The Connection Between High Blood Pressure and Type 2 Diabetes

If you have type 2 diabetes, you may also have high blood pressure. This can increase your risk of heart attack or stroke and diabetes-related conditions such as kidney disease. Keeping a healthy blood pressure can lower your risk.

High Blood Pressure is
when blood flows through the blood vessels with a force greater than normal.

2 out of 3 people living with diabetes also have high blood pressure.

Check Your Numbers...
Blood pressure is written as two numbers, such as 120/80 mm Hg. Read as “120 over 80 millimeters of mercury.”

• **Systolic Pressure** - The Top or Larger Number is the pressure when the heart beats.
• **Diastolic Pressure** - The Bottom or Smaller Number is the pressure when the heart rests between beats.

<table>
<thead>
<tr>
<th>Blood Pressure Categories</th>
<th>Systolic (mm Hg)</th>
<th>Diastolic (mm Hg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>lower than 120</td>
<td>lower than 80</td>
</tr>
<tr>
<td>Elevated Blood Pressure</td>
<td>120 to 129</td>
<td>80</td>
</tr>
<tr>
<td>High Blood Pressure - Hypertension - Stage 1</td>
<td>130 to 139</td>
<td>80 to 89</td>
</tr>
<tr>
<td>High Blood Pressure - Hypertension - Stage 2</td>
<td>140</td>
<td>90</td>
</tr>
<tr>
<td>Hypertensive Crisis - Call Your Doctor Immediately</td>
<td>higher than 180</td>
<td>higher than 120</td>
</tr>
</tbody>
</table>
**Improve Your Readings**
You can do a lot to move your blood pressure numbers in a healthier direction.

**People with type 2 diabetes can benefit, even if they don’t have high blood pressure.**

**Eat Smart:** Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins and lean animal proteins such as fish and seafood. Limit sugary foods and drinks, red or processed meats, salty foods, refined carbohydrates and highly processed foods.

**Move More:** Physical activity helps control blood pressure, weight and stress levels. Aim for 150 minutes of exercise each week.

**Manage Weight:** If you’re overweight, even a slight weight loss can lower high blood pressure.

**Stay Away from Nicotine:** Every time you smoke, vape or use tobacco, the nicotine can cause a temporary increase in blood pressure.

**Sleep Well:** Poor-quality sleep is associated with high blood pressure. Try to get 7-9 hours of sleep a night.

**Manage Diabetes:** Maintain blood glucose (blood sugar) in a healthy range. Achieving blood glucose targets has been shown to reduce blood vessel complications.

**Manage and Check Your Blood Pressure**
A health care professional must confirm a diagnosis of high blood pressure. They can take blood pressure readings and give guidance on treatment.