

High Blood Pressure Education Month West Virginia Day of Action May 7, 2015

Public Health Problem

High blood pressure (hypertension) is one of the most important risk factors for heart disease, stroke, kidney disease, and diabetes complications. Nearly one out of three West Virginia adults has high blood pressure, but only half have the condition under control.

National High Blood Pressure Education Month, recognized annually in May, is an important observance, a time to engage patients and provide education and raise awareness of high blood pressure.

Intervention

In recognition, the West Virginia Division of Health Promotion and Chronic Disease (HPCD) used the campaign to engage providers, the West Virginia Department of Health and Human Resources, County Health Departments, West Virginia Primary Care and Rural Health Associations, State Human Resources Offices, colleges, universities, hospitals and more.

The campaign asked participants to hold events coinciding with the National Day of Action on May 7, 2015. HPCD created a webpage providing information from the *Measure Up, Pressure Down* website, ideas for events and access to the Day of Action Toolkit and other resources. To raise awareness of our project, we created an e-mail campaign which reached over 7,000 people. The campaign directed people to our webpage and the *Measure Up, Pressure Down* site.

Impact

By reaching out to diverse groups, HPCD added the following numbers from West Virginia to the national campaign.

| Activity | Reach | Educational Materials | Number Distributed |
|-----------------------------------|-------|---|--------------------|
| E-Mails | 7,075 | Million Hearts Stoplight Card | 800 |
| Newsletter | 1 | Million Hearts Magnets | 600 |
| Blood Pressure Clinics | 6 | Tobacco and Cardiovascular Disease Brochure | 300 |
| Patient Screenings | 150+ | Blood Pressure Wallet Card | 650 |
| Social Media | 731 | Hypertension: The Silent Killer Card | 600 |
| Press Releases | 2 | Total number of materials distributed: | 2,950 |
| Sodium Infographics Prints Posted | 3 | | |

Future

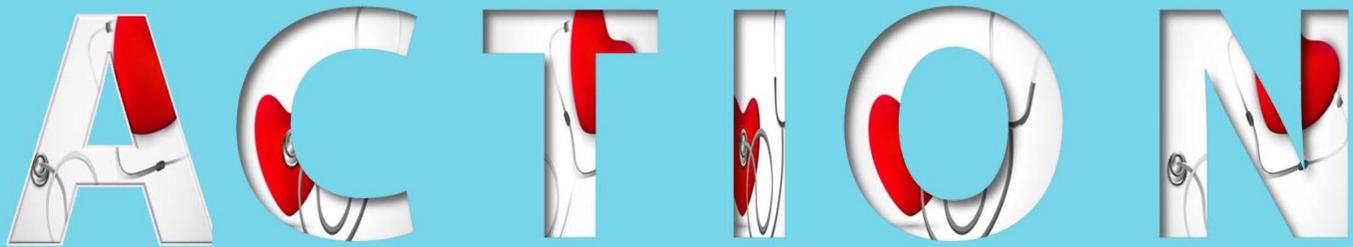
In West Virginia, like much of the nation, heart disease remains the number one cause of death. The West Virginia Bureau for Public Health recognizes this threat to the health and welfare of our citizens, employers, and our State's future. HPCD and the West Virginia Division of Tobacco Prevention work daily to combat the three major causes of heart disease: smoking, physical inactivity and unhealthy weight. Observances like National High Blood Pressure Education Month, along with ongoing media campaigns surrounding our current efforts, gives us new platforms to bring awareness and education to providers, citizens, and decision-makers.

HPCD is dedicated to reducing rates of heart disease and improving the lives of our citizens. While this task is daunting, HPCD is confident that along with our partners, West Virginia will continue to find innovative ways to provide education and awareness, improving the quality of life for future generations.

For more information, call 304-356-4193, contact Clinical Advisor [Debbie Hennen](#), or visit our website www.wvchronicdisease.org

May 7, 2015

West Virginia Day of



The West Virginia Bureau for Public Health joins the Measure Up/Pressure Down® National Day of Action during High Blood Pressure Education Month

West Virginia Day of Action is May 7

West Virginia joins national efforts to increase high blood pressure education.

