PREP NOTE: Ask the facilitator to provide a brief, written introduction to share with the program participants. Also prepare your opening remarks. For example, you may want to select an inspiring quote or reading.

- Kick off your program with a warm welcome and your opening remarks.
- Introduce the facilitator to your fellow community members. Or, if you are the facilitator, share with the group why this topic is important to you and your reason for offering to host this lesson.
Own It
Lesson Overview

Welcome
• EmPowered To Serve and the ETS Health Check
• Program Topic and Urgent Community Need

Own It
• Call to Action: Control Your Blood Pressure

Closing Thoughts

• Get everyone “on topic” by reading through the lesson overview.
• Let participants know that the lesson takes about 1 – 1 ½ hour to complete.
What is ETS?
EmPowered To Serve

EmPowered To Serve is a movement sweeping our nation to improve the health of multicultural communities

• We unite as the ETS megacommunity to make healthy change happen in diverse communities across the country.
• Learn More at EmPoweredToServe.org.

• Read the introduction to EmPowered To Serve.
• Share why you joined the ETS movement.
• Encourage anyone who has not yet joined the ETS megacommunity to go online after the program and sign up for this national movement.
• Note that ETS is a movement of the American Heart Association/American Stroke Association in partnership with community organizations across the country.
• Highlight the American Heart Association’s 2020 commitment to the country.
**ETS Health Check**

**Blood pressure and weight check:**
- Starting point for you.
- Optional and anonymous, no name.

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**Why check blood pressure?**
High blood pressure (HBP) is a risk factor for heart disease, the No. 1 killer worldwide.
HBP is also a risk factor for stroke, the No. 2 killer worldwide.

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**Why worry about being overweight?**
Nearly 70 percent of adults are either overweight or obese.
Being obese puts you at a higher risk for heart disease, stroke, HBP, diabetes and more.

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- Explain that the EmPowered To Serve Health Check is a way for community members learn about their blood pressure and current weight.
  - Review the information on why to check blood pressure.
  - Highlight the reasons for worrying about being overweight.
- This optional health screening gives information needed to complete the My Life Check personal health assessment.
- If you have not already done so, please complete the My Life Check assessment using your unique URL. It only takes a few minutes to complete. Our goal is for 15 percent of our group to complete this simple health assessment.
- Did you already complete the My Life Check assessment?
  - Have you been working on making healthier choices?
  - You may want to go online and take the assessment again.
  - Check your score. See how you are doing!
One in Three Adults
*And Kids, Too*

One in three adults in the U.S. has high blood pressure:

- A leading cause of heart disease and stroke.
- Greater risk of heart disease and stroke and risk increases as blood pressure rises.
- Uncontrolled HBP damages arteries, heart, and other organs.

One in six children in the U.S. has HBP.

- Ask the group:
  - Do you know someone with high blood pressure?
  - Why are we concerned about blood pressure?
- Review the information on the slide.
- Before the next slide, ask the group:
  - Do you think that high blood pressure is a health issue for multicultural communities?
Urgent Community Need

- Review the information on the slide.
- Emphasize the point that heart disease, high blood pressure, stroke and obesity are serious diseases with serious impacts our lives. And that these diseases affect people in multicultural communities at higher rates.

Nearly half of people with high blood pressure do not have it under control.
Program Objectives

After today, you'll be able to share with family and friends:

- Information about blood pressure and the normal range for blood pressure numbers
- How high blood pressure can impact your health
- Things you can do to help control blood pressure

- Share that today’s program is about blood pressure and how to control high blood pressure.
- The EmPowered To Serve movement embraces Life’s Simple 7, which are seven simple steps that we can take for ideal heart health. One of those steps is to control blood pressure.
- Do you recall we talked about the My Life Check personal health assessment?
  - My Life Check helps you learn where you stand with Life’s Simple 7.
- Back to our lesson—we are going to learn about:
  - Blood pressure and the normal range for blood pressure numbers.
  - How high blood pressure can impact your health.
  - Things you can do to help control blood pressure.
What Is Blood Pressure?

Blood Pressure is the Force of Blood Against the Walls of the Arteries
What the Numbers Mean

Top Number =
Systolic Pressure
• Pressure as your heart beats and forces blood into your arteries
• In this example, the pressure at which the heart forces blood into the arteries is 117 millimeters of mercury

Bottom Number =
Diastolic Pressure
• Number as your heart relaxes between beats.
• In this example, the diastolic pressure is 76 millimeters of mercury as the heart relaxes between beats

• Review the information on the slide.
• Point out the top number and the bottom number as you read those bullets.

FYI: In case you get asked the difference between arteries and veins:
• Arteries are blood vessels that carry oxygen-rich, bright red blood away from the heart to nourish all parts of the body.
• Veins are blood vessels that carry oxygen-depleted, bluish blood toward the heart.
**Point #1**

*Normal BP is Untreated Blood Pressure <120/80 mmHg*

But if your blood pressure is high, your doctor may:

- Prescribe medicines and lifestyle changes to help bring it down
- For most people with HBP who are receiving medical treatment, the goal BP is <130/80. If you're taking BP medication, you should talk with your doctor about the right BP goal for you.

- Review the information on the slide.
- For most people with HBP who are receiving medical treatment, the goal BP is <130/80. If you're taking BP medication, you should talk with your doctor about the right BP goal for you.
Point #2
**HBP is a Serious Disease**

• Every time your blood pressure goes up by 20/10, your risk of heart disease doubles.

• Heart disease is the leading cause of death for most in the U.S.

• Review the information on the slide.

