May 2016 - Million Hearts® Messaging

In This Issue:

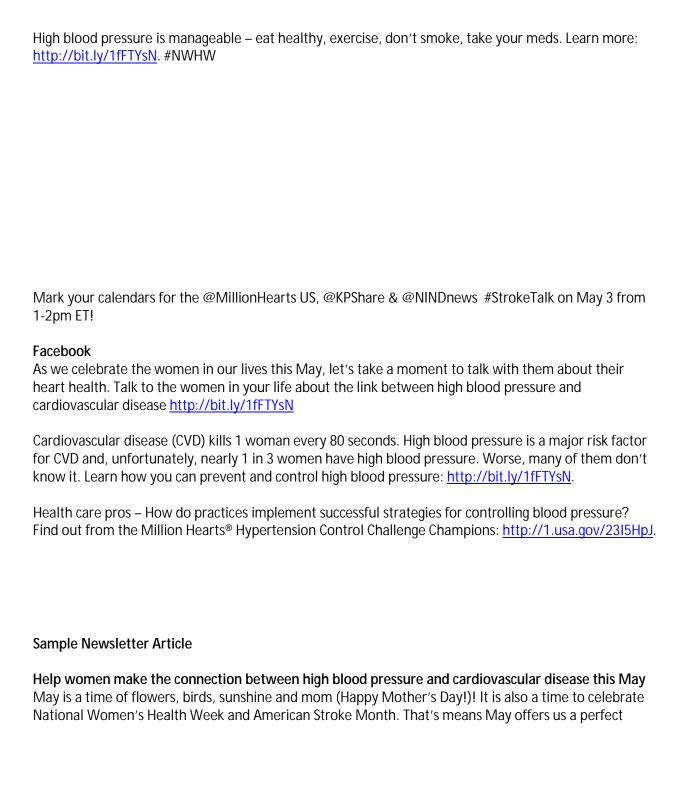
- Communicate to Women that High Blood Pressure is a Risk Factor for Cardiovascular Disease Social Media Messages
- Communicate to Women that High Blood Pressure is a Risk Factor for Cardiovascular Disease Sample Newsletter Article
- Million Hearts® Partner Resources Communicate to Women that High Blood Pressure is a Risk Factor for Cardiovascular Disease

We Want to Know!

Do you like these messages? Do they meet your needs?

• While the overall prevalence rate of high blood pressure is nearly equal among U.S. men and women, the prevalence of high blood pressure is higher in women 65 years and older.

The good news is high blood pressure can be controlled. Women can manage their blood pressure or risk for hypertension by adopting healthy living habits, working with a health care team and taking TT0 1 Tf0.51104 Tw 0.an, wge t(t)-2.3 (e)-3 671.9 (S)1 6 0.006 1104 81ng70.006 Tu-Se



While high blood pressure is a serious risk factor for cardiovascular disease, it is manageable. Talk with the women in your life about hypertension. Reminder them they can only take care of others if they take care of themselves. Together, we can help women

http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/High-Blood-Pressure_UCM_002020_SubHomePage.jsp

American Heart Association – Go Red for Women – High Blood Pressure and Heart Disease https://www.goredforwomen.org/know-your-risk/factors-that-increase-your-risk-for-heart-disease/

CDC – High Blood Pressure Facts http://www.cdc.gov/bloodpressure/facts.htm

Million Hearts® and American Heart Association/American Stroke Association – My Life Check Life's Simple 7 Success Plan

http://millionhearts.toolsfortheheart.org/

National Heart, Lung, and Blood Institute – The Heart® Truth http://www.nhlbi.nih.gov/health/educational/hearttruth/