May is National High Blood Pressure Education Month, and West Virginia's 2015 Day of Action (in conjunction with the **Measure Up/Pressure Down® National Day of Action**) is May 7.

The West Virginia Bureau for Public Health, Division of Health Promotion and Chronic Disease would like to invite providers, employers and community members across the state to take at least one "action" in their community or personally to raise awareness of high blood pressure.

Use these links and **TAKE ACTION!**

[List of Actions: Low, medium, high levels of effort](#)

[High Blood Pressure Resources for Providers](#)

[High Blood Pressure CE/CMEs for Clinicians](#)

[Six Steps to Control Your Blood Pressure](#)

[Know Your Numbers for Community Members](#)

[Visit our site for more information](#)

We hope the information provided will be helpful in your efforts toward blood pressure control. If you decide to participate in some way, **please let us know**. We will compile West Virginia's efforts and be highlighted on the Measure Up/Pressure Down® website!

The West Virginia Bureau for Public Health, Division of Health Promotion and Chronic Disease is here to assist you. Please contact Debbie.I.hennen@wv.gov or call 304-356-4193 for more information about controlling blood pressure in West Virginia.



FOR IMMEDIATE RELEASE

**CONTACT: TED KRAFCZYK, PUBLIC INFORMATION OFFICER
MONONGALIA COUNTY HEALTH DEPARTMENT
TELEPHONE: 304-319-3775 TED.L.KRAFCZYK@WV.GOV**

***“WEST VIRGINIA DAY OF ACTION” FOR HIGH BLOOD PRESSURE EDUCATION IS MAY 7, 2015
MORGANTOWN, WV – MAY 1, 2015***

YOU CAN HAVE HIGH BLOOD PRESSURE AND NOT KNOW IT. THAT IS WHY IT IS CALLED THE SILENT KILLER. IT IS ALSO WHY IT IS SO IMPORTANT TO HAVE YOUR BLOOD PRESSURE CHECKED. IF YOU KNOW FAMILY OR FRIENDS WHO HAVEN'T HAD THEIR BLOOD PRESSURE CHECKED RECENTLY, MAKE IT A POINT TO ASK THEM TO DO IT IN MAY, DURING NATIONAL HIGH BLOOD PRESSURE EDUCATION MONTH.

IT IS EASY TO CHECK BLOOD PRESSURE AND IT IS PAINLESS. IT CAN BE CHECKED BY YOUR DOCTOR, AND MANY PHARMACIES HAVE FREE SCREENINGS.

IN AN EFFORT TO INCREASE HIGH BLOOD PRESSURE EDUCATION, THE WEST VIRGINIA BUREAU FOR PUBLIC HEALTH (WVBPH) HAS DESIGNATED MAY 7TH AS “WEST VIRGINIA DAY OF ACTION”. ON THIS DAY, WVBPH ENCOURAGES HEALTH PROVIDERS, EMPLOYERS AND COMMUNITY MEMBERS ACROSS THE STATE TO TAKE AT LEAST ONE “ACTION” IN THEIR COMMUNITY OR PERSONALLY TO RAISE AWARENESS OF HIGH BLOOD PRESSURE.

THIS YEAR THE MONONGALIA COUNTY HEALTH DEPARTMENT (MCHD) WILL PARTICIPATE IN THE “WEST VIRGINIA DAY OF ACTION” BY OFFERING FREE BLOOD PRESSURE TESTING. ANYONE CAN WALK INTO THE MCHD BETWEEN 9AM AND 3PM ON MAY 7TH AND HAVE THEIR BLOOD PRESSURE CHECKED. PARKING IS FREE AT THE MCHD AND DIRECTIONS AND CONTACT INFORMATION ARE ON OUR WEBSITE AT: WWW.MONCHD.ORG

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Change Inc

CHANGE, Inc. Family Medicine Practice - Housing Assistance Service - Counseling & Mental Health

May 7th is #WVDayOfAction! West Virginia has joined national efforts to increase high #BloodPressure education during the month of May.

