**Blood Pressure Questionnaire**

# **Birmingham Public Health Measurement Toolbox**

1. When did you last measure your blood pressure?
2. Have you recorded your blood pressure measurement and registered it with a GP or Pharmacist? *(Yes/No/Not sure)*

Yes

No

Not sure

1. What is a healthy blood pressure for an adult?
2. Why is a high blood pressure dangerous?
3. How can you help reduce your blood pressure?