

WHAT CAN I DO TO IMPROVE MY BLOOD PRESSURE?

BEHAVIOR CHANGE	PLAN	EXPECTED DECREASE IN SYSTOLIC (TOP #) BLOOD PRESSURE
Lose Weight	Maintain normal weight (BMI=18.5-25)	5-20 points/ 10kg weight loss
DASH* Eating Plan	Diet rich in fruits, vegetables, low fat dairy and reduced in fat	8-14 points
Lower Sodium Intake	Less than 2,400 mg (1 teaspoon) of sodium a day	2-8 points
Physical Activity	Regular aerobic exercise, brisk walking at least 30 minutes most days of the week	4-10 points
Moderate Alcohol	2 drinks/day for men, 1 drink/day for women (24oz. beer, 10oz. wine or 3oz. 80-proof whiskey)	2-4 points

*DASH, Dietary Approaches to Stop Hypertension; Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC7), (2003).

