



YW3

YOUR WELLBEING

The Role of Food and Your Health: Blood Pressure

Time: 70 Minutes

Join us to learn how food can impact overall health and why blood pressure is a critical factor for your health. Receive personalized coaching while setting new health goals for your life!

OBJECTIVES:

Meet with a health professional to obtain a personal blood pressure reading.

Understand how food affects your blood pressure.

Provide an anatomical description on what causes high blood pressure.

Identify at least two strategies for controlling blood pressure.

SETUP

- Review resource list and print it out. Purchase all necessary supplies.
- Set up stations for participant blood pressure measurement.
- Contact healthcare professionals in advance to take participants' measurements.
- Provide computer, internet access, and projector, if available.

INTRO

- Welcome participants and introduce yourself.
- Take care of any housekeeping items (closest bathroom, water fountain, etc.).
- Give a brief description of the educational experience.
- Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the facilitator guide. *10 Minutes*

DEMO

- Play video(s) or demonstrate content (see demo script). *10 Minutes*

ACTIVITY

- Participants will meet one on one with healthcare professionals to talk about their personal biometric numbers and develop a plan of action. *20 Minutes*

RECAP

- Pass out handout(s) and review with participants. *10 Minutes*

GOAL SETTING/CLOSING

- Engage in a goal setting activity from the bank of options provided in the facilitator guide. Pass out the Setting SMART Goals handout to participants.
- Thank participants and encourage them to join the next activity. (Provide date/time/location if known.) *20 Minutes*



NOTES: Read legal liability disclaimer(s), if applicable, before activity. Refer to Resource List for all necessary supplies and handouts.

The Role of Food and Your Health: Blood Pressure Resource List

HANDOUTS/VIDEOS

These resources can be found on the AHA's YouTube channel or heart.org.

- The Role of Food and Your Health: Blood Pressure demo video
- Life's Simple 7: Manage Blood Pressure handout
- Setting SMART Goals handout (please locate in this guide)
- Optional: The Salty Six handout

SPACE SETUP

- Chairs and tables for participants
- Pens for participants
- Folders
- Computer, internet access, and projector, if available

ACTIVITY SUPPLIES*

- Blood pressure monitors
- Blank notecards (for healthcare professional to write down blood pressure measurement for participants)
- Pens

**Purchase appropriate number of supplies for your participants.*

The Role of Food and Your Health: Blood Pressure Demo Script

Use if video capabilities are unavailable.

 **SAY:** When your heart pumps blood through the blood vessels, the blood pushes against the walls of your blood vessels. This creates blood pressure.

 Our bodies need blood pressure to move the blood throughout our bodies, so each part of our body can get the oxygen it needs. Healthy arteries (the blood vessels that carry oxygen-rich blood from the heart to the rest of the body) are elastic. This means they can stretch to allow more blood to push through them. How much they stretch depends on how hard the blood pushes against the artery walls.

 For your arteries to stay healthy, it's important that your blood pressure be within a healthy range. For some of us, blood pressure can get too high.

 Our blood pressure can be found using a blood pressure monitor and it is recorded as two numbers. The **systolic pressure** (the upper number) tells us how much pressure is being exerted against our artery walls while the heart is pumping blood. The **diastolic pressure** (lower number) tells us how much pressure blood is exerting against our artery walls while the heart is resting between beats.

 Most of the time, high blood pressure doesn't have a cause and is sometimes called the "silent killer" because people don't have symptoms. However, there are some **risk factors** (or conditions that can make us more likely to develop it) for developing high blood pressure. Some risk factors are outside of our control, like family history, age, gender and race. There are other risk factors that we can control, like lack of physical activity and an unhealthy diet (especially high in sodium).

 High blood pressure, if not treated, can cause our hearts to get bigger because they must work harder to supply the blood the body needs. It can also lead to coronary heart disease, heart failure, stroke, heart attack and other serious conditions.

 **SAY:** It is important to eat healthy by including lots of fruits, vegetables, whole grains, low-fat protein sources and low-fat dairy products in your diet. Also, limiting sodium can help control our blood pressure.

 Did you know a lot of common foods add more sodium to our diet than we might realize? Most of the sodium we eat (about 75%) is already in the food we buy. Here are six popular salty foods:

- Cold cuts and cured meats – One 2 oz. serving or 6 thin slices of deli meat can contain as much as half of our daily recommended dietary sodium.
- Pizza – A slice of pizza with lots of traditional toppings can also have more than half of our daily recommended amount (try for more veggies on top next time).
- Soup – One cup of canned soup can have 100 to 940 mg of sodium.
- Breads and rolls
- Chicken
- Burritos and tacos – Two tsp. of packaged taco seasoning can have 411 mg of sodium. Try making your own by combing ½ teaspoon each of cumin, oregano, chili powder and garlic powder for a total of only 42 mg of sodium!

 Cutting back on salt can help us feel better while helping our blood pressure stay in check.

The Role of Food and Your Health: Blood Pressure Activity Script



SAY: Today, you are going to meet with a healthcare professional and learn your blood pressure. To ensure your privacy, the professionals will write down your measurements. You'll also learn the AHA's healthy and unhealthy blood pressure ranges.



If your blood pressure measurement is not in the 'normal' category, we recommend you visit with your own medical provider for advice and further consultation.

MANAGE BLOOD PRESSURE



MANAGE BLOOD PRESSURE

1 UNDERSTAND BLOOD PRESSURE READINGS AND LEVELS

The first step to managing blood pressure is to understand what the levels mean and what is considered normal, prehypertension, hypertension and hypertensive crisis.
heart.org/BPLevels

Blood pressure is typically recorded as two numbers, written as a ratio like this:

117
76

Read as "117 over 76 millimeters of mercury."

