



Hypertension – Are You the “One”?

About 1 in 3 adults in the U.S. have high blood pressure. Do you know that you’re NOT the one with hypertension? Find out at the City’s Wellness Fairs or the monthly clinics (see “City Events” for times and locations).

Blood pressure (BP) tends to rise with age, so get it checked regularly if you’re a baby boomer or older. And take action to slow or prevent high BP by staying physically active and maintaining a healthy weight.



Adult Blood Pressure Levels

Category	Systolic (top number)		Diastolic (bottom number)
Normal	Less than 120	and	Less than 80
Pre-hypertension	120-139	or	80– 89
Hypertension	140 or higher	or	90 or higher

Because it often has no symptoms, high blood pressure can damage your heart, blood vessels, kidneys, and other parts of your body without you knowing it. Make an appointment with your physician if your numbers fall within the pre-hypertensive or hypertensive range.

Source: National Heart, Lung, and Blood Institute at <http://www.nhlbi.nih.gov/>

City Events

Lunch & Learn Presentations

Smart Nutrition: Eating for Optimal Health

March 10
 12 noon – 1:00 pm
 Seattle Municipal Tower, Rm 4050

Why We Eat: The Emotional and Behavioral Aspects

March 23
 12 noon – 1:00 pm
 Seattle Municipal Tower, Rm 1600

Wellness Fairs & H1N1 Flu Shots

Wednesday, March 10
 10:30 am – 2:30 pm
 City Hall – Bertha Landes Room
 600 4th Avenue

Tuesday, March 16
 7:30 am – 10:30 am
 Rainier Community Center
 4600 38th Avenue South

Thursday, March 18
 7:30 am – 10:30 am
 Bitter Lake Community Center
 13035 Linden Avenue North

Monthly Blood Pressure Clinic

Wednesday, March 31 
 10:30 am – 1:30 pm
 Seattle Municipal Tower, Rm 4096



Cholesterol Numbers to Aim for

You can get your cholesterol tested by your physician or at an upcoming Wellness Fair. Your total cholesterol number won't necessarily tell you if you're at risk for heart and blood vessel disease; see the LDL and HDL figures below.

Adult Cholesterol Levels

Total cholesterol	
Below 200 mg/dL	Desirable
200-239 mg/dL	Borderline high
240 mg/dL & above	High

LDL cholesterol	
Below 70 mg/dL	Optimal for those at very high risk of heart disease
Below 100 mg/dL	Optimal for those at risk of heart disease
100-129 mg/dL	Near optimal
130-159 mg/dL	Borderline high
160-189 mg/dL	High
190 mg/dL & above	Very high

HDL cholesterol	
Below 40 mg/dL (men) Below 50 mg/dL (women)	Poor
50-59 mg/dL	Better
60 mg/dL & above	Best



Cutting Salt in Your Diet

Reducing the salt in your diet may be one way to help control blood pressure. We only need about $\frac{1}{4}$ of a *teaspoon* of salt a day. Only a small amount of sodium occurs naturally in food; most of it is added during processing.



Try the following to lower your salt intake.

- **Use** reduced or no salt-added versions of food
- **Limit** brined foods -- pickles, olives, sauerkraut
- **Choose** fresh poultry, fish, and lean meats over canned, smoked, or processed types
- **Cook** with salt-free flavorings like vinegar, herbs, spices, lemon and lime
- **Prepare** rice, pasta, and hot cereals without salt
- **Restrict** using condiments like mustard, horseradish, ketchup, and barbeque sauce
- **Cut** back on frozen dinners, packaged mixes, canned soups or broths, and salad dressings

Source: DASH2 study; National Heart, Lung, and Blood Institute



Quit Tobacco for Life

You can learn healthy behaviors, change the way you think, and quit tobacco. Free and

Clear coaches will teach you how.

City employees and adult dependents covered on a City medical plan are eligible for free coaching and nicotine replacement therapy.

Call *Free & Clear*: 1-866-784-8454