



American Heart Association.
KIDS HEART CHALLENGE | **AMERICAN HEART CHALLENGE**

KNOW YOUR NUMBERS

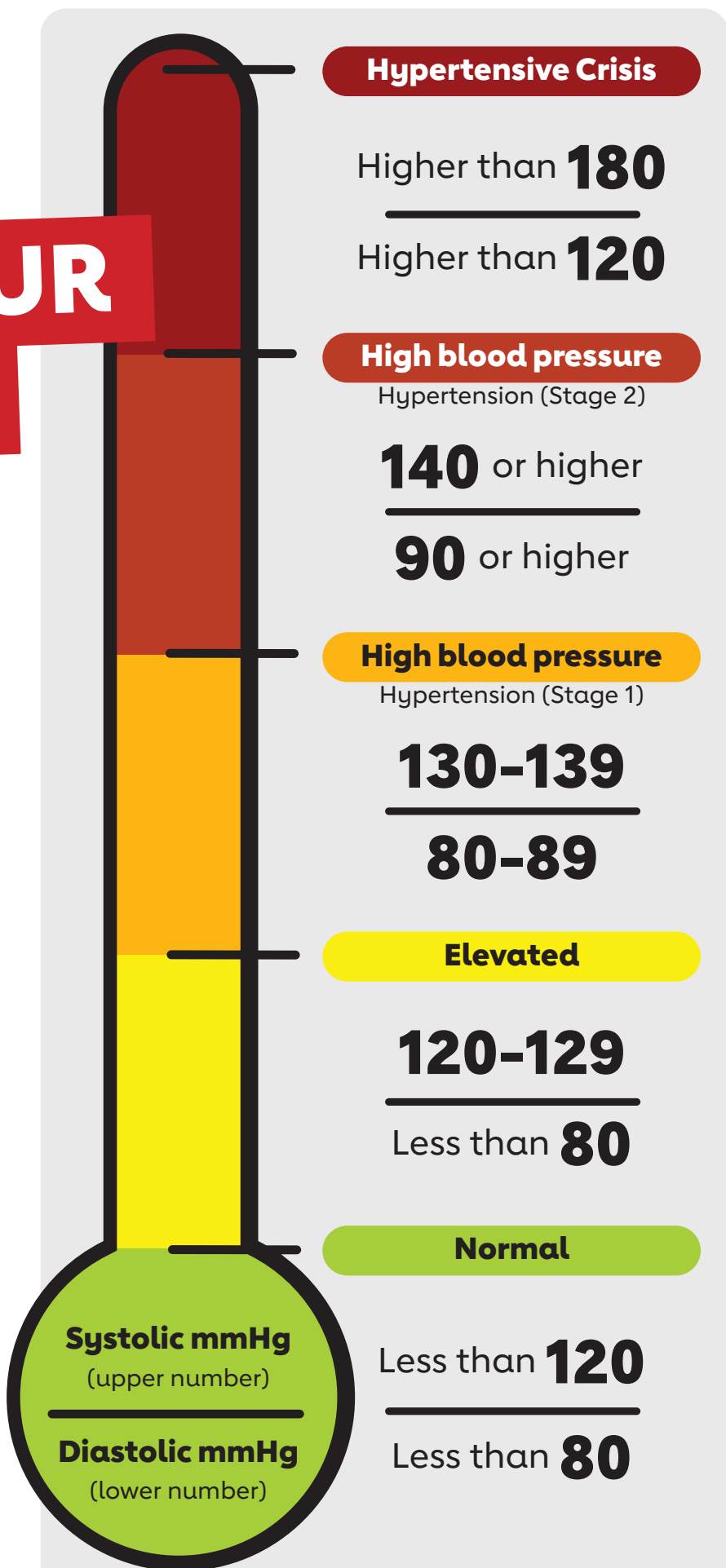
What do your blood pressure numbers mean?

The only way to know if you have high blood pressure, also known as hypertension, is to have your blood pressure tested. Understanding your results is key to controlling high blood pressure.

Your blood pressure is recorded as two numbers:

Systolic blood pressure (the first number) – indicates how much pressure your blood is exerting against your artery walls when the heart contracts.

Diastolic blood pressure (the second number) – indicates how much pressure your blood is exerting against your artery walls while the heart muscle is resting between contractions.



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 Life's Essential 8™

→ for kids