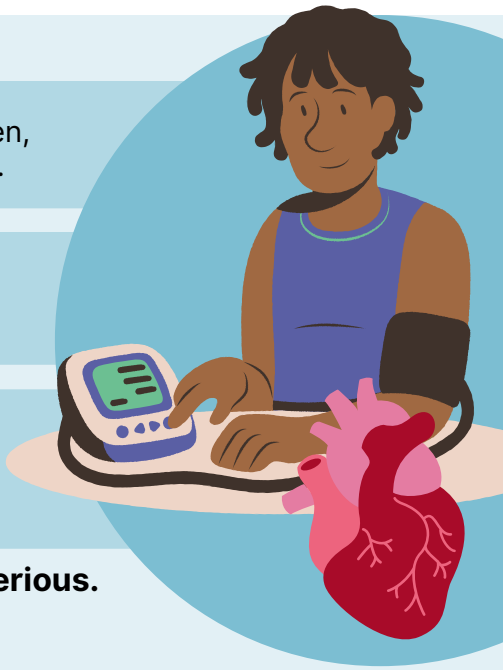
Blood Pressure and the Heart



WHO

Everyone — but especially Black adults and children, since risk starts younger and often runs in families.

WHAT

Blood pressure is the force of blood pushing against artery walls each time your heart beats.

WHY

High blood pressure — the "silent killer" — can lead to:

- Heart disease and stroke
- Kidney failure
- Heart failure

It causes damage slowly and often shows no symptoms until it's serious.

WHEN

If there's a family history, excess weight, stress, or poor diet. Start screening as young as:	Continue at home checks regularly through adulthood.	If you have risk factors like pregnancy, menopause, high stress, overweight, or diabetes.
8 yrs	*Yearly*	*3-6 months*

At-home checks are encouraged — early awareness saves lives.

PREVENTION (Lifestyle Medicine)



- Use **less salt** — flavor with herbs, garlic, and lemon.
- Eat **potassium-rich foods:** greens, beans, sweet potatoes, bananas.
- **Drink water and limit sugary or alcoholic drinks.**
- **Move daily:** walking, dancing, stretching, or sports.
- Get good sleep — rest helps regulate blood pressure.
- Practice **stress relief**: prayer, deep breathing, journaling, or meditation.

Tip

Top = beat.
Bottom = pause.
Both matter — if either is high, your blood pressure is high.

NUMBERS (How to Read Them)

120
80

- **Top number (systolic):** pressure when the heart beats.
- **Bottom number (diastolic):** Pressure when the heart rests between beats.

< 120/80	**Normal**
130/80 +	**Elevated**

For more information & resources, visit Black Heart University (BHU)
— *powered by the **Black Heart Association***

BLACK HEART ASSOCIATION