

## Manage Your Blood Pressure

High blood pressure, or hypertension, can damage your heart, arteries, and other organs if not treated. Most people do not know they have high blood pressure, which is why it's sometimes called the "silent killer". Checking your blood pressure is very important, especially if you smoke and/or don't exercise, or someone in your family has high blood pressure. Your blood pressure consists of two numbers which describe the pressure of your heart when it beats (systolic) and when it is at rest (diastolic). The American Heart Association has new blood pressure recommendation levels.\*

\*For more information visit [www.heart.org](http://www.heart.org)

Normal	less than 120	and	less than 80
Elevated	120–129	and	less than 80
Hypertension: Stage 1	130-139	or	80-89
Hypertension: Stage 2	greater than or equal to 140	or	greater than or equal to 90

## How to Improve Your Blood Pressure

- Don't smoke
- Maintain a healthy weight
- Exercise regularly
- Limit alcohol use
- Limit sodium
- Take medication, as recommended

## Protect your health by getting regular check-ups!

Atlantic County residents 18 years and older can schedule health screenings from the Atlantic County Division of Public Health. For more information, or to schedule an appointment, please call 609-645-5933.

## Atlantic County Division of Public Health

### Healthy People Living in Healthy Communities

201 South Shore Road  
Northfield, NJ, 08225  
[www.aclink.org/publichealth](http://www.aclink.org/publichealth)

**Community Health**  
609-645-5933

**Environmental Health**  
609-645-5971

**Health Planning**  
609-645-5853

**Substance Abuse Services**  
609-645-5932

**Animal Shelter**  
609-485-2345

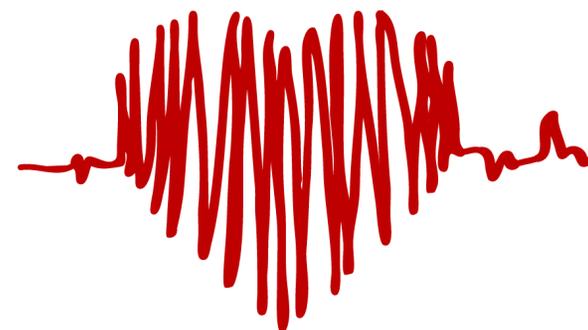


Atlantic County Executive  
Dennis Levinson

Atlantic County Board of Chosen Freeholders  
Frank D. Formica, Chairman

Atlantic County Health Officer  
Patricia Diamond

# Get Heart Healthy



## With these action steps!



**Atlantic County  
Division of Public Health**

## Heart Facts

Heart disease is the most common cause of death for men and women in Atlantic County. Did you know there are steps you can take to improve your heart health? Read the next sections for steps to improve your health and life.

## Add Exercise

According to the CDC, adults should get 30 minutes of physical activity five days a week. You can break up exercise into three 10-minute sessions or two 15-minute sessions for the same benefits. Remember that some exercise is better than none!

Talk to your doctor before starting a new exercise program. Here are a few tips to get started:

- Choose an activity that you like.
- Start slowly and work your way up.
- Make small changes in your daily activities like taking the stairs instead of the elevator.

### Limit These

- Saturated fat (fatty meats, high-fat cheese, whole milk, cream, butter)
- Trans fat (stick margarine, shortening, and baked goods)
- Sodium (salt)
- Alcoholic drinks and sugar-sweetened drinks
- Added sugar, especially if you are diabetic
- Processed and deep-fried foods
- Bad cholesterol (LDL) found in animal products such as meat, egg yolks, and whole milk dairy products.

\*Check with your doctor before changing your diet.

## Nutrition Tips

Using food labels helps you make healthy choices. See the new nutrition facts label below:

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
<b>Calories 230</b>	
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

\*Aim low for fats, cholesterol, and sodium.  
‡Aim high for vitamins, minerals, and fiber

### Add These

- Fruits and vegetables
- Lean meats, fish, and chicken
- Skim, 1% or 2% dairy products
- Heart healthy fats like nuts and vegetable oils
- Make half your grains whole grain
- Fiber-rich foods such as beans, oats, and nuts

## If You Smoke or Vape, Quit Today

Quitting starts a healing process that begins right away. Within one year of quitting, your risk of heart disease is decreased by 50%. Having a support system can improve your chances of quitting. Ask your doctor for help to quit. You can also use the following resources:

- The NJ Quitline is a free phone counseling service for any resident of NJ. Free, two-week supplies of nicotine patches are available for anyone 18 and up. Call 1-866-NJSTOPS (657-8677) to speak with a quit coach.
- MQC for Families provides free in-person counseling services for pregnant women, parents, and caregivers of children seven years of age and younger who live in NJ. For more information call 1-888-545-5191, or visit [www.momsquit.com](http://www.momsquit.com).

Atlantic Prevention Resources Quit Center is committed to providing the highest quality of quit services to Atlantic County residents. It's an in-person or phone counseling service. Call 609-804-QUIT (7848) to speak to a certified tobacco treatment specialist.

## Manage Your Cholesterol

You have two main types of cholesterol in your blood. HDL is "good" and LDL is "bad." High levels of LDL can cause plaque build up and clogged arteries. HDL helps remove the LDL.

## Ways to Improve Your Cholesterol

- Exercise daily
- Eat a healthy diet
- Don't smoke
- Maintain a healthy weight
- Limit saturated fat
- Limit alcohol use
- Cut out or limit trans fat
- Take medication, as recommended