

CT Behavioral Health Homes
Health and Wellness Toolkit

High Blood Pressure Awareness Month

Fast Fact

“Nearly half of adults in the United States (45%) have hypertension defined as systolic blood pressure higher than 130 mm Hg or a diastolic blood pressure higher than 80 mm HG or are taking medication for hypertension.”

-cdc.gov



May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9	10	11 BHH Tableau & DMHAS Reports Support Group	12	13
16	17 <u>World Hypertension Day</u>	18	19	20
23	24	25 <u>National Senior Health & Fitness Day</u>	26	27
30	31 <u>World No Tobacco Day</u>	<p><i>Be sure to administer the 2022 BHH Consumer Satisfaction Survey, available here.</i></p>		



Understanding Blood Pressure

The National Cancer Institute defines blood pressure as, “the force of circulating blood on the walls of the arteries.” There are two ways to measure blood pressure:

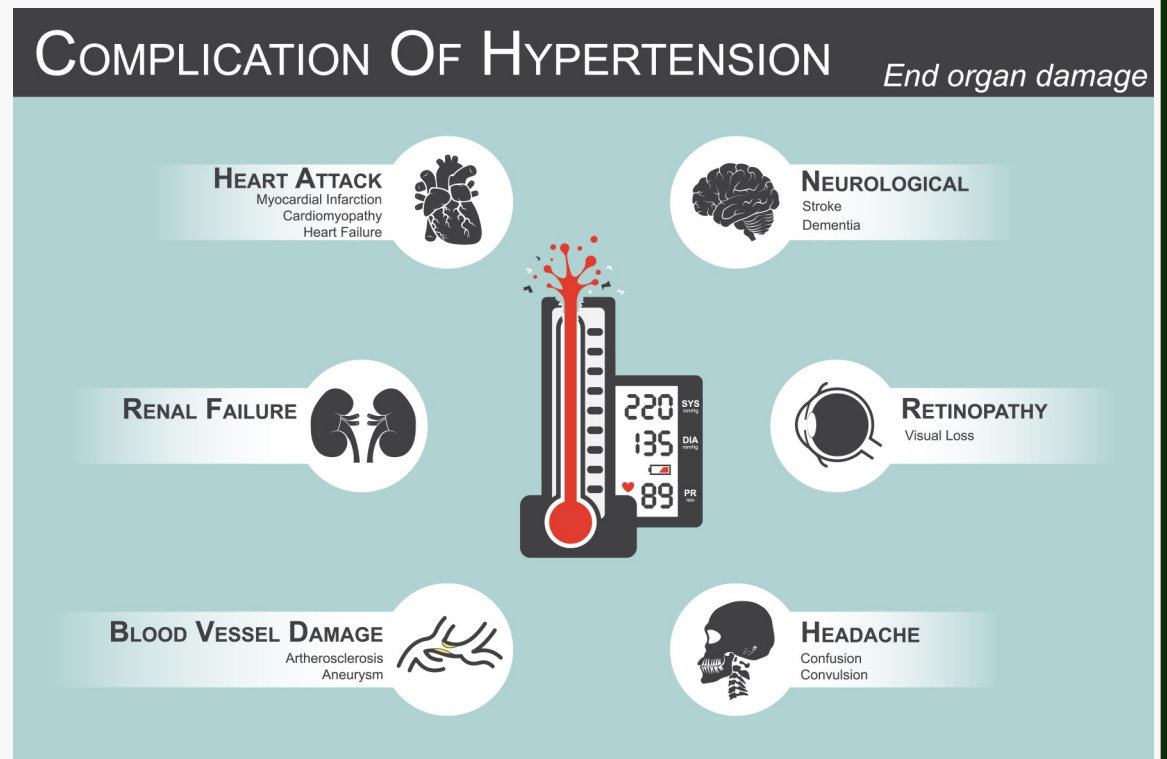
1. Systolic measurement (Top #): The force of circulating blood when the heart beats.
2. Diastolic measurement (Bottom #): The force of circulating blood in between heart beats.

<https://www.cancer.gov/publications/dictionaries/cancer-terms/def/blood-pressure>

Top Number mm Hg	And/or	Bottom Number mm HG	Blood Pressure Type
Below 120	And	Below 80	Normal
120-129	And	Below 80	Elevated
130-139	Or	80-89	Stage 1 High
140 or higher	Or	90 or higher	Stage 2 High

Resources for Clients

- ⇒ [Lower Your Blood Pressure](#): Make the most of your appointment with a health care professional
 - ⇒ [Lower Your Blood Pressure](#) (SPANISH)
- ⇒ [My Blood Pressure Log](#): Record your blood pressure on this sheet and show it to your doctor at every visit
- ⇒ [What is High Blood Pressure](#): Fact sheet
 - ⇒ [What is High Blood Pressure](#) (SPANISH)
- ⇒ [Lifestyle Chart](#): What can I do to improve my blood pressure?
 - ⇒ [Lifestyle Chart](#) (SPANISH)
- ⇒ [High Blood Pressure](#): Medicines to Help You
- ⇒ [High Blood Pressure](#): How to Make Control Your Goal
 - ⇒ [High Blood Pressure](#) (SPANISH)
- ⇒ [My Blood Pressure](#): Wallet Card
- ⇒ [Your Guide To](#): Lowering your blood pressure with DASH



Staff Resources

- ⇒ [A Community Health Worker Training Resource for: Preventing Heart Disease and Stroke](#)
- ⇒ [Hypertension Communication Kits](#): Several options available for client-facing educational materials
- ⇒ [Hypertension Patient Education Handouts](#): Library of handouts
- ⇒ [Self-Measured Blood Pressure Monitoring](#): Action steps for public health practitioners
- ⇒ [Improving Medication Adherence Among Patients with Hypertension](#): A tip sheet for health care professionals
- ⇒ [High Blood Pressure Videos](#): Videos featuring NHLBI researchers discussing their work to advance research and improve patients' lives
- ⇒ [Supporting Your Patients with High Blood Pressure](#): Visit checklist
- ⇒ [Hypertension Prevalence Estimator Tool](#): Calculate the expected percentage of patients with hypertension in your health system or practice
- ⇒ [Cardiovascular Disease](#): Team-based care to improve blood pressure control

