

# Be **ONE** in a **MILLION!**

Join up with West Virginia as we partner with the CDC's Million Hearts™ Initiative to raise awareness about the risks of high blood pressure, high cholesterol, heart attacks, and strokes and encourage heart healthy habits. Take a look at the chart to see if your blood pressure is within healthy levels.

## Classification of Blood Pressure for Adults

BLOOD PRESSURE CLASSIFICATION	SBP* mmHg	DBP* mmHg
<b>STAGE 2 HYPERTENSION</b>	<b>≥160</b>	<b>or ≥100</b>
<b>STAGE 1 HYPERTENSION</b>	<b>140-159</b>	<b>or 90-99</b>
<b>PREHYPERTENSION</b>	<b>120-139</b>	<b>or 80-89</b>
<b>NORMAL</b>	<b>&lt;120</b>	<b>and &lt;80</b>

\*SBP, Systolic Blood Pressure. DBP, Diastolic Blood Pressure  
*JNC-7-The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure. JAMA 2003; 289:2560-71.*

Call **(304) 356-4193** and visit **millionhearts.hhs.gov** for more information.



West Virginia Division of  
**Health Promotion  
 & Chronic Disease**  
Department of Health and Human Resources

[www.hpcd.wv.gov](http://www.hpcd.wv.gov)

West Virginia Department of Health and Human Resources

# Commit to **BE FIT!**

**Join the Million Hearts™ initiative.**  
**Visit [millionhearts.hhs.gov](http://millionhearts.hhs.gov)**  
**to take the pledge.**

- Prevent heart disease and stroke by understanding the risks
- Exercise 150 minutes a week
- Know your **ABCS** (as defined by the Centers for Disease Control & Prevention's Division of Heart Disease & Stroke Prevention):

Appropriate **A**spirin Therapy  
**B**lood Pressure Control  
**C**holesterol Management  
**S**moking Cessation

- Eat a heart-healthy diet in fresh fruits and vegetables and low sodium, fats and cholesterol
- Follow your doctor's instructions for medications and treatment

