

## Manage Your Blood Pressure

High blood pressure, also known as hypertension, can damage your heart, arteries, and other organs if left unmanaged. Unfortunately most people never experience any symptoms which is why it is sometimes called the “silent killer”. Monitoring your blood pressure is very important, especially if you have unhealthy lifestyle habits, like smoking or lack of exercise, or your family has a history of high blood pressure. Your blood pressure consists of two numbers which describe the pressure of your heart when it beats (diastolic) and when it is at rest (systolic). The American Heart Association has new blood pressure recommendation levels.\*

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

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

### Ways to Improve Your Blood Pressure

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

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 645-5933.

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

## Atlantic County Division of Public Health

### Healthy People Living in Healthy Communities

201 South Shore Road  
Northfield, NJ, 08225  
[www.aclink.org/public health](http://www.aclink.org/public%20health)

**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

Patricia Diamond  
Atlantic County Health Officer

# Get Heart Healthy



## With these action steps!



**Atlantic County  
Division of Public Health**

## Heart Facts

Heart disease is the leading cause of death for men and women in Atlantic County. Fortunately, there are steps you can take to improve your heart health. Each section of this brochure will give you action steps for improving your overall health and quality of life.

## Add Exercise

Adults should try to get at least 30 minutes of physical activity each day. You can also break up exercise into three 10-minute periods or two 15-minute periods for the same benefits.

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

- Choose an activity that you enjoy.
- Start slowly if you aren't used to exercising and work your way up.
- Try making small changes in your daily activities such as taking the stairs instead of the elevator. Try parking your car on the far side of the parking lot so that you can walk more.

### Limit These

- Saturated fat (e.g. fatty meats, high-fat cheese, whole milk, cream, butter)
- Trans fat (e.g. 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) like that found in animal products such as meat, egg yolks, and full-fat dairy products.

\*Check with your doctor before changing your diet.

## Nutrition Tips

Using food labels can help you make healthier choices. Look at the "serving size" and then the number of "servings per container" to see how much you are actually eating or drinking.\*

Nutrition Facts			
Serving Size 1oz, about 12 chips (28g)			
Servings per container 6			
Amount Per Serving			
Calories 140		Calories from Fat 60	
% Daily Value*			
Total Fat	7g		11%
Saturated Fat	.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	55mg		2%
Potassium	260mg		7%
Total Carbohydrate	15g		5%
Dietary Fiber	5g		20%
Sugars	0g		
Protein	4g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values be higher or lower depending on you calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	65g	80g
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g

Start Here

Percent Daily

5% or less is low \*  
20% or more is high †

Limit These

Add These

\*Aim low for fats, cholesterol, and sodium.

†Aim high for vitamins.

### Add These

- Fruits and vegetables
- Lean meats, fish, and poultry
- Low-fat or nonfat 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, Get Help Quitting

Quitting triggers a healing process that begins almost immediately after you have stopped smoking. Within one year of quitting, your added risk of heart disease is half that of a smoker. Having a support system can improve your chances of quitting. Ask your doctor for help to quit. You can also use the following resources:

### Free Quit Smoking Resources

The NJ Quitline is a free telephone counseling service for any resident of New Jersey. Call 1-866-NJSTOPS to speak with a quit coach.

Mom's Quit Connection provides free in-person counseling services for pregnant women, parents, and caregivers with children seven years of age and younger. For more information call 1-888-545-5191, visit [www.momsquit.com](http://www.momsquit.com) or visit [facebook.com/momsquitconnection](https://facebook.com/momsquitconnection).

## Manage Your Cholesterol

You have two main types of cholesterol in your blood. HDL (*high-density lipoprotein*) is considered "good" cholesterol and LDL (*low-density lipoprotein*) is considered "bad" cholesterol. High levels of LDL can cause plaque build-up and lead to clogged arteries. However, good cholesterol (HDL) helps remove the bad LDLs. What you eat can affect your cholesterol. Please refer to the nutrition portion of this brochure for examples of foods you should limit.

### Ways to Improve Your Cholesterol:

- Exercise regularly
- 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, if recommended