Systolic¹

The top number, the higher of the two numbers, measures the pressure in the arteries when the heart beats (when the heart muscle contracts).

Diastolic²

The bottom number, the lower of the two numbers, measures the pressure in the arteries when the heart is resting between heart beats.

THE AHA RECOMMENDATION FOR HEALTHY BLOOD PRESSURE IS³:

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	< 120	and	<80
Prehypertension	120–139	or	80–89
High Blood Pressure (Hypertension) Stage 1	140–159	or	90–99
High Blood Pressure (Hypertension) Stage 2	160 or >	or	100 or >
Hypertensive Crisis (Emergency care needed)	> 180	or	> 110

2 LEARN AND TRACK LEVELS



American Heart Association | American Stroke Association
life is why™

Check.
Change.
Control.

Medical providers can take blood pressure readings and provide recommendations.

Check.Change.Control helps track and manage progress in reducing blood pressure.

Track online with ccctracker.com/AHA

LEARN MORE AT HEART.ORG/MYLIFECHECK AND HEART.ORG/HBP

1. http://www.heart.org/HEARTORG/Encyclopedia/Heart-Encyclopedia_UCM_445084_Encyclopedia.jsp?levelSelected=4&title=systolic-blood-pressure
2. http://www.heart.org/HEARTORG/Encyclopedia/Heart-Encyclopedia_UCM_445084_Encyclopedia.jsp?levelSelected=4&title=diastolic-blood-pressure
3. Chobanian AV, Bakris GL, Black HR, et al. Seventh report of the joint national committee on prevention, detection, evaluation, and treatment of high blood pressure. *Hypertension*. 2003;42(6):1206-1252. doi: 10.1161/01.HYP.0000107251.49515.02
4. http://www.heart.org/HEARTORG/Encyclopedia/Heart-Encyclopedia_UCM_445084_Encyclopedia.jsp?levelSelected=4&title=DASH-diet
5. Warburton DE, Nicol CW, Bredin SS. Health benefits of physical activity: The evidence. *CMAJ*. 2006;174(8):806.
6. Appel LJ, Brands MK, Daniels SR, Kuzuya N, Elmer PJ, Sacks FM. Dietary approaches to prevent and treat hypertension. *Hypertension*. 2006;47(2):297. doi: 10.1161/01.HYP.0000202568.01167.86.
7. Najibi B, Housheer A, Pathak A, et al. Acute cardiovascular and sympathetic effects of nicotine replacement therapy. *Hypertension*. 2006;47(6):1164. doi: 10.1161/01.HYP.0000219284.47970.34

3 TIPS FOR SUCCESS



EAT BETTER

Eat a diet full of fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts. Limit sugary foods and drinks, fatty or processed meats, and salt.⁴



GET ACTIVE

Physical activity not only helps control blood pressure, but also weight and stress levels.⁵



KEEP A HEALTHY WEIGHT

If you're overweight, even a slight weight loss can prevent high blood pressure.⁶



QUIT SMOKING

Every time you smoke a cigarette, it can cause a temporary increase in blood pressure.⁷



LEARN THE SALTY SIX

Limit the amount of sodium you're eating each day. Learn the Salty Six — common foods loaded with excess sodium.

Cold Cuts & Cured Meats

Pizza

Soup

Breads & Rolls

Chicken

Burritos & Tacos



DID YOU KNOW?



THESE SIX POPULAR FOODS CAN ADD HIGH LEVELS OF SODIUM TO YOUR DIET*

The American Heart Association recommends that you aim to eat less than 1,500 mg of sodium per day.



When you see the Heart-Check mark on a product, you know the food has been certified to meet nutritional criteria for heart-healthy foods, including sodium.



COLD CUTS & CURED MEATS

One 2 oz. serving, or 6 thin slices, of deli meat can contain as much as half of your daily recommended dietary sodium. Look for lower-sodium varieties of your favorite lunch meats.

1



PIZZA

A slice of pizza with several toppings can contain more than half of your daily recommended dietary sodium. Limit the cheese and add more veggies to your next slice.

2



SOUP

Sodium in one cup of canned soup can range from 100 to as much as 940 milligrams—more than half of your daily recommended intake. Check the labels to find lower sodium varieties.

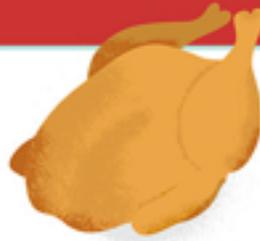
3



BREADS & ROLLS

Some foods that you eat several times a day, such as bread, add up to a lot of sodium even though each serving may not seem high in sodium. Check the labels to find lower-sodium varieties.

4



CHICKEN

Sodium levels in poultry can vary based on preparation methods. You will find a wide range of sodium in poultry products, so it is important to choose wisely.

5



BURRITOS & TACOS*

Two teaspoons of packaged taco seasoning can have 411 mg of sodium! Make your own by combining 1/2 teaspoon each of cumin, oregano, chili powder and garlic powder for a total of 42 mg of sodium.

6

*Centers for Disease Control and Prevention, Morbidity and Mortality Weekly Report (MMWR), Fast Facts: Food Categories Contributing the Most to Sodium Consumption—United States, 2007–2008, February 16, 2012 / 41(05):10–16.

Setting SMART Goals

SPECIFIC

- What exactly do you want to accomplish?

MEASURABLE

- How will you track your progress towards your goal?

ACHIEVABLE

- Is reaching your goal possible with your full effort?

REALISTIC

- Do you have the resources and ability to achieve your goal? If not, how can you get them?

TIME-BOUND

- When will your goal be achieved?

EXAMPLE OF A SMART GOAL:

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:
