The Role of Food and Your Health: Blood Pressure

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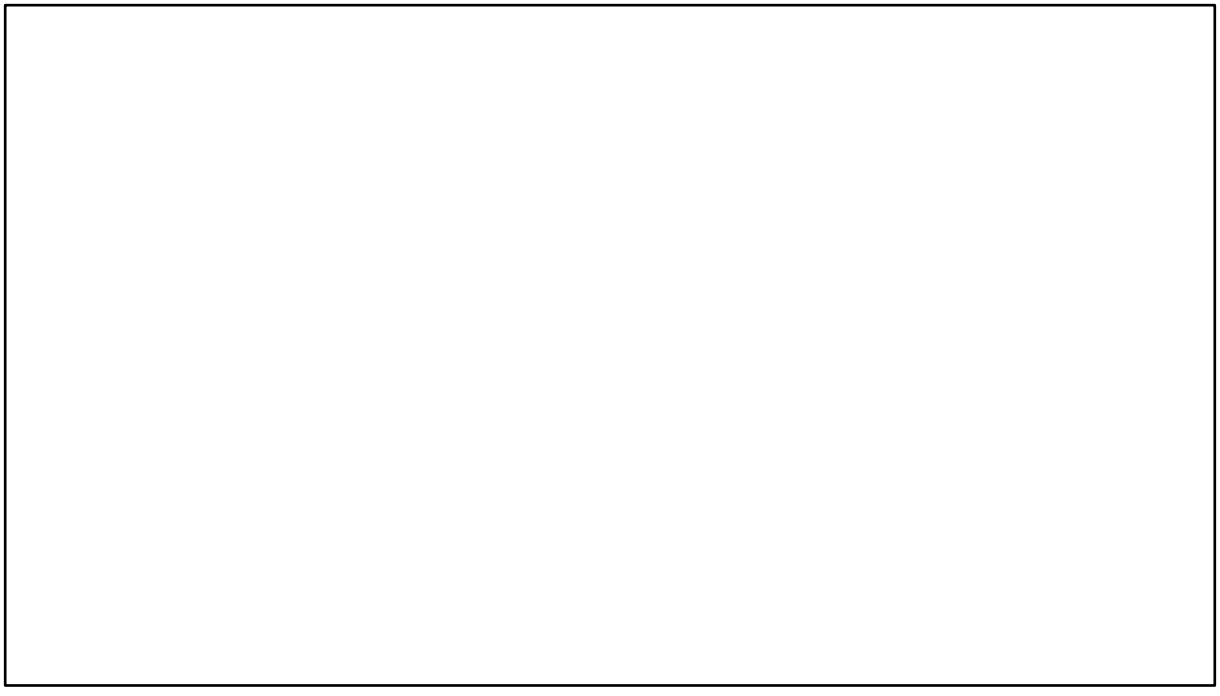
How to use these slides: ąŚάŃŜĺŀŘ ŭŕĶŜ ỵƶŭŜă ỳỴ ĺjdƶƶŭĺ·ŭƛƶỵỴĺ·ŃĴĺăέΣ the notes in bold are actions facilitators should take, and italicized notes are suggestions to make your session as accessible and inclusive as possible

- ‡ άŴƶƛỵ dză ŭƶ fŜĺ·ŃỴĶƶø ŦƶƶŘ ŎĺỴƛỴLJĺ·ŎŭƶØŜŃĺ·fť ĶŜĺ·fŭĶ ĺỴŘ øĶè ōfƶƶŘ LJŃŜăădzŃŜ 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 øƛŭĶ èƶdzŃ ĶŜĺ·fŭĶ ŎĺŃŜ LJŃƶØƛŘŜŃ ƛŦ èƶdz ĶĺØŜ ăLJŜŎƛŦƛŎ ljdzŜăŭƛƶỵãφέ



- Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the Welcome Toolkit or choose your own!
  - https://www.heart.org/-/media/files/healthy-living/company-collaboration/welcome-toolkit.pdf

- 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
  - Ensure that closed captioning is on for the vidn03 (h)3.91 1 -0.96 l n B (re)

