



American Heart Association.

EmPOWERED to Serve™

Control Your Blood Pressure

LESSON PLAN

Call to Action

Control your blood pressure. Keeping blood pressure numbers in a normal range is important for your health — and for the health of those you care about. Everyone should have regular blood pressure checks. This lesson offers help for those who:

- May be at risk for high blood pressure.
- Have high blood pressure.
- Know people with high blood pressure.
- Care for people with high blood pressure.



Community Need

Nearly half of American adults have high blood pressure. And almost half of them do not have it under control. In fact, many aren't even aware that they have high blood pressure. Uncontrolled HBP damages the arteries, heart and other organs. It can cause a heart attack or stroke.

Three Important Points

Our lives are busy. Many of us are on information overload. So, let's focus on three key health messages:

- Normal blood pressure is untreated blood pressure below 120/80mmHg.
(Note: Most patients who are receiving treatment for high blood pressure want to stay below 130/80 mmHg. However, everyone should talk with their health care provider about their personal target blood pressure.)
- High blood pressure is a serious disease and can cause a heart attack or stroke.
- Be EmPOWERED. Commit to blood pressure control. You have the power to lower your numbers.

Preparing for the Lesson

- Budget at least 30 minutes to present the lesson.



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- Review the speaker notes prior to the lesson to be familiar with the information and know what additional resources are used.
- If handouts are referenced in the presentation, we recommend distributing the pages prior to beginning the lesson.
- Additional resources are available on the Resources List pdf. These could be added to lengthen the presentation or provide ideas for small group discussion. You may also provide the Resources List pdf to the attendees so they have links to information discussed in the lesson.

Program Materials

No Access to a Slide Projector? Print out the slides and put them in a three-ring binder. Use the printed slides as a script to deliver your health lesson.

- Flip chart and markers.
- Handouts (one copy per participant):
 - Consequences of High Blood Pressure Infographic. <http://bit.ly/2OBuGqS>
 - BP Raisers. <http://bit.ly/35ntloy>
 - Blood Pressure Measurement Instructions. <http://bit.ly/2qx1Wr0>
 - My Blood Pressure Log (printed). <http://bit.ly/2LCP3TI>
- Pens
- Goody bags (optional): Reach out to local businesses such as hospitals, wellness centers, local clinics and other health organizations. Ask them about donating giveaways for participants. Also check out the American Heart Association online store (shopheart.org) for giveaways to buy in bulk.

Audiovisual Needs

- Projector for PowerPoint slides.
- Internet connection (optional).

Wrap-Up

Reminder! Once participants have left, be sure to complete the Ambassador Questionnaire.



Slide Program with Talking Points and Discussion Questions

The “Notes” section of the PowerPoint slides includes scripted comments for the lesson. Use this to help walk through the lesson. To engage participants, the talking points also include potential discussion questions. For your reference, below is a list of these questions:

- Do you know someone with high blood pressure?
- Why are we concerned about blood pressure?
- Do you think that high blood pressure is a health issue for multicultural communities?
- What are the two numbers you need to know when you measure your blood pressure?
- Can you have high blood pressure and not know it?
- What are some of the risks of uncontrolled high blood pressure?
- What would you find most difficult to do in order to control your blood pressure?
- How will you empower yourself to commit to blood pressure control?