

Lifestyle Modifications Chart to Prevent and Manage Hypertension

Lifestyle Modification	Recommendation	Action and Referral
Read left to right by row		
Weight Reduction	<ul style="list-style-type: none"> • Say, "It is important to maintain a normal* body weight." * Normal defined as a BMI (body mass index) of 18.5-24.9kg/m² • Say, "Blood pressure often goes up as weight goes up and goes down as weight goes down. Losing just 10 pounds can help reduce your blood pressure. Losing weight also makes blood pressure medications work better. Talk to your healthcare provider about what your ideal weight should be and the best way to achieve it." 	<ul style="list-style-type: none"> • Action: Take and record client's weight and height • Action: Use an electronic program to calculate the client's BMI
Adopt DASH Eating Plan	<ul style="list-style-type: none"> • Say, "Eating a diet that is rich in whole grains, fruits, vegetables and low-fat dairy products and is low in saturated fat and cholesterol can lower your blood pressure by up to 14 mm Hg. This eating plan is known as the Dietary Approaches to Stop Hypertension (DASH) diet." 	<ul style="list-style-type: none"> • Refer to nutritionist or dietician • Action: Provide resources such as food journals, brochures and recipes • Refer to Living Well¹, DPP² and/or DSME³ Programs
Dietary Sodium Reduction	<ul style="list-style-type: none"> • Say, "Even cutting a little sodium from your diet can lower blood pressure by 2 to 8 mm Hg. You should limit sodium to 2,300 milligrams (mg) a day or less. A lower sodium level — 1,500 mg a day or less — is good for people 51 years old or older, and people of any age who are African-American or who have high blood pressure, diabetes or chronic kidney disease." 	
Physical Activity	<ul style="list-style-type: none"> • Say, "It is important to be physically active every day. You should get 150 minutes of activity each week AND light muscle strengthening activities on at least 2 days a week. Even if it's just 10 minutes of walking at a time, it can help." • Say, "It doesn't take long to see a difference. Even if you haven't been active, increasing your activity level can lower your blood pressure within just a few weeks. Talk to your healthcare provider about developing an activity program. He or she can help determine whether you need any activity restrictions or modifications." 	<ul style="list-style-type: none"> • Refer to physical activity counselor or available fitness facilities/ community resources, parks, shopping malls, walking maps
Alcohol Use	<ul style="list-style-type: none"> • Say, "You should limit how much alcohol you drink to no more than 2 drinks per day for most men, and to no more than 1 drink per day for women." 	<ul style="list-style-type: none"> • Suggest referral to counseling services (e.g. Alcoholics Anonymous)

*Living Well Nebraska <http://www.livingwellne.org/>

*Registry of Recognized Diabetes Prevention Program (DPP) Sites <http://www.cdc.gov/diabetes/prevention/recognition/states/Nebraska.htm>

*Diabetes Self-Management Education Recognized and Accredited Programs http://professional.diabetes.org/ERP_List.aspx;
<http://www.diabeteseducator.org/ProfessionalResources/accred/Programs.html>