

Taking on  
**High Blood  
Pressure**  
in  
**Michigan**

**What can you do to  
lower your high  
blood pressure?  
Try to do these.**

- Keep your health care visits.
- Know your blood pressure and what it should be.
- Take your medicine as prescribed.
- Be at a healthy weight.
- Eat less salt/sodium.
- Follow the DASH diet by eating more fruits, vegetables, and lowfat dairy foods.
- Be active every day – walking counts!
- Limit the number of alcoholic beverages, if you drink regularly.
- Quit smoking.

To get your high blood pressure under control,  
**it might take:**

- 3 different medications over time to bring it to goal levels. This means you will have to visit your health care provider more often.
- 3 behavior changes:
  - eat a healthy diet
  - be active everyday
  - limit alcohol and do not smoke
- 3 partners:
  - you
  - your family
  - your doctor

### **Your Blood Pressure Goal**

Your blood pressure should be less than 140/90.

If you have **diabetes** or **chronic kidney disease**, your blood pressure may need to be less than 130/80.

You can find more information at the High Blood Pressure University at  
[www.michigan.gov/cvh](http://www.michigan.gov/cvh)