How do you measure up? Learn more and discover the facts behind blood pressure control on the first @Measure Up Pressure Down National Day of Action: <http://ow.ly/vzQ3T> #WVDayOfAction #BloodPressureMonth #MeasureUpPressureDown

Learn About High Blood Pressure
You probably have many questions about high blood pressure, such as, "What does high blood pressure really mean?" or "How do I know if I have high..."

https://www.facebook.com/CHANGEinc.WV?fref=ts

Monongalia County Health Department CHANGE, Inc.

CHANGE, Inc.

MEASUREUPPRESSUREDOWN.COM

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CHANGE, Inc. 16 hrs ·

Today is #WVDayOfAction supporting the @MUPDcampaign! Learn more about your blood pressure: <http://ow.ly/MEvpJ> #MeasureUpPressureDown

How to Measure, Monitor, and Maintain Your High Blood Pressure

Knowing and controlling your blood pressure doesn't have to be complicated. That's why we created a three-step process that's easy to remember...

MEASUREUPPRESSUREDOWN.COM

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CHANGE, Inc. 18 hrs ·

HEALTH INSURANCE MARKETPLACE

VIDEOS

8:47 AM 5/8/2015

https://www.facebook.com/CHANGEinc.WV?fref=ts

Monongalia County Health Department CHANGE, Inc.

CHANGE, Inc.

HEALTH INSURANCE MARKETPLACE

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Write a comment...

CHANGE, Inc. 18 hrs ·

#WVDayOfAction: Know Your Blood Pressure Numbers! Educate yourself on what your numbers mean: <http://ow.ly/Mf2pp> #BloodPressureMonth #MeasureUpPressureDown

Know Your Blood Pressure Numbers

The bottom number is called "diastolic blood pressure" (80) and measures blood pressure when the heart rests between beats.

DHHR.WV.GOV

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CHANGE, Inc. added a new photo to the album: CHANGE, Inc. News & Events. 20 hrs ·

Who uses our services? Here's how we measured up in 2014:

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- Mental Health America Like

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CDCC WV-T... Open... 30 P... Obta... Mill... Dash... HPCD... Goog... MyFB... myAp... Heal... WVPCA... WVDH... Stat... DHHR... Mill... Chro... PCMH... PCMH...

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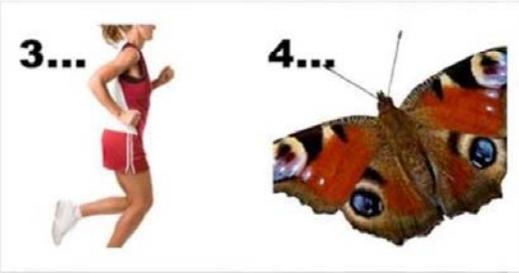
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CHANGE, Inc. 22 hrs · 47 ♀

#WVDayOfAction: Learn these 6 steps to control your blood pressure: [#BloodPressureMonth](http://ow.ly/Mf1Kj)



3... 4...

Six Steps to Control Your Blood Pressure
Know your numbers, eat right, stay active, reduce stress, set alcohol limits and eliminate tobacco, and take prescribed medication. Talk to your...
DHHR WV.GOV

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2 people like this.

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CHANGE, Inc. May 6 at 2:55pm · 47 ♀

High #BloodPressure is a major risk factor for heart disease, stroke, congestive heart failure, and kidney disease. <http://ow.ly/MABTA>



May is High Blood Pressure Education Month
In the United States, nearly 68 million people have high blood pressure, which is also called hypertension. Hypertension increases the risk for...
CDC.GOV

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CHANGE, Inc. May 6 at 12:20pm · 47 ♀

Shout out to Family Medical Care's nurse practitioners, nurses, & LPNs for

Recent

2015

2014

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2011

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8:52 AM 5/8/2015



PRESS RELEASE

Contact: Lisa Wharton
Phone: 304-473-2138
Email: Lisa.Wharton@stj.net

**For Immediate Release
May 5, 2015**

ST. JOSEPH'S HOSPITAL PARTICIPATES IN NATIONAL DAY OF ACTION FOR HIGH BLOOD PRESSURE AWARENESS, DETECTION, AND CONTROL ON MAY 7, 2015

BUCKHANNON, WV: St. Joseph's Hospital recognizes "West Virginia's Day of Action" as part of the National Measure Up/Pressure Down® Roll Up Your Sleeves! Event on Thursday, May 7th, 2015. St. Joseph's Hospital staff will be providing free blood pressure checks in the hospital's main lobby between 11 am and 1 pm on Thursday, May 7th.

High blood pressure (hypertension) is one of our nation's most significant health issues. An estimated one in three (68 million) Americans have the disease, often referred to as the silent killer. Uncontrolled high blood pressure can lead to heart disease, stroke, heart attack, kidney disease, and other serious health problems.

Information will be available in the hospital and physician offices about steps that can be taken to control blood pressure. The Measure Up/Pressure Down® campaign encourages adults to get in control by using lifestyle changes including: knowing your numbers, eating right, staying active, reducing stress, setting alcohol limits, eliminating tobacco and taking medication if prescribed.

For more information about the campaign and Measure Up/Pressure Down® National Day of Action: Roll Up Your Sleeves! Visit www.MeasureUpPressureDown.com.

<https://www.facebook.com/WVMCHD?ref=nf> Monongalia County Health Department

This screenshot shows the Facebook page for the Monongalia County Health Department, Morgantown, WV. The page header includes the name and location, along with navigation options like 'Home' and 'Find Friends'. Below the header, there are several sponsored posts or advertisements for local businesses such as 'Monongalia County Starting...', 'St. Ursula Food Pantry and...', 'WV Foodlink', 'Sycamore Lanes', 'MCHD Dentistry', and 'Monongalia County Solid...'. The main content area features a post from the health department dated 22 hours ago, titled 'Toady is WV Day of Action for High Blood Pressure - Have your BP checked for free at MCHD'. The post includes a photograph of a blood pressure cuff and a link to a website. The left sidebar shows page statistics: 119 likes, 52 people have been here, and a 5.0 star rating. The right sidebar contains a 'Create Page' button and a list of recent posts from 2015.

This screenshot shows the same Facebook page, but with a different post from the Monongalia County Health Department. The post is dated May 6 at 2:01pm and is titled 'May 7 is WV Day of Action for High Blood Pressure - Have your BP checked for free at MCHD'. The post features a cartoon illustration of a doctor in a white coat examining an elderly man's arm. The left sidebar now displays 'APPS' with a 'Contact Us/Directions' button and 'MCHD PINTEREST' with a Pinterest logo. Below that, there is a 'PHOTOS' section with a grid of images, including a blood pressure cuff, a doctor examining a patient, and a person's arm. The right sidebar remains the same, showing the 'Create Page' button and the list of recent posts.

https://www.facebook.com/WVMCHD

Monongalia County Health Department, Morgantown, WV

Debbie Home 20+ Find Friends

Melissa Jo Roberson — I went to the health department today for my child to see a dentist. I was AMAZED at how well they did. All of the staff was so nice and so good with my toddler. I am recommending to all the moms I know!!
August 18, 2014 · 27 Reviews
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Monongalia County Health Department, Morgantown, WV
May 5 at 2:01pm

May 7 is WV Day of Action for High Blood Pressure - Have your BP checked for free at MCHD <http://ow.ly/Ms1Y2>



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Add 12 Patients a Month? upbeatingiving.co
Add New Patients Guaranteed To Your Orthodontics Practice & 100% ROI Guaranteed

8:36 AM 5/8/2015

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Monongalia County Health Department, Morgantown, WV
May 3 at 1:06pm

May 7 is WV Day of Action for High Blood Pressure - Have your BP checked for free at MCHD <http://ow.ly/Ms1oU>



Recent

2015

2014

2013

Created

Sponsored

Add 12 Patients a Month? upbeatingiving.co
Add New Patients Guaranteed To Your Orthodontics Practice & 100% ROI Guaranteed

