Own It!

Control Your Blood Pressure
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
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.

The AHA’s 2020 Goal

Improve heart health of all Americans by 20%.
Reduce deaths from heart diseases and stroke by 20%.
ETS Health Check

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

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.

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.
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.
Urgent Community Need

1 in 2
African-Americans

1 in 5
Asians, Pacific Islanders

1 in 3
Hispanics, Latinos

1 in 4
American Indian, Alaska Natives

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
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
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
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.
Consequences of HBP

Did you know?
If you have HBP, your heart has to work harder to get blood into the arteries.
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.
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.
Eat Better, Get Active

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

By Working with Your Doctor and Making Lifestyle Changes, You Can Control Your Blood Pressure.
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
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.

ETS Health Lessons

- Own it
- Don’t Go Breakin’ Your Heart
- Produce-ing Health
- Make Life Sweet—Not Your Drinks
- Let’s Get Physical
- Keep the Beat
- Secrets of the Heart
- Don’t Miss a Stroke
- Got Fruit? How About Vegetables?
- Taking “Fit” to the Streets
- Just What the Doctor Ordered
- Clear the Air
Wrap-Up

We appreciate your thoughts!

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

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).
We are EmPOWERed To Serve

...Serve our health, serve our community

The American Heart Association requests that this document be cited as follows:
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