The Role of Food and Your Health: Blood Pressure

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How to use these slides – “read the notes in quotation marks”, the notes in bold are actions facilitators should take, and italicized notes are suggestions to make your session as accessible and inclusive as possible!

- “Join us to learn how food can impact overall health and why blood pressure is a critical factor for your health. Receive guidance to help you set goals to improve your health.
- The information is to support lifestyle risk modification only. Please consult with your health care provider if you have specific questions.”
These slides were created by the Kentucky Inclusive Health Collaborative at the University of Kentucky Human Development Institute in collaboration with Aramark and the American Heart Association as part of the Healthy for Life® Initiative.
Welcome participants and allow all facilitators to introduce themselves. You should also take care of any housekeeping items (closest bathroom, water fountain, etc.) at this time. Give a brief description of today’s educational experience (objectives on next slide)

To go above and beyond, you can create a schedule breakdown with time stamps and pictures. It is helpful to hang copies of the schedule in the learning space. This helps you keep on track and helps participants know what to expect. For example:

- 1:00-1:10 Introduction
- 1:10-1:20 Demonstrate Content (i.e. what is blood pressure, risk factors)
- 1:20-1:40 Activity (i.e. Health Care Discussion)
- 1:40-1:50 Recap/Handout Review
  - If needed, 1:40-1:45 Break
- 1:50-2:10 Goal Setting
Learning Objectives

• Meet with a health professional to obtain a personal blood pressure reading.
• Understand how food affects your blood pressure.
• Describe what causes high blood pressure.
• Identify at least two strategies for controlling blood pressure.

• Explain the expected outcomes
Ice Breaker

- Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the Welcome Toolkit or choose your own!

- When choosing an ice breaker, the activity should allow multiple ways to participate and be included.
- Allow individuals to write/draw/verbally communicate their responses.
- For example, an activity that requires lots of physical movement might not be inclusive for people with physical disabilities.
• **Play video for The Role of Food and Your Health: Blood Pressure** (1:53)
  • [https://www.youtube.com/watch?v=9_CUj_MOKzI](https://www.youtube.com/watch?v=9_CUj_MOKzI)
  • *Ensure that closed captioning is on for the video as it plays.*

• This video guides you through an animated heart showing them the anatomy of how high blood pressure is developed. It will share common causes and consequences of high blood pressure and share how food can impact overall health tips to successfully lower blood pressure to a healthy range.
Blood Pressure

How does blood pressure work?
• Heart pumps blood through blood vessels
• Blood pushes against vessel walls
  - This pushing is your blood pressure

What is blood pressure?
• Blood pressure moves blood throughout our bodies
• Provides organs and tissues needed oxygen

“When your heart pumps blood through the blood vessels, the blood pushes against the walls of your vessels. This pushing creates blood pressure.
• We need blood pressure to move the blood throughout our bodies, so it can provide our organs and tissues with the oxygen they need.”
Blood Pressure

Arteries vs Veins

• Arteries move blood away from heart
  • Elastic and can stretch
  • Veins move blood back towards heart

“Healthy arteries (the blood vessels that carry oxygen-rich blood from the heart to the rest of the body) are elastic. 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.”
Blood Pressure Numbers

Blood Pressure is measured by 2 numbers

**Systolic** Pressure
- Top number
- Measures pressure in arteries when blood is **pumping**

**Diastolic** Pressure
- Bottom number
- Measures pressure in arteries when heart is at **rest**

“Blood pressure is measured using a blood pressure monitor and it’s recorded as two numbers. The systolic pressure (top number) measures the pressure in the arteries when the heart is pumping blood. The diastolic pressure (bottom number) measures the pressure in the arteries when the heart is resting between beats.”
• This slide is meant to provide a visual cue. To review the handout with participants, open the PDF or link in a separate window and share your screen. If participants have a printed copy, have them follow along.

• Supplemental handout: “Blood Pressure Measurement Instructions” on page 7 of The Role of Food and Your Health: Blood Pressure lesson plan.
  • [https://www.heart.org/-/media/files/health-topics/high-blood-pressure/how_to_measure_your_blood_pressure_letter_size.pdf?la=en](https://www.heart.org/-/media/files/health-topics/high-blood-pressure/how_to_measure_your_blood_pressure_letter_size.pdf?la=en)
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• Supplemental handout: “Blood Pressure Chart” on page 6 of The Role of Food and Your Health: Blood Pressure lesson plan.
  • [https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings](https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings)

• Supplemental handout: “Optimal Blood Pressure Locator Tool”
  • [https://www.wellness4ky.org/resource/optimal-blood-pressure-locator-tool/](https://www.wellness4ky.org/resource/optimal-blood-pressure-locator-tool/)
### Blood Pressure Range

<table>
<thead>
<tr>
<th>BLOOD PRESSURE CATEGORY</th>
<th>SYSTOLIC mm Hg (upper number)</th>
<th>DIASTOLIC mm Hg (lower number)</th>
</tr>
</thead>
<tbody>
<tr>
<td>NORMAL</td>
<td>LESS THAN 120 and LESS THAN 80</td>
<td>😊</td>
</tr>
<tr>
<td>ELEVATED</td>
<td>120-129 and LESS THAN 80</td>
<td>😞</td>
</tr>
<tr>
<td>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1</td>
<td>130-139 or 80-89</td>
<td>😞</td>
</tr>
<tr>
<td>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2</td>
<td>140 OR HIGHER or 90 OR HIGHER</td>
<td>😞</td>
</tr>
<tr>
<td>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 3</td>
<td>HIGHER THAN 180 and/or HIGHER THAN 120</td>
<td>😞</td>
</tr>
</tbody>
</table>

• “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. High blood pressure is called hypertension.”

