

Name: _____ Date: _____

High Blood Pressure

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| 1. How many Americans have hypertension? | A. Headache or nosebleed |
| 2. What are the parameters for "normal" blood pressure? | B. Alcohol |
| 3. What risk factor cannot be changed? | C. Males |
| 4. What is the appropriate diet for someone with hypertension? | D. <120/<80 |
| 5. What is considered to be a healthy BMI? | E. Genetics |
| 6. How many minutes/day of moderate to intense aerobic activity meets the definition of "regular physical activity"? | F. 116.4 million |
| 7. What are the parameters of Hypertension Stage 2? | G. 30 minutes |
| 8. What dietary mineral if used too much is a risk factor for hypertension? | H. 18.5 -24.9 kg/m ² |
| 9. Name a possible symptom of hypertensive crisis. | I. DASH Diet |
| 10. Hypertension is a leading risk factor for_____. | J. Equal or >140 or equal or >90 |
| 11. Smoking is more prevalent in the US in males or females? | K. Stroke |
| 12. What beverage should be limited by a person with hypertension? | L. Sodium chloride aka "salt" |