



Where Can I Measure My Blood Pressure?



You can easily check your blood pressure somewhere nearby!
Start by measuring and learning your reading!

Locations with blood pressure monitors in Niigata Prefecture: Prefecture website ▶



At work



- Workplaces can offer a great chance to measure!
- Create an environment to measure at work in order to work safely and healthily!

At a gym or public facility



- Why not check your blood pressure when working out or running errands?

At a pharmacy or drugstore



- Some locations have an area to measure blood pressure for free!
- You can also consult with a pharmacist.

At home



- If you measure somewhere else and your systolic blood pressure (top number) is over 130 mmHg, with a diastolic blood pressure (bottom number) over 80 mmHg, get a blood pressure monitor for home.



Niigata STOP High Blood Pressure Project

Scan here for details▶



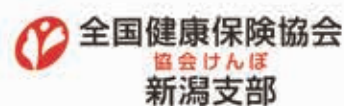
The Japan Health Insurance Association will promote the Niigata STOP High Blood Pressure Project along with Niigata Prefecture, the Niigata Brain Heart Support Center, the Niigata Medical Association, courses in health sciences for prevention and management of non-communicable diseases in Niigata University's Faculty of Medicine, and Meiji Yasuda.



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一般社団法人 新潟県医師会
NIIGATA MEDICAL ASSOCIATION



High blood pressure should not be ignored.

Measuring is the first step in prevention!

Morning Blood Pressure



Before Breakfast

Measure your blood pressure at home

Within 1 hour after waking up

Post-urination After using the toilet

Before breakfast Before eating or medication



Tips for measuring correctly: 2× a day (morning/evening)

- 1 Choose a blood pressure monitor with an arm cuff.
A wrist or finger monitor may not give a correct reading.
- 2 Sit in a chair for 1-2 minutes to relax, then measure.
Your blood pressure may be unstable if you just sat down.
- 3 Line up the arm cuff to the same level as your heart.
Placing the cuff lower than your heart may cause an inaccurate reading.

It is recommended that you measure your blood pressure at home the first thing in the morning.

It is normal for your blood pressure to be around 10-20% lower in the evening than in the day, and it is common for your blood pressure to rise gradually overnight until the morning. However, if your blood pressure rises more sharply than normal overnight, you are at a higher risk for complications like heart attack and stroke. This is why you should measure your blood pressure the first thing in the morning, before breakfast, to quickly learn if your blood pressure has risen sharply overnight.

Consult your primary care physician if your at-home blood pressure is over 130/80 mmHg!

Aim for a blood pressure of 130



According to "The Japanese Society of Hypertension Guidelines for the Management of Elevated Blood Pressure and Hypertension 2025," target blood pressure levels, regardless of age, are:

Clinic blood pressure

Under 130/80 mmHg

At-home blood pressure

Under 125/75 mmHg

Pay attention to your lifestyle habits with the aim of a top number of 130 when measuring your blood pressure.

It has become clear that this at-home value is an important determiner for whether you have high blood pressure. Measure and record your blood pressure at home, and show these values to your physician when you have an examination or health checkup at a medical institution. Systolic and diastolic blood pressure are said to be about 5 mmHg lower at home than at the clinic.



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Scan here for the website



Why Is High Blood Pressure Dangerous?

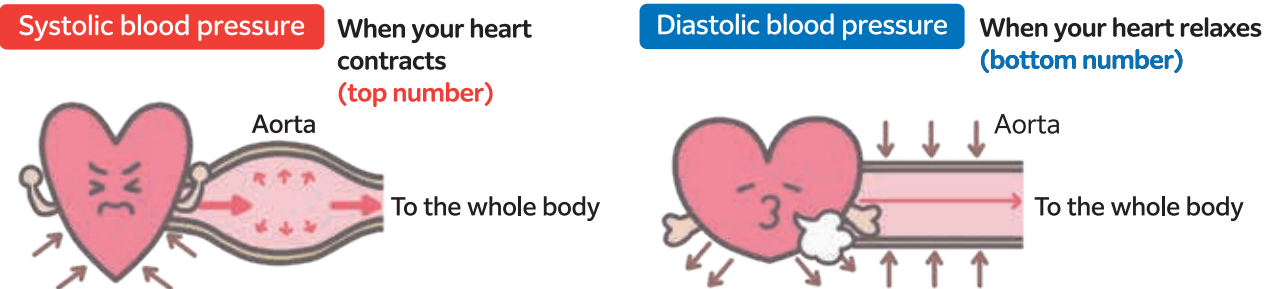
How blood pressure works

Blood pressure is the pressure exerted by blood sent from your heart to the rest of your whole body against your artery walls.

