

Reach-Up  
Head Start  
Early Head Start



# The Whistler FEBRUARY 2019

Heart disease is the leading cause of death for both American men and women. African American men are especially susceptible. So it's good news that February is National Heart Month, since it inspires us to examine one of the most pressing health concerns in the United States and to make positive changes to our lifestyles.

February also hosts Valentine's Day, which is all about affairs of the heart, so it's a good match.

## Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 - 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 - 139	or	80 - 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

