



American Heart Association.

EmPOWERED to Serve™

# Control Your Blood Pressure

## RESOURCE LIST

### **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.

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.

### ***Is the program aimed at adults?***

Yes. 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 handouts. Ask participants to take turns reading key messages aloud.

### ***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.



## CONTROL YOUR BLOOD PRESSURE | RESOURCE LIST

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.

### Additional Blood Pressure Resources

#### **Check. Change. Control.®**

Launched in 2012 as an evidence-based blood pressure management program that promotes remote monitoring and online tracking using AHA's Check. Change. Control. Tracker

Sign up here: [www.ccctracker.com/aha](http://www.ccctracker.com/aha)

Find a Check. Change. Control.® program near you: [bit.ly/1JgFuDw](http://bit.ly/1JgFuDw)

#### **Target: BP™**

Check with your physician to see if they participate in Target: BP, a national initiative formed by the AHA and AMA that supports physicians and care teams offering access to the latest research, tools and resources to reach and sustain blood pressure goals within the patient populations they serve.

Learn more here: [targetbp.org](http://targetbp.org)



### Point 1: You Can Prevent or Manage HBP.



#### **Blood Pressure Measurement Instructions**

A one-page informational sheet that describes the proper steps for checking blood pressure and the ranges of blood pressure levels.

[bit.ly/2qx1Wr0](https://bit.ly/2qx1Wr0)



#### **Understanding Blood Pressure Readings**

Use this online chart to understand what your blood pressure numbers mean.

[bit.ly/1zQfM02](https://bit.ly/1zQfM02)



#### **Low Blood Pressure – When Blood Pressure is Too Low**

Learn more about signs and symptoms of chronically low blood pressure.

[bit.ly/35zHuVM](https://bit.ly/35zHuVM)



#### **Self-Measured Blood Pressure Monitoring**

This educational video helps train care teams and patients to properly self-measure blood pressure.

[bit.ly/2QENFTU](https://bit.ly/2QENFTU)



#### **My Blood Pressure Log (Printed)**

Print this log to keep track of your blood pressure readings. Ask groups to review and report back.

[bit.ly/2LCP3TI](https://bit.ly/2LCP3TI)



#### **High Blood Pressure and Stroke Booklet**

A 16-page booklet that emphasizes why it's important to get your blood pressure checked and how to manage it. (Order ahead of time and review for 5 minutes.)

[bit.ly/37nwvQG](https://bit.ly/37nwvQG)



#### **Cookbooks**

(Order an American Heart Association cookbook ahead of time and pass it around for the group to flip through. Good choices are *Eat Less Salt*, *Low-Salt Cookbook*, 4<sup>th</sup> Edition or *Sodium-Smart Recipes*.)

[bit.ly/35lSsxw](https://bit.ly/35lSsxw)



## **Point 2: HBP Can Harm your Body.**



### **What is High Blood Pressure?**

An overview of high blood pressure information, risks and resources.

[bit.ly/36mbhl0](https://bit.ly/36mbhl0)



### **Consequences of High Blood Pressure**

An infographic outlining the effects of high blood pressure on different parts of the body.

[bit.ly/2OBuGqS](https://bit.ly/2OBuGqS)



### **HBP Animation**

A 5-10 minute interactive demo showing how high blood pressure affects your arteries and your heart.

[bit.ly/1DgsuFB](https://bit.ly/1DgsuFB)



### **Know Your Risk Factors for High Blood Pressure**

Discuss various risk factors for high blood pressure for 5-10 minutes.

[bit.ly/1HZCcmY](https://bit.ly/1HZCcmY)



### **What About African Americans and High Blood Pressure?**

An overview of the higher prevalence and severity of high blood pressure among African Americans.

[bit.ly/35g0DMx](https://bit.ly/35g0DMx)



### **Let's Talk About High Blood Pressure and Stroke**

Discuss this overview of the link between high blood pressure and stroke for 5-10 minutes.

[bit.ly/2DXBzhc](https://bit.ly/2DXBzhc)



**Point 3: Be EmPOWERED. Commit to BP Control. You have the power to lower your numbers.**



**What Can I Do to Improve My Blood Pressure?**

An infographic outlining recommendations for the treatment and management of high blood pressure.

[bit.ly/2qvB4IO](http://bit.ly/2qvB4IO)



**Check. Change. Control.® Testimonial: Rev. Edward Durant, Jr.**

A 1-minute testimonial from a program participant.

[bit.ly/341OZDu](http://bit.ly/341OZDu)



**Check. Change. Control.® Testimonial: Kenneth Mathews**

A 1-minute testimonial from a program participant.

[bit.ly/1JxGIMS](http://bit.ly/1JxGIMS)



**Types of Blood Pressure Medications**

An overview of the classes of blood pressure medications, what they do and their possible side effects.

[bit.ly/36aY66e](http://bit.ly/36aY66e)



**Be Healthy for Good with Life's Simple 7® Infographic**

Review this infographic about making healthier lifestyle choices, like managing blood pressure, changing eating habits and maintaining a healthy weight (5-10 minutes for the discussion).

[bit.ly/38iCS8d](http://bit.ly/38iCS8d)



**BP Raisers**

Read through this list of substances that can raise blood pressure and have a 5-10 minute discussion. Do any of these substances surprise you?

[bit.ly/35ntloy](http://bit.ly/35ntloy)



**Healthy for Good™: Blog**

Take a 5-minute tour of the Healthy for Good blog and show examples of posts.

[bit.ly/1GmnrF](http://bit.ly/1GmnrF)