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

‡ ά ² ƘŜƴ ȅƻdzƝ ƘŜ Ɨ·Ɲǘ LJdzƴLJă ōƭƻƻŘ ǘƘƝƻdzƎƘ ǘƘŜ ōƭƻƻŘ ǾŜăăŜƭăΣ ǘƘŜ ōƭƻƻŘ LJdzăƘŜă 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 LJƝƻǾƛŘŜ ƻdzƝ ƻƝƎƗ·ƴã Ɨ·ƴŘ ǘƛăădzŜă ǿƛǘƘ ǘƘŜ ƻȀȅƎŜƴǘƘŜȅ ƴŜŜŘ¢ɛ

Blood Pressure

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

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

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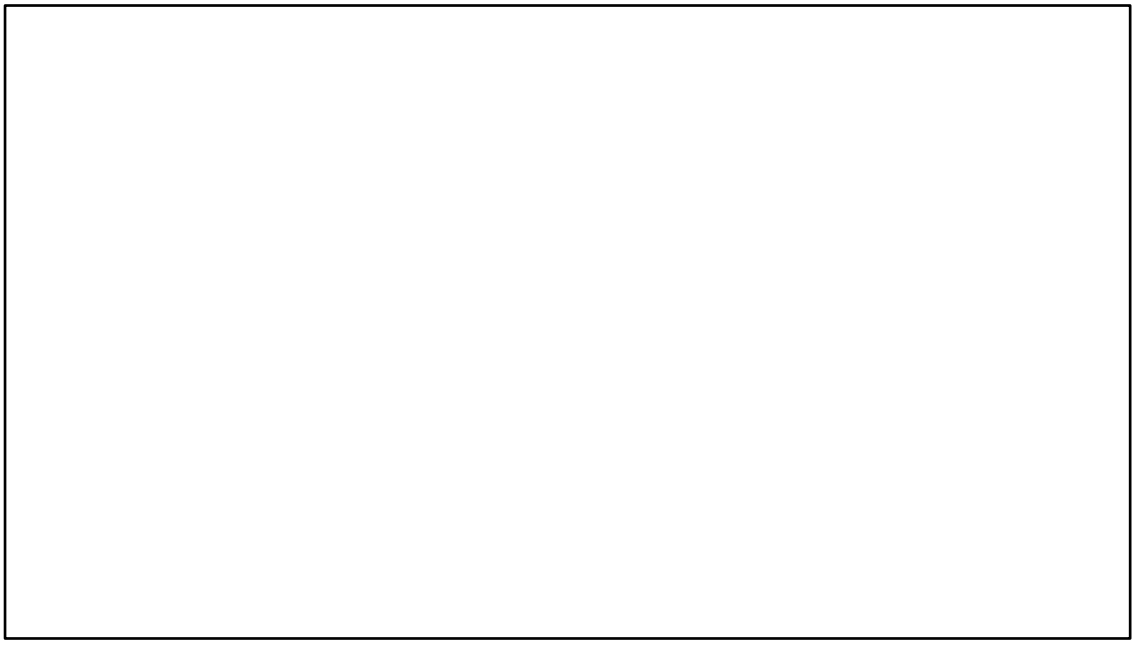