8:36 AM 5/8/2015

| List Serv/Group Name | List Serv Emails | News | # of BPs | | Posting Information | Facebook Twitter | Press Release |
|--|------------------|--------|------------|-------|--|---------------------|------------------|
| | Number Sent | Letter | BP Clinics | Taken | | | |
| WVAC Listserv | 176 | | | | | | |
| Local Health Departments | 165 | | | | | | |
| WV Public Health Assoc | 134 | | | | | | |
| WV DHHR ListServ | 6000 | | | | | | |
| WV Rural Health Association | 600 | | | | | | |
| WV Primary Care Association | | 1 | | | | | |
| Wood County WIC office in Parkersburg | | | | | Sodium Infographic hung up in office | | |
| New River Community & Tech College - Greenbrier Valley Campus in Lewisburg | | | 1 | | Sent out 300 of each : BP Stoplight Card, Million Hearts Magnet, Tobacco and CVD, BP Wallet Card, HTN Silent Killer Card | | |
| CHANGE Inc Weirton | | | | | on facebook | 611 | |
| St. Joseph's Hospital of Buckhannon | | | 1 | | informational handouts in our physician offices | | 1 |
| Mid-Ohio Valley Health Department | | | 2 | 75+ | 150 Million Hearts BP Card handouts at 2 different McDonalds with a request to go to other McDonalds in the area -- McDonalds gave out coupons for chicken wrap or the eggwhite breakfast sandwich to anyone getting their blood pressure checked --- McDonalds has asked them to repeat this at different area McDonalds in the future --- 300 of each sent out to them : BP Stoplight Card, Million Hearts Magnet, Tobacco and CVD, BP Wallet Card, HTN Silent Killer Card | | |
| Monongalia County Health Department | | | 1 | | | 120 | 1 |

| | | | | | | | |
|----------------------------------|-------------|----------|----------|------------|--|------------|----------|
| Boone County Health Department | | | | | shared handouts with 50 people during Food Handlers Class | | |
| Jackson County Health Department | | | 1 | | educational material to our local providers for their patients | | |
| | 7075 | 1 | 6 | 75+ | | 731 | 2 |



Roll up Your Sleeves! High Blood Pressure National Day of Action

Action Ideas

Low Effort

- Provide free high blood pressure education materials in your waiting rooms or during appointments with hypertensive patients.
- Play blood pressure videos in your waiting rooms.
- Post blood pressure signage in relevant care areas.
- Request an official declaration from your public official.
- Follow and post social media content about Measure Up/Pressure Down® and high blood pressure.
- Hand out promotional materials highlighting blood pressure control.
- Present certificates of achievement to patients and providers at goal.

Medium Effort

- Offer free or low-cost blood pressure screenings.
- Sponsor blood pressure-related contests.
- Highlight patients who have improved their blood pressure and health.
- Host a brown bag lunch for employees.
- Host a blood pressure related training for employees.
- Feature Measure Up/Pressure Down® efforts in your internal employee newsletter.
- Hold a contest for employees to showcase their smarts.
- Create a National Day of Action profile picture.
- Update your website with Measure Up/Pressure Down® web banners and a web badge.
- Blog about high blood pressure.
- Submit a success story to feature on the Measure Up/Pressure Down® website.

High Effort

- Host a high blood pressure online chat, social media chat, or webinar.
- Start a support group for those with high blood pressure.
- Host a family event with educational activities.
- Engage media around Measure Up/Pressure Down® National Day of Action: Roll Up Your Sleeves!
- Commit to a new campaign plank.

High Blood Pressure

Blood pressure is the force of blood against your artery walls as it circulates through your body. Blood pressure normally rises and falls throughout the day, but it can cause health problems if it stays high for a long time. High blood pressure can lead to heart disease and stroke—leading causes of death in West Virginia.

West Virginia Health Statistics Center, Vital Statistics System, 2011

Are you at risk?

More than one in three adults in West Virginia (41%) has high blood pressure—that's an estimated 602 thousand people. Anyone, including children, can develop it.

West Virginia Health Statistics Center, Behavioral Risk Factor Surveillance System, 2013

Several factors that are beyond your control can increase your risk for high blood pressure. These include your age, sex, and race or ethnicity. But you can work to reduce your risk by eating a healthy diet, maintaining a healthy weight, not smoking, and being physically active.

What are the signs and symptoms?

