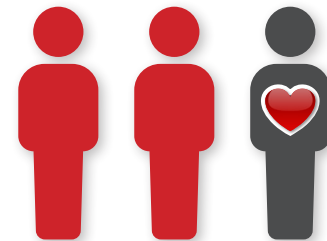


# The Connection Between High Blood Pressure and Type 2 Diabetes

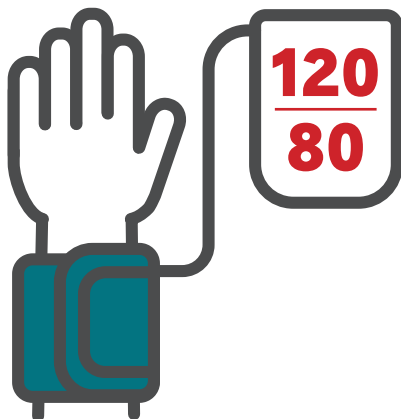
If you have type 2 diabetes, you may also have high blood pressure. This can increase your risk of heart attack or stroke and diabetes-related conditions such as kidney disease. Keeping a healthy blood pressure can lower your risk.



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

## High Blood Pressure is

when blood flows through the blood vessels with a force greater than normal.



## 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.

Blood Pressure Categories	Systolic (mm HG)	Diastolic (mm HG)
Normal	lower than 120	lower than 80
Elevated Blood Pressure	120 to 129	80
High Blood Pressure - Hypertension - Stage 1	130 to 139	80 to 89
High Blood Pressure - Hypertension - Stage 2	140	90
Hypertensive Crisis - Call Your Doctor Immediately	higher than 180	higher than 120

## 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.

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