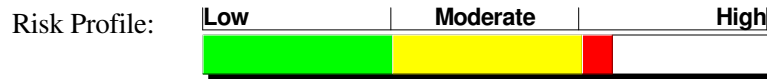


Your Name & Phone Number Here!

Health Risk Appraisal

Hypertension Risk Profile



Simply stated, Hypertension (High Blood Pressure) is an abnormal increase in blood pressure usually defined as a systolic reading (highest pressure) above 140 mmHg and/or a diastolic reading (lowest pressure) above 90 mmHg, mmHg meaning millimeters of mercury as measured with a blood pressure cuff. Mean arterial pressure(MAP) is the average pressure in your vascular system. MAP is determined with the following calculation: $((\text{Systolic BP} + 2(\text{Diastolic BP}))/3)$. Measurements above 100 mmHg may be considered abnormal. Hypertension is one of the **leading** causes of **premature death** in the United States.



Intervention Factors

- ** Reduce Diastolic BP through a medically supervised intervention plan.
- ** Reduce MAP through a medically supervised intervention plan.
- ** Reduce your percentage of Body Fat through a combination of proper diet and exercise
- ** Lack of adequate exercise (less than 3 days per week) has shown to increase the prevalence of Hypertension
- ** Poor nutrition habits, especially excessive intake of salt and fat, can lead to Hypertension. Take steps to improve your nutrition habits