

## August 2018 – Million Hearts® Messaging: Hypertension in Youth

As kids head back to school, parents and clinicians should pay attention to updated guidelines that show an additional 800,000 youths, aged 12-19, are now considered to have high blood pressure. Physical activity and a healthy diet are critical to promote heart health now and in the future.



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### August Focus

Summer is over and that means back-to-school physicals are just around the corner. Clinicians should be aware of an updated American Academy of Pediatrics Clinical Practices Guideline, which reclassifies the definition of high blood pressure. According to the July 13, 2018,

Morbidity and Mortality Report (MMWR) from the Centers for Disease Control, this new guideline means that 800,000 more youths, aged 12-19, are now considered to have hypertension. High blood pressure in youth is linked to health problems later in life. The good news is that high blood pressure is preventable through physical activity, a healthy diet and by quitting tobacco.

### **Did you know?**

- Hypertension, or high blood pressure, can begin in childhood. When it does, it can result in serious health problems as an adult.
- Left uncontrolled, high blood pressure in adults increases the risk for heart attack, stroke, and kidney disease.
- The updated guidelines from the American Academy of Pediatrics, as analyzed in a recent CDC report, mean that at least one in seven youth, aged 12-19, had blood pressure that was higher than normal.
- There are no symptoms for high blood pressure, which is why it needs to be checked regularly. A back-to-school physical is the perfect time to have it checked.

High blood pressure can run in a family. That's because family members share genes, behaviors, lifestyles and environments that can influence their health and their risk for disease. When having your kids' blood pressure checked, parents should have their blood pressure checked as well. To reduce the risk of high blood pressure, families can engage in heart-healthy behaviors, such as exercising regularly, eating a healthy diet, and choosing low-sodium foods.

### **Million Hearts® Member Spotlight: GirlTrek**

GirlTrek is a wonderful example of an organization that promotes healthy living through physical activity, a key way to control high blood pressure and live heart healthy. Check out their website [here](#).

- **What it is:** A pioneering health movement for African-American women and girls in the U.S. that encourages women to use walking as a practical first step to inspire healthy living in families and communities.
- **How it works:** Take a walk and join a movement! It's just that easy. Go to the GirlTrek [website](#) and take the GirlTrek pledge. Then lace up your sneakers, step out the front door and start walking. Need ideas on types of walks, check out [Harriet's Handbook](#). It has over 1,000 walks and challenges to try. Want to walk with a group, enter your zip code into the [GirlTrek](#) website to find women walking in your neighborhood.
- **Who it reaches:** With over 150,000 neighborhood walkers across the country, GirlTrek is the largest public health nonprofit for African-American women and girls. It's mission is to inspire one million African-American women and girls to establish a life-saving habit of daily walking by 2020 as a tribute to those who walked before us and as a radical act of self-care.

## Social Media Messages

### Channels to follow and re-tweet or share

Twitter: <https://twitter.com/millionheartsus> (@MillionHeartsUS)

Facebook: <https://www.facebook.com/millionhearts>

### Twitter

Back-to-school physicals are just around the corner! Clinicians, check out this new CDC report about guidelines from @AmerAcadPeds that show more youths have high blood pressure.

<http://bit.do/es4Ey>

Parents, ask your doctor about new guidelines from @AmerAcadPeds that mean an additional 800K youth age 12-19 have high blood pressure. <http://bit.do/es4zH>

Parents, when your kids' get their blood pressure checked at back-to-school physicals, get yours checked as well! <http://bit.do/es4GW>

[Image #1]

High blood pressure can run in a family. Protect your family's health by exercising regularly, eating a healthy diet and quitting tobacco. <http://bit.do/es4EZ>

[Image #2]

### Facebook

Summer is over and that means back-to-school physicals are just around the corner. Clinicians, check out this recently released CDC report about the updated American Academy of Pediatrics Clinical Practices Guideline on high blood pressure. According to the report, 800,000 more youths aged 12-19 are now being considered to have hypertension. <http://bit.do/es4Ey>

Parents, as kids head back to school, ask their doctor about new guidelines from the American Academy of Pediatrics that show an additional 800,000 youths, aged 12-19, are now considered to have high blood pressure. <http://bit.do/es4zH>

Parents, as your kids get their back-to-school physicals, make time to get your blood pressure checked as well. <http://bit.do/es4GW>

[Image #1]

High blood pressure can run in a family. That's because family members share genes, behaviors, lifestyles and environments that can influence their health and their risk for disease. To reduce the risk of high blood pressure, families can engage in heart-healthy behaviors, such as exercising regularly, eating a healthy diet, and choosing low-sodium foods. <http://bit.do/es4EZ>

[Image #2]

