



Celebrating Food, Art & Community

May Measure Month
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What's your BP?



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May Measurement Month is a global blood pressure (BP) screening awareness campaign launched in 2017 by the International Society of Hypertension.

Throughout the year, ISH aims to:

- Highlight the importance of measuring blood pressure and raise awareness of the dangers posed by elevated blood pressure and hypertension.
- Increase the number of people 18 and older who regularly get blood pressure checks.

May 17 is the 21st annual World Hypertension Day, an effort by the World Hypertension League to increase awareness of high blood pressure, and accurate blood pressure measurements using blood pressure screening machines and tracking apps. However, no device or app is a substitute for professional medical advice.

Did you know?

High blood pressure, or hypertension, affects the body's arteries. For people with chronic high blood pressure, the force of the blood pushing against the artery walls is consistently too high, causing the heart to work harder to pump blood.

Blood pressure is measured in millimeters of mercury (mm Hg). Generally, hypertension is a blood pressure reading of 130/80 mm Hg or higher.

The American College of Cardiology and the American Heart Association separate blood pressure into four categories:

- Normal blood pressure: Lower than 120/80 mm Hg.
- Elevated blood pressure: Top number ranges from 120 to 129 mm Hg and the bottom number is below 80 mm Hg.
- Stage 1 hypertension: Top number ranges from 130 to 139 mm Hg or the bottom number is between 80 and 89 mm Hg.
- Stage 2 hypertension: Top number is 140 mm Hg or higher or the bottom number is 90 mm Hg or higher.

Blood pressure higher than 180/120 mm Hg is considered a hypertensive emergency or crisis that requires immediate medical help.

Untreated high blood pressure elevates the risk of cardiovascular issues such as heart attacks and strokes, plus other serious health problems. It's important to undergo blood pressure checks at least every two years starting at age 18. Some people need more-frequent checks.

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