High blood pressure usually has no warning signs or symptoms, so many people don't realize they have it. That's why it's important to visit your doctor regularly. Be sure to talk with your doctor about having your blood pressure checked.

How is high blood pressure diagnosed?

Your doctor measures your blood pressure by wrapping an inflatable cuff with a pressure gauge around your arm to squeeze the blood vessels. Then he or she listens to your pulse with a stethoscope while releasing air from the cuff. The gauge measures the pressure in the blood vessels when the heart beats (systolic) and when it rests (diastolic).

How is it treated?

If you have high blood pressure, your doctor may prescribe medication to treat it. Lifestyle changes, such as the ones listed below, can be just as important as taking medicines. Talk with your doctor about the best ways to reduce your risk for high blood pressure.

Can high blood pressure be prevented?

You can take several steps to maintain normal blood pressure levels:

Get your blood pressure checked regularly.

Eat a healthy diet

Maintain a healthy weight

Be physically active

Limit alcohol use

Don't smoke. Contact the [West Virginia Tobacco Quitline](http://www.wvquitline.com) 1.877.966.8784

Prevent or manage diabetes

For More Information

Learn more about high blood pressure at the following web sites:

[Centers for Disease Control and Prevention's Division for Heart Disease and Stroke Prevention](http://www.cdc.gov)

[American Heart Association](http://www.heart.org)

[National Heart, Lung, and Blood Institute](http://www.nhlbi.nih.gov)

6 Steps to Control Your Blood Pressure

Know Your Numbers

Cholesterol Management

Resources for Clinicians

Resources for Community Members



Hypertension Resources for Providers

Preventing 1 million heart attacks and strokes by 2017 requires work and a commitment to change from all of us. There are steps each of us—and our organizations—can take to reach this shared goal. Find out how you can be one in a Million Hearts® and make a positive difference in your family, community, and nation.

Million Hearts for Providers

Million Hearts Begins with You: Working Together to Prevent One Million Heart Attacks and Strokes

To prevent 1 million heart attacks and strokes, health care professionals and public health workers should do what we know works:

Focus on the **ABCS**

- **A**spirin when appropriate
- **B**lood pressure control
- **C**holesterol management
- **S**moking cessation

Additional Steps

- Use health IT
- Use electronic health records and other health IT to identify patients who need support to improve their ABCS and then track their progress over time.
- Use team-based care

Use clinical innovations, including:

- Use everyone who interacts with patients to the top of their skills and license
- Self-measured blood pressure monitoring with clinical support
- Reward and recognize excellence in the ABCS

By doing what we know works, health care professionals, health care systems, and public health organizations can help prevent 1,000,000 heart attacks and strokes and meet these goals by 2017:

- 47% to 70% increase in aspirin use for secondary prevention
- 46% to 70% increase in blood pressure control
- 33% to 70% increase in cholesterol management
- 23% to 70% increase in help for those who want to quit smoking

Obtaining an Accurate Blood Pressure

Choose A or B:

Which is the correct definition of Diastolic blood pressure?

- A. Phase 5 the last Korotkoff sounds heard equates to the diastolic blood pressure
- B. Phase 5 is not really a sound; it indicates the disappearance of sounds and equates to the diastolic blood pressure
Answer appears below.

30% of blood pressure readings are inaccurate. Learn more about obtaining an accurate blood pressure reading by clicking on links below.



Maine Medical association's Committee in CME: The Detection and Management of High Blood Pressure- 1.5 CME

Measuring Blood Pressure in the 21st Century

New England Journal of Medicine Video: Blood Pressure Measurement

Practice by Listening to Blood Pressure Sounds

Guide to Taking Blood Pressure Manually

Correct Answer: If you thought the correct answer was "A" you are not alone; but the correct answer is "B"

Additional Resources

Million Hearts Toolkit

Preventing a "Hypertensive Protocol"

Know Your Numbers

Blood pressure is the force of blood as it presses against the walls of the arteries, like the pressure of water in a garden hose.

How to read your numbers:

Normal Blood Pressure

Two numbers are used to describe blood pressure.

Systolic pressure

120

The **top** number is called "systolic blood pressure" (120) and measures blood pressure when the heart pumps.

