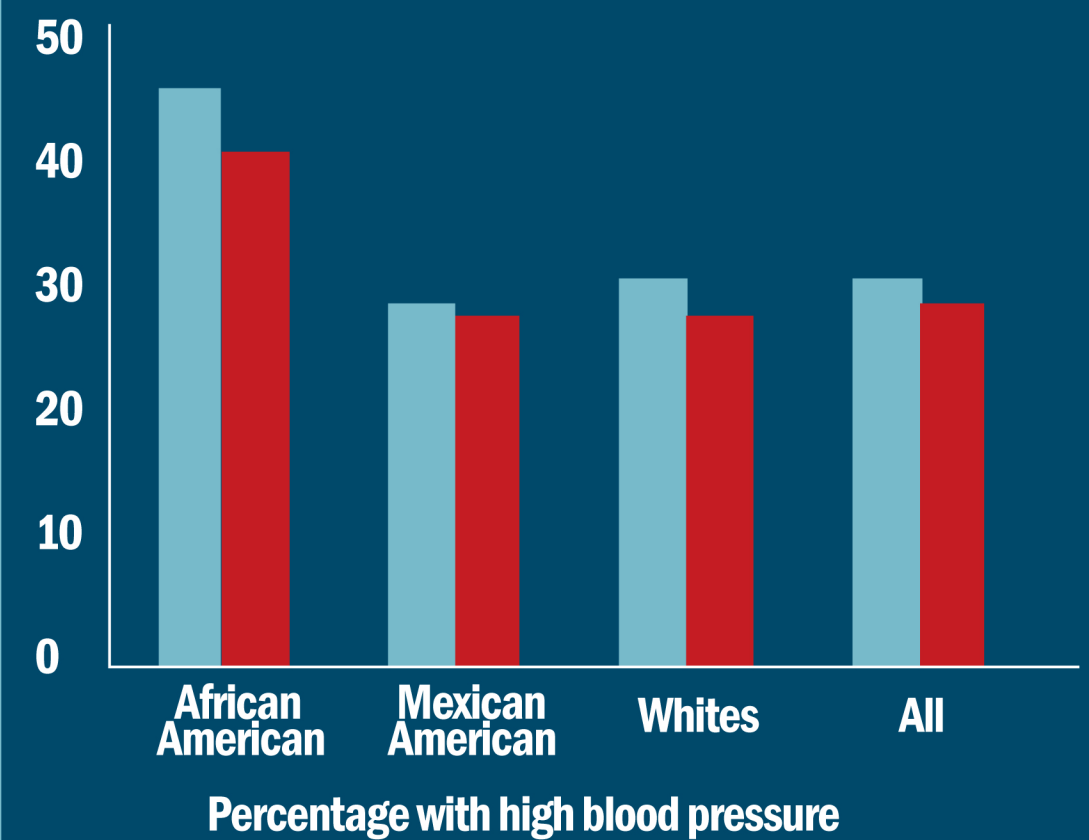
**Systolic between 121-139 OR
 Diastolic between 81-89**



**Systolic 120 or less AND
 Diastolic 80 or less**

Risk Factors

- High fat food
- High sodium foods
- Fast food restaurant meals
- Performance-enhancing drugs
- Over-the-Counter drugs for weight loss



SOURCES

Bruno, R., Cartoni, G., Taddei, S., &Cardiol, F. (2011). Hypertension in special populations: Athletes. *Future Medicine*, 7(4): 571-584.

ACKNOWLEDGEMENTS

This poster was created with generous support from the NATA Ethnic Diversity Advisory Committee, Colorado State University-Pueblo EXHPR Department, Athletic Training Program, Diversity Resource Center, Office of External Affairs and Graphic Design Students Zoe Clark and Sarah Nako

Prevention



Maintain Healthy Weight
 Exercise 30 minutes 5 days a week



Avoid Alcohol & Tobacco



Eat well-balanced diet
 Practice stress management techniques

Environment: Inactivity, stress, obesity, tobacco, age, salt, alcohol



Genes



**Gene/Environment Interactions:
 Race & gender**



Contribute to hypertension