Systolic blood pressure is the value taken when the heart contracts and exerts strong pressure for a short time.

It is also called the "top number."

Diastolic blood pressure, also called the "bottom number," is the value taken when the heart relaxes. With the heart at rest and not pumping blood, the expanded aorta returns to its original shape and continues pushing blood forward through the body.



Classification of blood pressure values in adults (mmHg)

(Reference: "The Japanese Society of Hypertension Guidelines for the Management of Hypertension 2019")

	Normal blood pressure	High normal blood pressure	Elevated blood pressure	Stage 1 hypertension	Stage 2 hypertension	Stage 3 hypertension
Systolic blood pressure (Top number)	Under 120	120-129	130-139	140-159	160-179	180 or higher
Diastolic blood pressure (Bottom number)	Under 80	Under 80	80-89	90-99	100-109	110 or higher

← High blood pressure →

Blood pressure over 130/80 mmHg more than doubles the risk of heart attack and stroke.

The higher your blood pressure, the higher your risk of death due to complications such as heart disease, cerebral hemorrhage, and stroke.

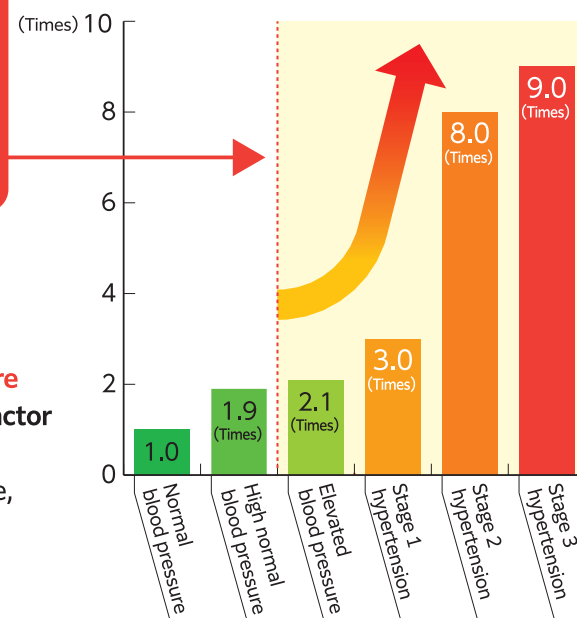
The risk rises steadily over 130/80 mmHg.

▼ Top five risk factors for death due to lifestyle-related diseases or external causes

No.1	Smoking
No.2	High blood pressure
No.3	Lack of exercise
No.4	Hyperglycemia
No.5	Excess salt

In Japan, **high blood pressure** is the **second leading risk factor** for death due to illness other than infectious disease, after smoking.

▼ Risk of heart attack, cerebral hemorrhage, stroke, etc.



Eight Tips for Lifestyle Improvements

Aim for blood pressure-friendly lifestyle habits, like eating a balanced diet and getting proper exercise.

TIP
01

Avoid overeating to prevent obesity.

- Record what you eat and check if you are overeating.
- Strive to eat moderately.



TIP
02

Continue getting proper exercise.

- Light exercise prevents obesity and helps refresh your mood.
- It also has the effect of improving your circulation and stabilizing your blood pressure.

TIP
03

Consume salt in moderation.

Target salt per day is under 7.5 g for men, under 6.5 g for women.

- Refrain from excessive dining out and processed foods.
- Use sour flavorings like vinegar and lemon.
- Use rich dashi stock.
- Use herbs and spices.



TIP
04

Consume potassium and dietary fiber.

- Actively consume vegetables, seaweed, fruit, beans, mushrooms, etc.



TIP
05

Be careful of temperature differences to prevent a rise in blood pressure.

- Stay warm by adjusting your clothing when going out (especially in winter).
- Keep your toilet room and bathroom warm too.
- Take baths in water that is not too hot.
- Avoid washing your face with cold water in the morning.

TIP
06

Do not smoke, and drink alcohol in moderation.

- Make an effort to quit smoking.
- Aim to drink only an appropriate amount of alcohol and include alcohol-free days.



TIP
07

Do not let stress build up.

- Aim to relieve stress in your own way.
- Get sufficient sleep.



TIP
08

Measure your blood pressure regularly.

- It is important to know your usual blood pressure.