- This slide is meant to provide a visual cue. To review the handout with participants, open the PDF or link in a separate window and share your screen. If participants have a printed copy, have them follow along.
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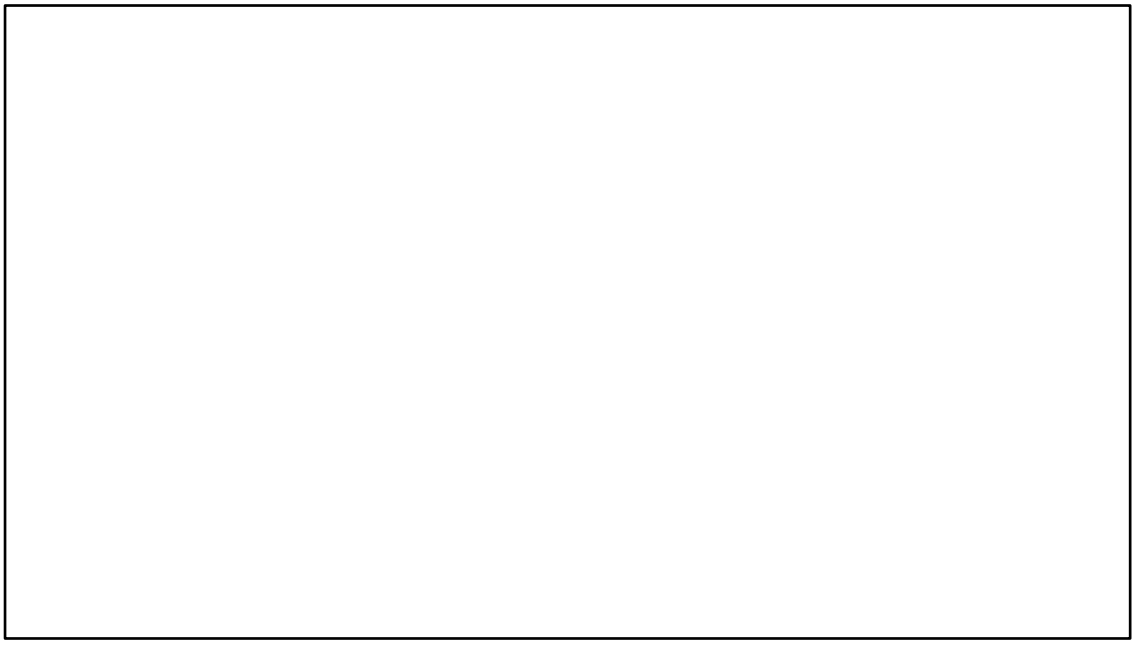
  of The Role of Food and Your Health: Blood Pressure lesson plan.
  - https://www.heart.org/-/media/files/health-topics/high-blood-pressure/how_to_measure_your_blood_pressure_letter_size.pdf?la=en



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  and Your Health: Blood Pressure lesson plan.
  - https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings
-
  - https://www.wellness4ky.org/resource/optimal-blood-pressure-locator-tool/

Blood Pressure Range

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm H (lower number)	
NORMAL	LESS THAN 120 and		LESS THAN 80	
ELEVATED	120-129	and	LESS THAN 80	
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89	
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER	
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 3	HIGHER THAN 180	and/or	HIGHER THAN	

‡ ^ & } Œ Ç } µ Œ Œ š Œ] • š } • š Ç Z o š Z Ç U] š [•] u ‰ } Œ š within a healthy range. For some of us, blood pressure can get too high. High o } } ‰ Œ • • µ Œ] • o o Z Ç ‰ Œ š v •] } v X _

‡ Important to note how to properly take blood pressure measurements.

‡ Supplemental resources:

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‡ https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings/monitoring-your-blood-pressure-at-home

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‡ https://www.heart.org/-/media/files/health-topics/high-blood-pressure/tylenol-hbp/aha_toolkit_poster_final_102618.pdf?la=en

High Blood Pressure (Hypertension)

‡Doesn't always have a cause or symptoms

‡"Silent killer"

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Risk Factors

What Happens?

- Makes our hearts work harder
- Damages inner lining of arteries
- May increase risk of heart disease

‡

Healthy Blood Pressure: 2 Tips

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

2. Limit sodium

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Sodium

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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

‡

Popular High Sodium Foods

Cold cuts and cured meats

- Look for brands with lower sodium

Soup

- Check nutrition labels for lowest sodium

Burritos and tacos

- Make your own taco seasoning:
  - Half a teaspoon of cumin, oregano, chili powder, garlic powder

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about your blood pressure. To ensure your privacy, the professional will write
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blood pressure ranges.