• **Important to note how to properly take blood pressure measurements.**
  • Supplemental resources:
    • “How to use a home blood pressure monitor” (consumers)
      • [https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings/monitoring-your-blood-pressure-at-home](https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings/monitoring-your-blood-pressure-at-home)
    • “Steps For Accurate BP Measurement” (providers)
High Blood Pressure (Hypertension)

• Doesn't always have a cause or symptoms
• "Silent killer"

“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 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 poor diet (especially one that’s high in sodium), physical inactivity, smoking and drinking too much alcohol, and stress. By themselves or in combination, these factors play a big role in developing hypertension.”

Supplemental resource: Know Your Risk Factors for High Blood Pressure

https://www.heart.org/en/health-topics/high-blood-pressure/why-high-blood-pressure-is-a-silent-killer/know-your-risk-factors-for-high-blood-pressure
• “High blood pressure, if not treated, can cause our hearts to work harder to supply the blood our bodies need. In addition, high blood pressure can damage the inner lining of the arteries, leading to coronary heart disease, heart failure, heart attack, stroke and other serious conditions.”
Healthy Blood Pressure: 2 Tips

1. Heart **healthy diet** includes:
   - Fruits
   - Vegetables
   - Whole grains
   - Lean meat

2. Limit sodium

   “It’s important to eat healthy by including lots of fruits, vegetables, whole grains, lean proteins and low-fat and fat-free dairy products in your diet. Also, limiting sodium can help lower your blood pressure.”
• Did you know that a lot of common foods add more sodium to our diet than we might realize? Despite what many people think, most dietary sodium (over 70%) comes from eating packaged and prepared foods—not from salting our food when we cook or eat.
• Cutting back on sodium can make us feel better while helping our blood pressure stay in check.”
Popular High Sodium Foods

Bread and rolls
  • Check nutrition labels for lowest sodium

Pizza
  • Add veggie toppings

Sandwiches
  • Eat half or add a side salad

“Here are six popular foods that can add a lot of sodium to your diet:
  • Bread and rolls – check the nutrition facts labels to find the brand with the lowest sodium.
  • Pizza – a slice of pizza with lots of traditional toppings can have more than half of our daily recommended sodium. Try for more veggies as toppings.
  • Sandwiches – a sandwich or burger can give you more than your daily recommended sodium. Instead of a full sandwich, eat half a sandwich and add a side salad.
“Here are six popular foods that can add a lot of sodium to your diet:

• Cold cuts and cured meats – One 2-ounce serving or six thin slices of deli meat can contain as much as half of our daily recommended dietary sodium. Look for brands with lower amounts of sodium.

• Soup – One cup of canned soup can have 100 to 940 milligrams of sodium. Be sure to compare nutrition facts labels.

• Burritos and tacos – Two teaspoons of packaged taco seasoning can have as much as 430 milligrams of sodium. Try making your own by combining ½ teaspoon each of cumin, oregano, chili powder and garlic powder for a total of only 42 milligrams of sodium. “
“Today, you are going to meet with a health care professional and learn about your blood pressure. To ensure your privacy, the professional will write down your measurements. You’ll also learn about healthy and unhealthy blood pressure ranges.

• If your blood pressure measurement is not in the ‘normal’ range, we recommend you visit with your own health care provider for advice and further consultation.”

• *If virtual, use breakout rooms to ensure participants’ privacy.*
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• **Supplemental handout:** “How To Manage Blood Pressure” on page 5 of The Role of Food and Your Health: Blood Pressure lesson plan.
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• **Supplemental handout: “The Salty Six” on page 8 of The Role of Food and Your Health: Blood Pressure lesson plan.**
  
Tomato Basil Soup

Optional activity: Tomato Basil Soup

https://recipes.heart.org/en/recipes/tomato-basil-soup
• Discuss what a “SMART” goal is.
  • Specific -- clearly defined
  • Measurable -- able to be measured (numbers!)
  • Attainable -- achievable or within reach
  • Relevant -- appropriate or applicable
  • Time-Based -- given a due date

• Supplemental video:
  • Achieve More by Setting SMART Goals (1:15)-
    https://youtu.be/yA53yhiOe04
SMART Goal Example

**Goal:**
I will check my blood pressure weekly.

**SMART Goal:**
I will check my blood pressure every Wednesday morning.

- Engage in a goal setting activity.
- Provide an example of a non-SMART goal.
- Invite the group to discuss how to make it SMART.
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• Pass out “SMART Goal” handout to participants. If time allows, have participants fill out the handout and come up with their own SMART goal.
Questions?

- Invite participants to ask questions.
Thank You!

• Thank participants
• If applicable, encourage them to join the next activity
  • Provide date/time/location if known