



American Heart Association®

EmPOWERED to Serve™

Control Your Blood Pressure

#EmPOWERChange

CONTROL YOUR BLOOD PRESSURE | LESSON OVERVIEW

Welcome

- What is EmPOWERED to Serve?
- Program Topic and Urgent Community Need

Health Lesson: Control Your Blood Pressure

- Preventing and Managing HBP
- Having HBP Can Hurt Your Body
- Be Empowered With BP Control

Closing Thoughts

- Create A Culture Of Health
- Online Resources



WHAT IS EMPOWERED TO SERVE?

EmPOWERED to Serve is a movement inspiring those who are passionate about driving change through health justice in their communities.

We are catalysts for change, empowering the equity equation.



AHA's Mission Statement:
To be a relentless force for a world of longer, healthier lives.



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IF YOU HAVE HIGH BLOOD PRESSURE, YOU ARE NOT ALONE

Nearly half of American adults have high blood pressure. Many don't even know they have it.

The best way to know if you have high blood pressure is to have your blood pressure checked.



URGENT COMMUNITY NEED



Over 1 in 2
African-Americans



Over 1 in 3
Asians,
Pacific Islanders



Over 1 in 3
Hispanics, Latinos



Over 1 in 4*
American Indians,
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?

When your heart beats, it pumps blood into your blood vessels.

This creates pressure against the blood vessel walls. This blood pressure causes your blood to flow to all parts of your body.

High Blood Pressure (HBP) is when your blood pressure is consistently too high.



WHAT THE NUMBERS MEAN

Your BP is recorded as two numbers:

Top Number = Systolic Pressure

- Indicates how much pressure your blood is exerting against your artery walls when the heart beats.
- In this example, systolic pressure is **110 millimeters** of mercury (mm Hg).

Bottom Number = Diastolic Pressure

- Indicates how much pressure your blood is exerting against your artery walls while the heart is resting between beats.
- In this example, diastolic pressure is **67 millimeters** of mercury (mm Hg).



HEALTHY AND UNHEALTHY BLOOD PRESSURE RANGES

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



POINT 1: PREVENTING AND MANAGING HBP

If your blood pressure is normal (less than 120 systolic and less than 80 diastolic), it should be screened during regular health care visits at least once per year for anyone 20 years of age or older.



POINT 1: PREVENTING AND MANAGING HBP

If you are diagnosed with high blood pressure (higher than 130 systolic or higher than 80 diastolic), your health care provider may recommend:

- Monitoring your blood pressure numbers at home in addition to your regular health care visits.
- Following a treatment plan that includes lifestyle changes and, if needed, prescription medication.