Social Media Images

Image #1

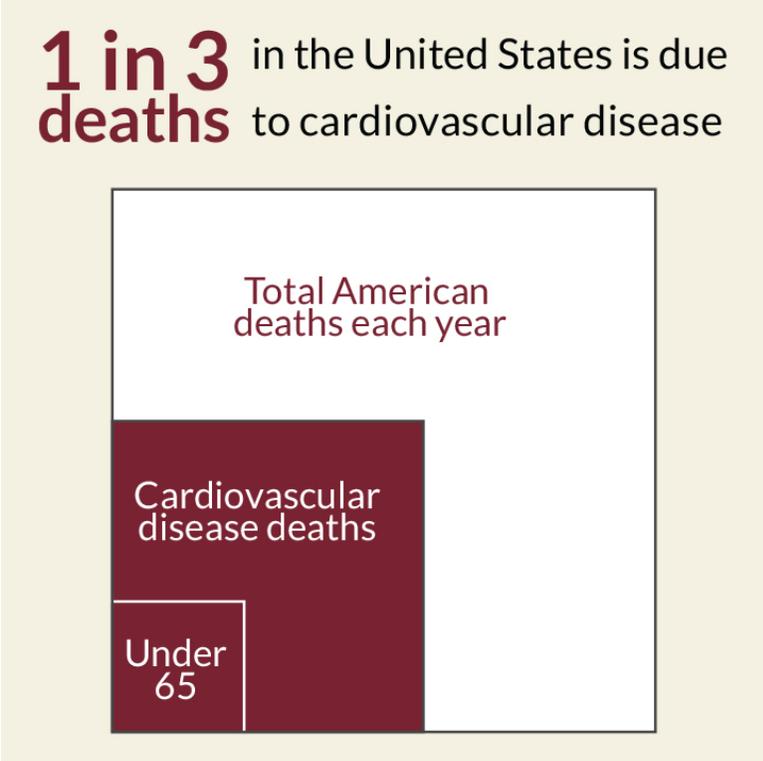


Image #2

# PRACTICE HEALTHY LIVING HABITS



**Eat a healthy diet**



**Maintain a healthy weight**



**Be active on most days**



**Don't smoke or use tobacco**



**Limit alcohol use**

## Sample Newsletter Article

### Back to school is the best time to check your blood pressure

Start the school year off right for both you and your children: Get their blood pressure checked – and yours too!

An updated Clinical Practice Guideline for Screening and Management of High Blood Pressure in Children and Adolescents from the American Academy of Pediatrics reclassifies the definition of high blood pressure.

According to a CDC report released last month (July 13, 2018) through the Morbidity and Mortality Weekly Report (MMWR), this new guideline means that more youths, aged 12-19, are now considered to have hypertension. Specifically, the new guideline means that an additional 800,000 youths – one in seven – are now considered to have high blood pressure.

High blood pressure in youth is linked to health problems later in life. Left uncontrolled, high blood pressure in adults increases the risk for heart attack, stroke, and kidney disease.

The good news is that high blood pressure is preventable and treatable.

The start of the school year is the perfect time to get your kids' health – and that of your whole family – on track. Make a plan to get regular exercise and eat healthy, two things that are just as important as books when it comes to getting good grades.

Clinicians should also be aware of the updated American Academy of Pediatrics Clinical Practices Guideline, especially those who administer back-to-school physicals.

Since high blood pressure can run in a family, it's important that parents of youth who have high blood pressure get their blood pressure checked as well. To reduce the risk of high blood pressure, families can engage in heart-healthy behaviors, such as exercising regularly, eating a healthy diet, and choosing low-sodium foods.

### **Million Hearts® Partner Resources**

#### **American Academy of Pediatrics (AAP)**

[Screening & Treating Kids for High Blood Pressure: AAP Report Explained](#)

AAP Report: [Clinical Practice Guideline for Screening and Management of High Blood Pressure in Children and Adolescents](#)

#### **American Heart Association (AHA)**

[Healthy Kids](#)

[High Blood Pressure in Children](#)

[Hey Kids, Keep your Blood Pressure Healthy](#)

#### **Cardio Smart: American College of Cardiology**

[New Guidelines for High Blood Pressure](#)

#### **Centers for Disease Control and Prevention (CDC)**

[Hypertension Among Youths \(MMWR, July 13, 2018\)](#)

[Hypertensive Kids Podcast \(7/13/2018\)](#)

[High Blood Pressure](#)

[Sodium and Children](#)

[Healthy Schools](#)

#### **Million Hearts®**

[Younger Adults are at Risk](#)

[Help Younger Adults Take Control of their Heart Health](#)

#### **National Association of County & City Health Officials (NACCHO)**

[High Sodium Intake in Children and Adolescents](#)

#### **National Forum for Heart Disease and Stroke Prevention**

[Wrong Direction: Troubling Trends in the Rate of U.S. Cardiovascular Disease Deaths](#)

**YMCA of the USA**

[Build a Healthy Family Home](#)