**Blood Pressure Questionnaire – Answers and Guidance**

# **Birmingham Public Health Measurement Toolbox**

1. When did you last measure your blood pressure?

*Guidance – If participant is over 40, they can have a blood pressure test as part of their NHS Health Check. If they have been diagnosed with high or low blood pressure or at risk for either, they may need to check their blood pressure more frequently.*

1. Have you recorded your blood pressure measurement and registered it with a GP or Pharmacist? *(Yes/No/Not sure)*

Yes

No

Not sure

1. What is a healthy blood pressure for an adult?

*Ideal blood pressure for an adult is considered to be between 90/60mmHg and 120/80mmHg*

1. Why is a high blood pressure dangerous?

*Guidance: If your blood pressure is too high, it puts extra strain on your blood vessels, heart, and other organs, such as the brain, kidneys, and eyes.*

*Persistent high blood pressure can increase your risk of several serious and potentially life-threatening health conditions, such as:*

* *Heart disease*
* *Heart attacks*
* *Stroke*
* *Heart failure*

1. How can you help reduce your blood pressure?

*To help keep your blood pressure at a safe level, medicines or lifestyle change can be used.*

*Lifestyle changes can include:*

* *reduce the amount of salt you eat and have a generally healthy diet.*
* *cut back on alcohol.*
* *lose weight if you're overweight.*
* *exercise regularly*
* *cut down on caffeine.*
* *stop smoking.*

*Medicines can include:*

* *ACE inhibitors*
* *angiotensin-2 receptor blockers (ARBs)*
* *calcium channel blockers*
* *diuretics*
* *beta blockers*
* *alpha blockers*
* *other diuretics*