Own It

Control Your Blood Pressure

Resource List

The lesson provides suggested American Heart Association/American Stroke Association resources. You can tailor the lesson to your specific community needs. Add more resources or substitute different ones to make the lesson work best for your community.

Are mostly families attending? Pick at least one activity that engages children. For ideas, check out the American Heart Association’s Healthier Kids resources (http://bit.ly/1Hwez4p).

Is the program aimed at adults? Keep participants interested by breaking them into small groups to review a resource. Ask each group to share what they learned with the full group.

No audiovisual equipment? No worries. Make copies of printed handouts. Ask participants to take turns reading aloud key messages.

Have a projector? Great. Use the slides to guide your talk. And download an American Heart Association video for one of your interactive activities.

Have a good Internet connection? Show one of the American Heart Association videos, break participants into groups to take an online quiz or give a demo of an online tool.

Think about which formats best teach the health messages to your community members. Consider what type of information is most motivating for your community.
The icon in front of each resource tells you the format of that activity. Below are tips on how to incorporate that activity into the lesson and how much time to budget for it.

- **Video:** Play the video and engage participants in a discussion after the viewing.
- **Printed Handout:** Ask volunteers to take turns reading the information on the handout.
- **Group Discussion:** Break participants into small groups. Ask each group to review the resource and report what they learned to the full group.
- **Online Tool:** Give a short demonstration of the tool. Encourage participants to make a note of the URL so they can access it from home.

**Point #1: Normal blood pressure is untreated blood pressure below 120/80mmHg.**
- (Note: Target <130/80 for patients who are being treated for hypertension.)
- Disclaimer: everyone should talk with their doctor about what target they should be working toward.

- The ABCD’s of Blood Pressure Measurement (2 minutes) [http://bit.ly/1HZAJN0](http://bit.ly/1HZAJN0)
- Understanding Blood Pressure Readings (5-10 minutes, demo the American Heart Association blood pressure site by highlighting key concepts from this article) [http://bit.ly/1zQfM02](http://bit.ly/1zQfM02)
- What Do Blood Pressure Numbers Mean? (1 minute, 8 seconds) [http://bit.ly/1JxEiID](http://bit.ly/1JxEiID)
- Blood Pressure Tracker—Printed Version (3-6 minutes, ask groups to review and report back on the different topics covered) [http://bit.ly/1HZBju8](http://bit.ly/1HZBju8)
Point #2: High blood pressure is a serious disease and can cause a heart attack or stroke.

What Is High Blood Pressure?
(3-5 minutes–pick sections to read aloud)
http://bit.ly/1yWXrDL

About High Blood Pressure
(3 minutes)

Acerca de la Presión Sanguínea Alta
(2 minutes)
http://bit.ly/1HwcGES

HBP Animation
(5-10 minute demo, if time permits read title of other animations)
http://bit.ly/1DgsuFB

¿Qué es la Presión Arterial Alta?
(3-5 minutes–pick sections to read aloud)
http://bit.ly/1Gmm5QH
Point #3: Be EmPowered with blood pressure control.

What Can I Do To Improve My Blood Pressure
(3-5 minutes to read aloud)
http://bit.ly/1A0z9rj

Verificar la Presión Sanguínea
(3 minutes)
http://bit.ly/1yWYP9o
HBP Ad Council Campaign–What Is Your Heart Saying?  
(31 second public service announcement)  
http://bit.ly/1PoDzNR

And

http://bit.ly/1JxG9x5

(1 minute)  
http://bit.ly/1zQhzCm

Kenneth’s Check. Change. Control. –Testimonial  
(1 minute)  
http://bit.ly/1JxGjMS

Manage High Blood Pressure With Heart 360  
(2 minutes)  
http://bit.ly/1OKFQka

What Is High Blood Pressure Medicine?  
(5 minutes to read aloud “What Should I Know About Taking Medicine?” section)  
http://bit.ly/1Qo7QO8

Avoid The Consequences Of High Blood Pressure–Infographic  
(5-10 minutes to read aloud)  
http://bit.ly/1DEeKQy

Can You Escape The Silent Killer?  
(5-10 minutes, participants complete in small groups – requires internet connection)  
http://bit.ly/1GIUJXZ

How Can I Make My Lifestyle Healthier?  
(5-10 minutes for small group discussion)  
http://bit.ly/1JxGFuV
Sodium Breakup Website–Tour
(5-10 minutes for a quick walk-through of features)

Lower Your Risk of High Blood Pressure–Pledge
(5 minutes)
http://bit.ly/1yT1mkI

Find A Check. Change. Control. Program Near You
(15 minute demo)
http://bit.ly/1JgFuDw