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recommend you visit with your own health care provider for advice and
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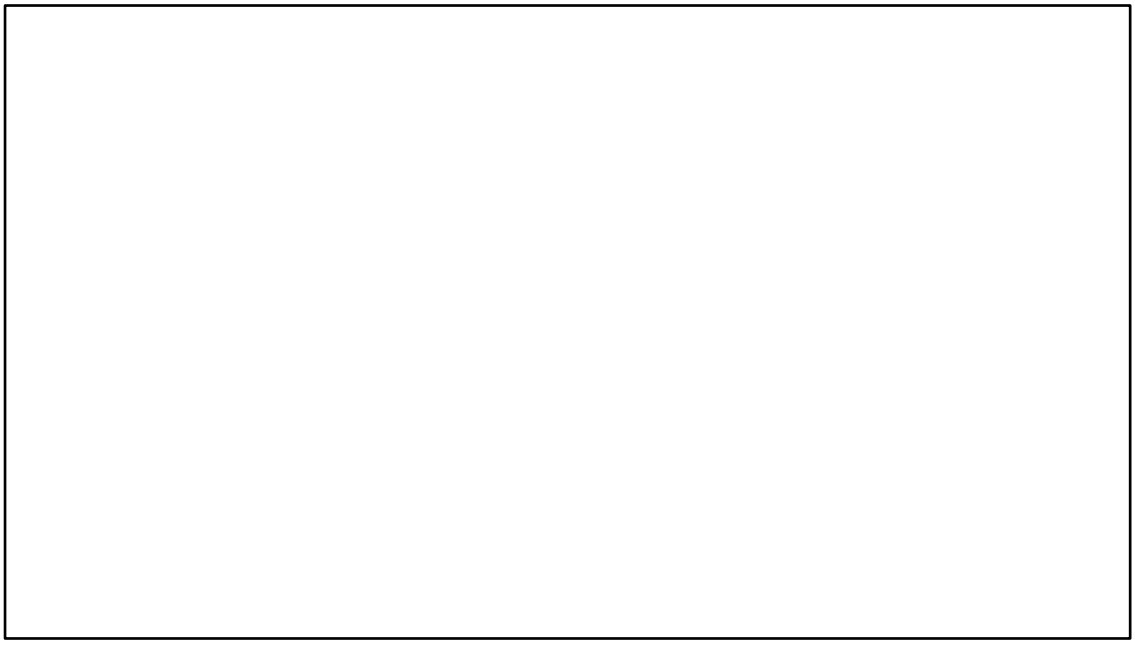

