Test Your Knowledge on High Blood Pressure (Hypertension)
(Circle your answers, then check the next page to see how you did.)

1. Which of these is a healthy blood pressure reading?
   a. 130/90     c. 116/70
   b. 180/110    d. 140/80

2. Which of these statements about high blood pressure is true?
   a. Almost 1 out of 3 adults in the United States have high blood pressure
   b. The rate of high blood pressure grows as the number of older and obese people increases
   c. High blood pressure usually has no symptoms, and its cause is usually unknown
   d. All of the above

3. Your risk for developing high blood pressure is greater if you:
   a. Are overweight
   b. Have diabetes
   c. Have parents who had high blood pressure
   d. Are African American
   e. All of the above

4. Lifestyle changes that can help control high blood pressure include:
   a. Smoking fewer than 10 cigarettes a day
   b. Cutting down on salt and following a healthy eating plan
   c. Stopping any physical activities that would raise blood pressure
   d. Having no more than 3 drinks a day

5. A person with high blood pressure:
   a. Doesn’t exercise and eats a lot of salt
   b. Has a higher risk of stroke and heart attack
   c. Got that way by being nervous and stressed out
   d. Has a body type that is easy to recognize

6. Which of these statements is false? You should take your high blood pressure medication:
   a. Under stressful situations or when you have a headache
   b. Exactly as your doctor prescribed
   c. As a lifelong way to manage high blood pressure
   d. Along with maintaining a healthy weight, diet and activity level

7. I know my blood pressure numbers and how often I should have my blood pressure checked.
   a. True
   b. False

(See next page for correct answers.)
Answers for High Blood Pressure Quiz

1. c. **116/70 mm Hg** is a healthy blood pressure. When your blood pressure stays below 120/80 at rest, that’s a healthy level. If it stays at or higher than 120/80 at rest (pre-hypertension), you are at increased risk for health effects from high blood pressure. If your numbers stay over 140/90 at rest, your blood pressure is high and you are at high risk for stroke, heart disease and other complications.

2. d. **All of the above.** In 9 out of 10 high blood pressure cases, the cause is unknown. High blood pressure is often called the “silent killer” because it has NO symptoms. About 30 percent of adults in this country have high blood pressure – and many of them don’t even know it.

3. e. **All of the above.** Risk factors that can lead to a higher risk for high blood pressure include:
   - Overweight/obesity – people who are overweight or obese are more likely to develop high blood pressure
   - Family history of high blood pressure
   - Age – the older you get, the more your chances of developing high blood pressure
   - Race – African Americans are at a higher risk for this disease than other races. High blood pressure tends to be more common, happens at an earlier age and is more severe for many African Americans.
   - Too much salt in the diet can increase blood pressure in some people.

   • Smoking and too much alcohol can greatly increase blood pressure.
   • Little or no physical activity can lead to being overweight and can increase your risk
   • Diabetes or other medical conditions: Seven out of 10 people with diabetes have high blood pressure.

4. b. **Cutting down on salt and following a healthy eating plan.** The Dietary Approaches to Stop Hypertension (DASH) plan teaches you about a healthful diet that is rich in fruits and vegetables and lower in fat and salt (sodium). This diet plan has been proven to help reduce blood pressure. Other lifestyle changes that can help control blood pressure include:
   - Losing excess weight
   - Regular physical activity
   - Limiting alcohol (2 drinks a day for men, 1 for women)
   - Quitting smoking

5. b. **Has a high risk of stroke and heart attack.** High blood pressure is the No. 1 risk factor for stroke and early heart disease. It is also a key risk factor for heart attack and kidney disease. Keeping your blood pressure under control can greatly reduce your risk for these problems.
Answers for High Blood Pressure Quiz, continued

6. a. **Under stressful situations or when you have a headache is false.** Controlling your high blood pressure involves all of the lifestyle changes mentioned in answer No. 3. If these changes are not enough, your doctor may also prescribe medication.

   Take your medication exactly as prescribed. Cutting back or stopping your medication puts you in danger. Your blood pressure will rise and so will your risk for health problems. High blood pressure is a lifelong disease that needs lifelong treatment.

7. If you answered “True,” then you know your blood pressure. If it’s normal, you have it checked at least every two years. If you have high blood pressure, you follow your doctor’s advice on follow-up checks, diet, activity and alcohol. You don’t smoke and you take medication exactly as prescribed.

   **If you answered “False,”** have your blood pressure checked by your doctor and ask how often you should have it checked in the future. Talk with your doctor about your risk factors for high blood pressure.