**High blood pressure**

1) Explain the term ‘hypertension’.

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2) List three examples of conditions where risk is increased by having high blood pressure.

i) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ii) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

iii) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3) Describe the effects of the following factors on high blood pressure risk.

|  |  |
| --- | --- |
| Factor | Effect on blood pressure risk |
| Having high intakes of alcohol |  |
| Being very active |  |
| Obesity |  |
| Having a diet high in salt |  |
| Quitting smoking |  |

4) True or false? Sodium intakes in the UK are higher than the recommended levels.

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5) Describe the term ‘systolic pressure’.

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6) Describe the term ‘diastolic pressure’.

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7) Complete the table with figures, in mmHg, that define high, ideal and low blood pressure.

|  |  |
| --- | --- |
|  | Systolic/Diastolic BP (mmHg) |
| High blood pressure |  |
| Ideal blood pressure |  |
| Low blood pressure |  |

8) Give the recommendation for maximum salt intake in adults.

\_\_\_\_\_\_\_\_\_\_\_ grams/day

9) True or false? It recommended that children under 11 should have more or less salt than this.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

10) List two ways we can reduce salt when preparing and cooking food.

i) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ii) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_