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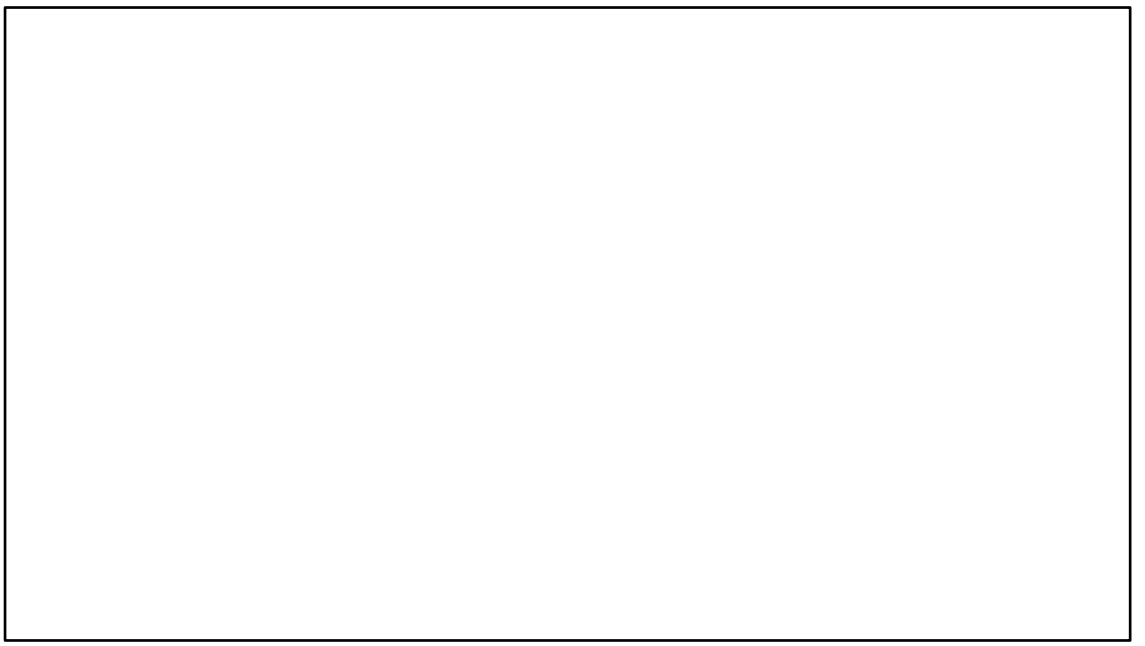
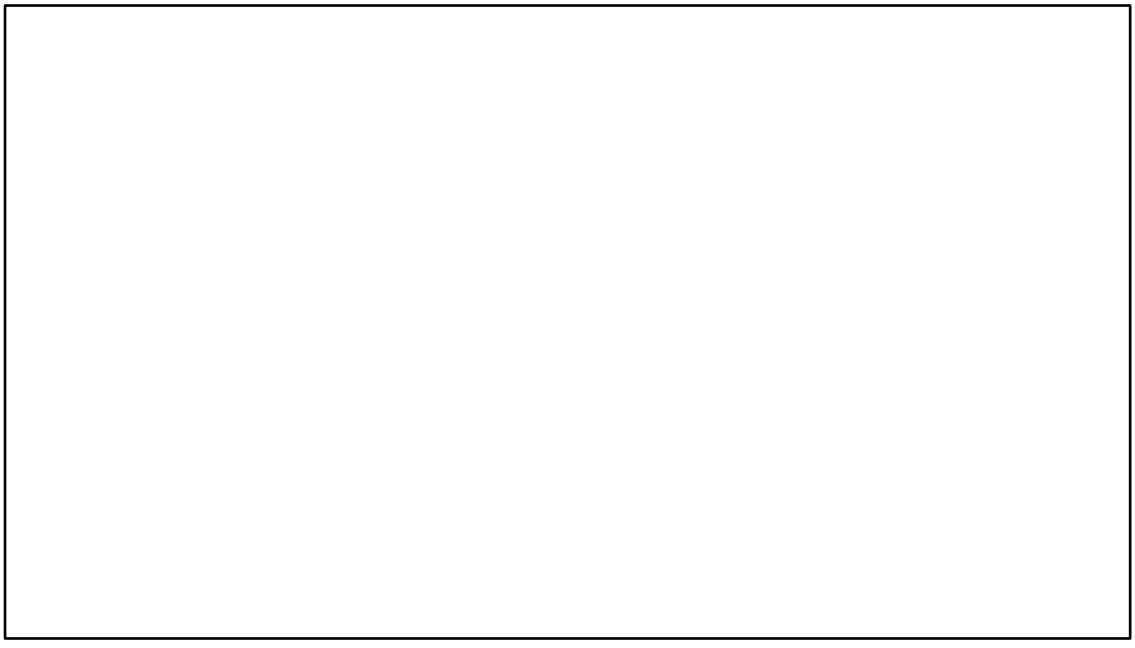
  Role of Food and Your Health: Blood Pressure lesson plan.
  - https://www.heart.org/-/media/healthy-living-files/infographics/lifessimple-7-blood-pressure-infographic.pdf?la=en



‡ https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium/salty-six-infographic

[illegible] handout with participants, open the PDF or link in a separate window and share your screen.



