

B	I	N	G	O
Age	Race	African Americans	Family history	Be physically active
160 or higher over 180 or higher	Eat a balanced diet	Overweight or obesity	Less than 1500 mg	High blood pressure
Certain chronic conditions	Men	Hypertension	"Silent Killer"	Heart attack
Stress	Stroke	Processed foods	Not Enough Potassium	Too Much Sodium
Kidney damage	Maintain a healthy weight	Take blood pressure medicine	Too Much Alcohol	Check blood pressure regularly

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B	I	N	G	O
Heart attack	High blood pressure	Certain chronic conditions	Maintain a healthy weight	Men
"Silent Killer"	Too Much Sodium	Check blood pressure regularly	140-159 over 80-89	Not Enough Potassium
160 or higher over 180 or higher	Age	Hypertension	Overweight or obesity	Kidney damage
Stroke	Less than 1500 mg	Be physically active	Not Being Physically Active	African Americans
Stress	Family history	Too Much Alcohol	Race	Lower sodium intake

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B	I	N	G	O
140-159 over 80-89	Processed foods	Certain chronic conditions	Eat a balanced diet	Too Much Sodium
“Silent Killer”	Age	Family history	Maintain a healthy weight	Less than 1500 mg
Be physically active	Not Being Physically Active	Hypertension	Kidney damage	Too Much Alcohol
Men	160 or higher over 180 or higher	African Americans	Take blood pressure medicine	Overweight or obesity
Stroke	Stress	Heart attack	High blood pressure	Lower sodium intake

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B	I	N	G	O
Processed foods	African Americans	Take blood pressure medicine	Overweight or obesity	160 or higher over 180 or higher
Certain chronic conditions	Heart attack	Too Much Alcohol	Too Much Sodium	Race
Age	Stroke	Hypertension	Kidney damage	Maintain a healthy weight
Men	Be physically active	Family history	“Silent Killer”	140-159 over 80-89
Check blood pressure regularly	Not Enough Potassium	Less than 1500 mg	Lower sodium intake	Eat a balanced diet

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B	I	N	G	O
Race	Stress	Stroke	Check blood pressure regularly	"Silent Killer"
Men	Be physically active	160 or higher over 180 or higher	Too Much Alcohol	Less than 1500 mg
Processed foods	African Americans	Hypertension	Kidney damage	140-159 over 80-89
Overweight or obesity	Lower sodium intake	Heart attack	Take blood pressure medicine	Not Enough Potassium
Maintain a healthy weight	Certain chronic conditions	Not Being Physically Active	Too Much Sodium	Eat a balanced diet

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B	I	N	G	O
Overweight or obesity	Stress	Maintain a healthy weight	Too Much Sodium	140-159 over 80-89
Be physically active	Too Much Alcohol	Less than 1500 mg	Family history	Men
High blood pressure	Check blood pressure regularly	Hypertension	Race	Lower sodium intake
Eat a balanced diet	Heart attack	Not Enough Potassium	Kidney damage	160 or higher over 180 or higher
African Americans	Not Being Physically Active	"Silent Killer"	Stroke	Processed foods

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B	I	N	G	O
Heart attack	160 or higher over 180 or higher	Not Being Physically Active	"Silent Killer"	Take blood pressure medicine
Race	Stress	Family history	Maintain a healthy weight	High blood pressure
Less than 1500 mg	Eat a balanced diet	Hypertension	Kidney damage	African Americans
140-159 over 80-89	Certain chronic conditions	Overweight or obesity	Stroke	Not Enough Potassium
Be physically active	Lower sodium intake	Men	Too Much Alcohol	Age

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B	I	N	G	O
Maintain a healthy weight	Take blood pressure medicine	Heart attack	Men	Be physically active
Processed foods	Not Enough Potassium	Too Much Sodium	Certain chronic conditions	African Americans
Family history	Age	Hypertension	Stress	Overweight or obesity
Race	Not Being Physically Active	160 or higher over 180 or higher	Check blood pressure regularly	"Silent Killer"
Lower sodium intake	High blood pressure	Kidney damage	Too Much Alcohol	140-159 over 80-89

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B	I	N	G	O
Take blood pressure medicine	Stroke	Eat a balanced diet	Not Enough Potassium	Age
Race	African Americans	Processed foods	Too Much Alcohol	Lower sodium intake
"Silent Killer"	Heart attack	Hypertension	Overweight or obesity	Be physically active
Not Being Physically Active	Less than 1500 mg	160 or higher over 180 or higher	High blood pressure	140-159 over 80-89
Maintain a healthy weight	Stress	Kidney damage	Check blood pressure regularly	Certain chronic conditions

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B	I	N	G	O
Too Much Alcohol	Too Much Sodium	"Silent Killer"	African Americans	Age
Not Enough Potassium	Stroke	Not Being Physically Active	Race	Stress
Maintain a healthy weight	Check blood pressure regularly	Hypertension	Family history	140-159 over 80-89
Processed foods	Overweight or obesity	160 or higher over 180 or higher	Men	Kidney damage
Eat a balanced diet	Take blood pressure medicine	Certain chronic conditions	High blood pressure	Lower sodium intake

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