What does blood pressure mean?
It’s the force your heart needs to push blood around your body. The two numbers show the biggest force your heart uses to push your blood and the least pressure when your heart has relaxed.

When is high blood pressure a problem?
High blood pressure (sometimes called hypertension) is when the force used to push blood around your body is normally higher than recommended. High blood pressure puts more strain on your heart and blood vessels. If you have high blood pressure, you may feel healthy, but it is causing damage to blood vessels.

How can I lower my blood pressure?
Lifestyle changes are proven to reduce blood pressure and make you feel healthier. Most people with diabetes will need medication as well. Some people require more than one type of medicine.

**Agreed action plan**

**My personal goal is:**

**To be achieved when:**

**The two steps that I will take to achieve this are:**

(Discuss and agree with your doctor or nurse. Think about what, where, when and how?)

1.

2.

For information or support, call Diabetes UK Helpline: **0345 123 2399** Monday to Friday, 9am–6pm, or go to [www.diabetes.org.uk/info-p](http://www.diabetes.org.uk/info-p)

*Calls may be recorded for quality and training purposes.*