‡ 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

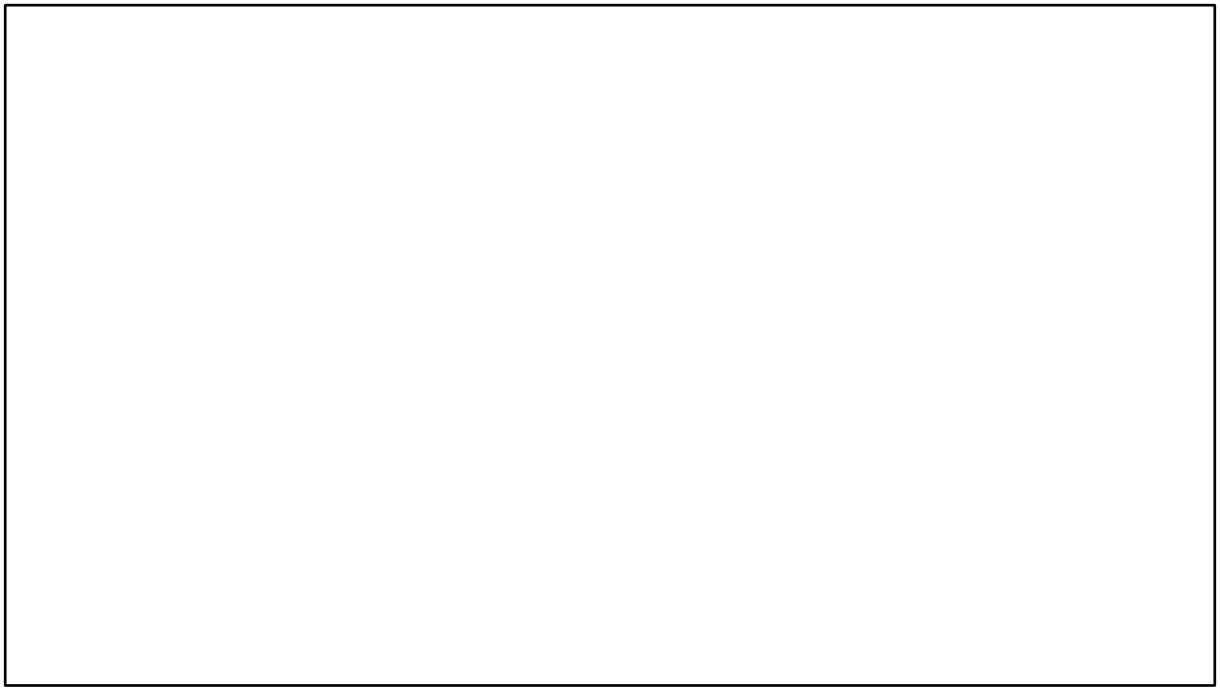
Goal:

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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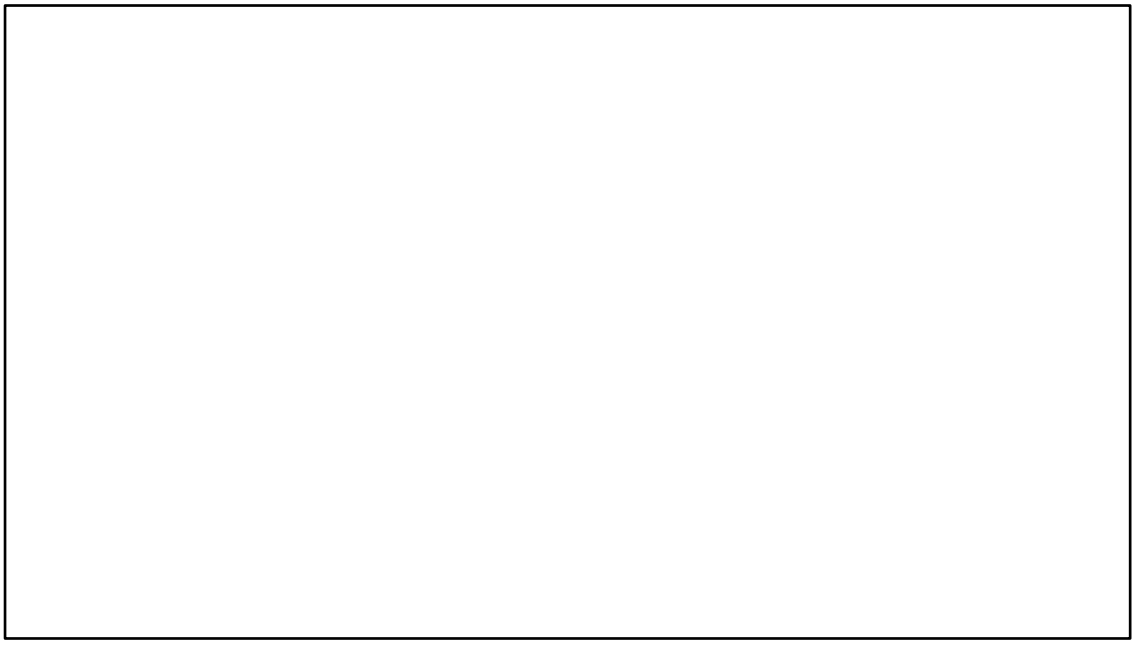
- Pass out "SMART Goal" handout to participants. If time allows, have participants fill out the handout and come up with their own SMART goal.
  - https://www.heart.org/-/media/healthy-living-files/healthy-for-life/kentucky-inclusivehealth-collaborative pdfs/smartgoals.pdf?la=en



‡ Invite participants to ask questions.

Thank You!

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