80

Diastolic pressure

The **bottom** number is called "diastolic blood pressure" (80) and measures blood pressure when the heart rests between beats.

High Blood Pressure

A person has high blood pressure, or hypertension, when their blood pressure readings remain elevated over time.

Systolic pressure

≥140

High blood pressure:

140 or more on the top, over time

≥90

Diastolic pressure

90 or more on the bottom, over time

Blood Pressure Guidelines

| JNC 7 Blood Pressure Classification in Adults Aged ≥ 18 Years | | |
|---|----------|-----------|
| Category | Systolic | Diastolic |
| Normal | <120 | and <80 |
| Prehypertension | 120-139 | or 80-89 |
| Hypertension, Stage 1 | 140-159 | or 90-99 |
| Hypertension, Stage 2 | ≥160 | or ≥100 |

National Heart, Lung and Blood Institute. JNC 7 Express. The Seventh Report of the Joint National Committee on the Prevention, Detection, Evaluation and Treatment of High Blood Pressure. 2003

What can you do?

Know the ABCS of Heart Health

Control your blood pressure

Eat better with DASH Diet

Healthy Recipes

Reduce Your Salt (Sodium)

Find a health care provider

Six Steps to Control Your Blood Pressure

A routine doctor's appointment often involves a health professional checking your blood pressure. The screening is not painful or stressful and typically takes less than a minute to measure. However, the results of this simple test may identify a condition that, when managed, could help reduce your chances for stroke or heart attack. High blood pressure, often referred to as the "silent killer," does not have any symptoms, but can cause serious damage to arteries, leading to heart disease and stroke. Nearly one in three adults in the United States has high blood pressure, and because there are no symptoms, many remain unaware of the condition for years, according to the American Medical Group Foundation (AMGF).

A blood pressure screening in a doctor's office can determine if you have healthy or high blood pressure. Doctors, nurses, pharmacists, and other health professionals can help patients understand the risk factors for high blood pressure and its health problems, and recommend lifestyle modifications and/or medicines to control the disease.

The Measure Up/Pressure Down® national high blood pressure campaign is an initiative of AMGF to encourage adults to get in control by using lifestyle changes, including:

1. Know your numbers – Understanding what blood pressure is and what your numbers are is an important first step. At its simplest, blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps blood. Work with your health care team to determine your individual blood pressure goals and treatment plan if your numbers are too high.

2. Eat right – A diet with excessive sodium (salt) may cause a person to retain fluid, which can lead to higher blood pressure. Potassium can help the body balance this sodium. Foods high in potassium include bananas, plain baked potatoes, avocados and cooked white beans.

3. Stay active – On average, people who are more active tend to have lower heart rates, which means the heart does less work each time it contracts, reducing the pressure on arteries. Adults should be active at least 30 minutes each day.

4. Reduce stress – Many Americans respond to stressful situations by eating more, getting less exercise, drinking or smoking. Plus, a stressful situation can also increase blood pressure for a short period of time. Try to reduce the occurrence of these situations and look for healthy ways - like meditation or walking - to help you deal with stress.

5. Set alcohol limits and eliminate tobacco – Over time, consuming a high amount of alcohol can damage the heart. Recommendations are for women to limit themselves to one drink a day and for men to two drinks to avoid seeing an increase in blood pressure. Tobacco use and secondhand smoke can immediately raise blood pressure levels and cause damage to the lining of arteries. If you're interested in quitting your tobacco use, call 1-800-QUIT-NOW.

6. Take medication – Your doctor may recommend taking a blood pressure medication to keep levels steady. Be sure to follow the directions provided for taking the medications to ensure you're getting the most benefit from them.

With Measure Up/Pressure Down®, Americans are encouraged to **measure, monitor and maintain** their blood pressure levels to stay in control of this health condition. If you don't know your blood pressure levels and want more information to determine if you might be at risk for high blood pressure, visit MeasureUpPressureDown.com Or learn more about blood pressure on [Facebook](#) or [Twitter](#).





06/17/2015

West Virginia Division of Health Promotion and Chronic Disease