

# FORGING THE FUTURE:



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## Friday FACTS

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"Leadership, Partnership, and Championship"

### AHRQ Announces Expanded Resource to Help Adults Stay Healthy

If you and your patients have questions about which preventive services they need and when they need them, you'll want to know about an important new free publication for consumers from the Agency for Healthcare Research and Quality. AHRQ released a revised and expanded booklet for health care consumers called *The Pocket Guide to Good Health for Adults*. The Pocket Guide, available in English and Spanish languages, includes tips and recommendations on good health habits, screening tests, and immunizations. It provides easy-to-use charts to help track personal health information and includes questions to ask health care providers, as well as resources to contact for additional information. As an update to the Put Prevention Into Practice program's *Personal Health Guide*, the new Pocket Guide is based on the most current research-based recommendations from the U.S. Preventive Services Task Force. The *Pocket Guide* is available on the AHRQ Web site in English at <http://www.ahrq.gov/ppip/adguide/> and in Spanish at <http://www.ahrq.gov/ppip/spadguide/>. Copies of this publication and related materials are available from the AHRQ Publications Clearinghouse by calling (800) 358-9295 or sending an E-mail to [ahrqpubs@ahrq.gov](mailto:ahrqpubs@ahrq.gov).

### New Blood Pressure Guidelines— Know Your Numbers and What They Mean

High blood pressure is a major risk factor for heart disease and the leading risk factor for stroke and heart failure. High blood pressure can also lead to kidney damage. A blood pressure reading of 120/80 mm Hg was considered healthy normal for many years. But recently the U.S. government revised its blood pressure guidelines.

According to the new guidelines, normal healthy blood pressure is now 115/75 mm Hg.

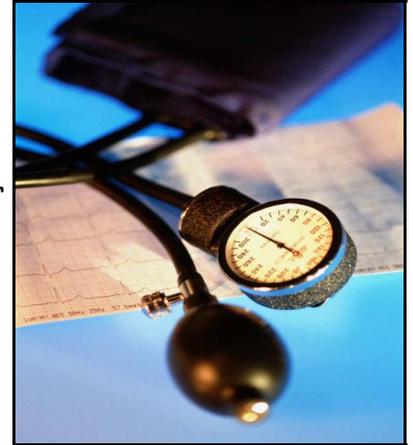
A blood pressure reading of 120/80 to 139/89 mm Hg is now considered "prehypertension." This change means that 45 million Americans whose blood pressure was considered normal now have to watch their blood pressure more closely. The new guidelines based on the latest research recommend the following lifestyle changes to treat prehypertension:

- exercise
- weight loss
- restricting sodium intake to no more than 2,400 mg per day
- a diet rich in fruits, vegetables, and low-fat dairy products and reduced saturated fat and total fat
- moderate use of alcohol (no more than 2 drinks per day for men and one drink per day for women)

Blood pressure at 140/80 mm Hg and above is considered high blood pressure that may require medication in addition to lifestyle changes to lower it to a healthy level.

Have your blood pressure checked soon to see how your numbers compare to the new guidelines.

Source: National Heart, Lung, and Blood Institute, <http://www.nhlbi.nih.gov>.



*"The rung of a ladder was never meant to rest upon, but only to hold a man's foot long enough to enable him to put the other somewhat higher."*

Thomas Henry Huxley