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# Monthly Safety Blast

*Produced by the Southwest Center for Agricultural Health, Injury Prevention and Education*

**December 2014**

## Living with High Blood Pressure

Today, high blood pressure (hypertension) affects more than 65 million American adults. This means that about 1 out of every 3 people in the US suffers from hypertension. Hypertension knows no boundaries and affects babies, children, teenagers, young adults and the elderly. Both women and men are at risk for hypertension. Some findings report that one-third to one-half of people with high blood pressure don't even know they have it. There are new estimates that another 59 million Americans have a condition called prehypertension with blood pressure ranging from 120/80 to 138/89. High blood pressure (hypertension) is when your blood pressure is 140/90 mmHg or above most of the time.

Who is at risk for developing high blood pressure? Age, race, family history, being overweight or obese, not being physically active, using tobacco, too much salt (sodium) in your diet, too little potassium in your diet, too little vitamin D in your diet, drinking too much alcohol, stress and certain chronic conditions all play a part in a person's risk for being hypertensive. The average age of farmers, ranchers and loggers is rising, and these workers need to know how they can lower their risk of developing high blood pressure.

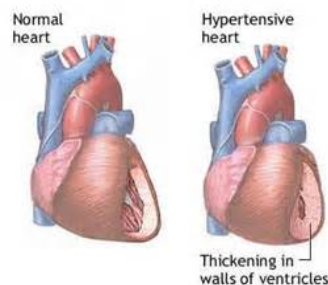
If an agriculture, forestry and fishing (AFF) worker has high blood pressure then they need to take their blood pressure before and after work; this is a good technique/routine to start to assist with managing high blood pressure. Note: Being exposed to 10-15 minutes of pure vitamin D from the sun can lower a person's blood pressure.

### **Here is your challenge for the month:**

The holidays are here, and we tend to forget about our eating habits and healthy food options. The challenge is to reduce your extra salt intake; don't add extra salt onto your food if your food was cooked in or with salt. Extra salt adds calories and can affect your blood pressure in a negative manner.

### **Resources:**

- **Life with High Blood Pressure** [www.mayoclinic.org](http://www.mayoclinic.org)
- **Who is at risk for hypertension?** [www.fda.gov](http://www.fda.gov)



Monthly Blast written by SW Ag Center Outreach Education Coordinator, Nykole Kafka, MS, CEP.

*Sharing is caring!*



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