• Reinforce the learning by asking what are the two numbers you need to know when you measure your blood pressure:
  • The top number? (systolic, the pressure in the arteries when the heart pumps)
  • The bottom number? (diastolic, the pressure in the arteries when the heart relaxes between beats)

• Ask the group:
  • If your top number is higher than 130, is your blood pressure considered high? (yes, video on next slide provides answer to this question)
Did you know?
If you have HBP, your heart has to work harder to get blood into the arteries.

Prep Step: Go to the Resource List for this lesson. Find the URL for the Consequences of High Blood Pressure infographic. Download the infographic and make copies for each participant.

• Ask for volunteers to take turns reading sections of the infographic.
• Summarize by saying, high blood pressure can have deadly health consequences, if not treated. High blood pressure can often lead to heart attack and heart failure, stroke, kidney failure and other health problems.
Above 130/80 Is High Risk

Most people who have heart attacks, strokes, and heart failure have HBP above 130/80.

HBP greater than 130/80:

- Main cause of is unknown.
- Typically has no symptoms—you probably will not feel that anything is wrong.

- Review the information on the slide.
- Emphasize the point that multicultural communities are at higher risk for high blood pressure. This means more of us have high blood pressures of 130/80 or above. And this puts us at higher risk for heart attacks, strokes and heart failure.
- Ask the group:
  - Can you have high blood pressure and not know it? (Yes)
  - What are some of the risks of uncontrolled high blood pressure we discussed earlier? (heart attack and heart failure, stroke, kidney failure, eye damage, other health problems, death)
Point #3
*Be empowered with BP control*

Choose a healthy lifestyle to help control your blood pressure.

Lose weight, if you are overweight:

- Most Americans older than 20 are overweight.
- About 32 percent of children are overweight.
- Losing 10 pounds can reduce HBP by 4 mm Hg.

• Comment that there are things we can do to help keep our blood pressure in check.

• Review information on the slide.
Tell the group that in addition to losing weight, if overweight, there are lifestyle changes that can help reduce high blood pressure.

- Review ways to select more healthy foods and drinks.
- Note the need to get active—at least 150 minutes of moderate activity or, 75 minutes of vigorous activity (or a combination of both) each week.
- Add that children need at least 60 minutes per day of physical activity.
- Ask the group:
  - At what point do doctors typically prescribe medicine for high blood pressure? (next slide provides answer)
Take Medicine, If Prescribed

• Typically if BP is at or above 130/80
• May begin earlier for high-risk people
• For example, if your BP is 130/80 and you have health problems:
  • Diabetes
  • Kidney disease

Take your meds, if prescribed, you may:
• Require multiple pills
• Lifelong prescriptions

• Review the information on the slide.
• Doctors typically prescribe medicines if BP is at or above 130/80.
• May begin earlier for people in high-risk groups.
• For example, your doctor may prescribe medicine if your blood pressure is 130/80 and you have health problems:
  • Diabetes.
  • Kidney disease.
• Ask for a volunteer to read the information in the box about medicines.
Learn to Check Your BP

Self-monitoring of blood pressure can help keep your numbers in check. AHA programs can help you:

• Learn BP basics
• Find out more about the link between BP and exercise, food, and stress
• Get live and virtual support (phone, email, text)

PREP NOTE: The American Heart Association provides both a printed log for tracking blood pressure and an online option through Heart 360. Check the resources list for this lesson. Go to the URL for the printed log, download it and print a copy. Go to the URL for the Heart 360 landing page and print this page out. Make enough copies to hand out during the program. Cruise through the American Heart Association Check. Change. Control. Web site. If you will have a live Internet connection, consider giving a demo of this site.

• Review information on the slide.
• Ask the group:
  • Why is it important to keep a log of your blood pressure?
  • Does anyone know what you should do if your top number is higher than 180? (If you get such a high reading, wait a few minutes and check again. If it remains high, seek emergency care or call 9-1-1.)
  • How about if your bottom number is above 110? (Check your blood pressure again, if it is still high, seek emergency care or call 9-1-1.)
Review the information on the slide.
Call to Action – Control your blood pressure

Ask five friends to join you to take at least one action to keep their blood pressure in check:

• Lower sodium intake—reduce your intake of salty foods
• Get active—increase physical activity
• Drink alcohol in moderation, if you drink
• Reduce weight
• Eat better

• Review the lifestyle changes on the slide.

• Engage the group about lifestyle changes—ask:
  • What would you find most difficult to do to control your blood pressure?
  • How will you EmPower yourself to commit to blood pressure control?
Create a Culture of Health

Commit to take action:

• Go to EmPoweredToServe.org.
• Use My Life Check® to check your progress.

Join Us for more ETS Programs.

• Encourage everyone to be active in the EmPowered to Serve movement.
• Share how being part of the ETS megacommunity helps you embrace a lifestyle of health.
• Encourage everyone to come to a future ETS health lesson.
Wrap-Up

We appreciate your thoughts!

• Tell us what you liked best. Email us at: empoweredtoserve@heart.org

• Thank everyone for coming.
• Thank the facilitator and all of the volunteers who help coordinate the program.
• Take a moment to share an inspirational reading or ask the group to join you in an uplifting song.

• Reminder! Once your participants have left, be sure to complete the Ambassador Questionnaire. For details, see your Ambassador Guide, page 11.
Help create a sustainable culture of health:

• Unite with others to drive lasting (sustainable) positive change.
• Learn ways to improve community beliefs and behaviors (culture) about health.
• Share best practices and develop strategies that promote sound body, mind, and spirit (health).

Put this slide up as your closing slide and leave it up until all of the participants leave the room.
We are EmPowered To Serve

...Serve our health, serve our community

The American Heart Association requests that this document be cited as follows:
American Heart Association EmPOWERED To Serve Health Lessons. empoweredtoserve.org
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