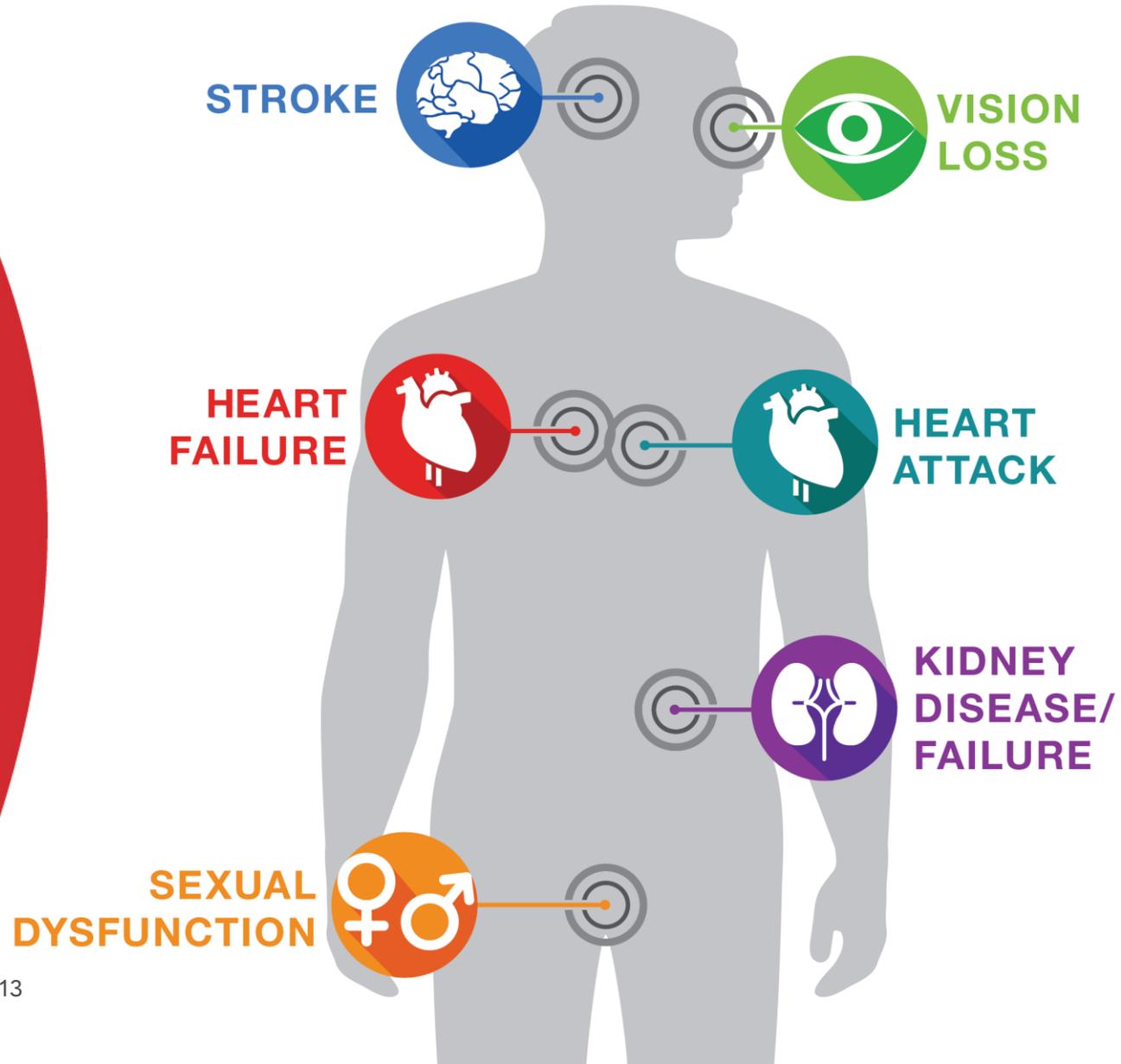


POINT 2: HAVING HBP CAN HURT YOUR BODY

- Most of the time there are no obvious symptoms.
- Certain physical traits and lifestyle choices can put you at a greater risk for high blood pressure.
- When left untreated, the damage that high blood pressure does to your circulatory system is a significant contributing factor to heart attack, stroke and other health threats.



CONSEQUENCES OF HBP



Did you know?

When your blood pressure is too high for too long, it damages your blood vessels – and can lead to atherosclerosis, which are fatty deposits that build up and can clog your arteries.

This increases the workload of your circulatory system while decreasing its efficiency.



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ABOVE 130/80 IS HIGH RISK

Hypertension Stage 1 (130-139 systolic and 80-89 mm Hg diastolic)

At this stage, your health care provider is likely to prescribe lifestyle changes and may consider adding BP medication based on your risk of atherosclerotic cardiovascular disease (ASCVD), such as heart attack or stroke.

Hypertension Stage 2 (140/90 mm Hg or higher)

At this stage, your health care provider is likely to prescribe a combination of blood pressure medications and lifestyle changes.



**Follow the treatment plan
that your health care provider
recommends for you.**



RISK FACTORS FOR DEVELOPING HBP

Non-Modifiable Risk Factors

- Family history
- Increased Age
- Male Gender
- Race
- Chronic Kidney Disease (CKD)



Understanding these risk factors
can help you be more aware of how
likely you are to develop high blood pressure.



RISK FACTORS FOR DEVELOPING HBP

Modifiable Risk Factors

- Lack of physical activity
- Unhealthy diet, especially one high in sodium and cholesterol
- Being overweight or obese
- Drinking too much alcohol
- High cholesterol
- Diabetes
- Smoking and tobacco use
- Stress



You can change these risk factors
to help prevent and manage high blood pressure.



POINT 3: BE EMPOWERED WITH BP CONTROL

You can manage your blood pressure and keep it in check by:

- Not smoking, vaping or using tobacco products
- Eating a heart-healthy diet
- Reaching and maintaining a healthy weight
- Getting regular physical activity
- Limiting your sodium (salt) intake
- Limiting your alcohol intake
- Taking your medications properly



Even small changes will make a big difference.



TAKE MEDICINE, IF PRESCRIBED

Partnering with your health care provider is the best way to reach your treatment goals and enjoy the benefits of better health.

- You may need to take medication every day for the rest of your life.
- You may need more than one type of prescription medication.
- Be aware of how certain over-the-counter (OTC) medications, like decongestants, may affect your BP.



MONITOR YOUR BP AT HOME

If you have HBP, home monitoring can help your health care provider determine whether treatments are working.

Monitoring your BP at home is as easy as buying a BP cuff, using it correctly and tracking the numbers.

BP monitors can be purchased in most pharmacies and online. An automatic, cuff-style, bicep (upper arm) monitor is recommended.

Use the AHA's Check. Change. Control. Tracker™, a free online tool: heart.org/ccct



HIGH BLOOD PRESSURE

By working with your health care provider and making lifestyle changes, you can control your blood pressure.

To learn more about high blood pressure and what you can do about it, visit: heart.org/hbp



CALL TO ACTION – CONTROL YOUR BLOOD PRESSURE

Keep your 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



Ask five friends to join you in taking one step to better blood pressure control.



YOUR VOICE MATTERS

We all have the power to make a difference by speaking out for policies that help build healthier communities and healthier lives.

Join **You're the Cure** today and be among the first to know when major policy initiatives pass or when your help is needed to advocate for a healthy future.

Text **EMPOWER** to **46839** join today!



USE YOUR VOICE TO CREATE HEALTHIER COMMUNITIES

You can help us work to draw communities together on the path to building a sustainable culture of health.

Go to [EmPOWEREDtoServe.org](https://www.EmPOWEREDtoServe.org)

Sign up to become an ambassador and learn how you can be a part of the movement!

Join us as we impact the health of ALL in our communities!



WRAP-UP

We appreciate your thoughts!

Tell us what you liked best.

Email us at:
empoweredtoserve@heart.org



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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