



Heart Health Matters

Virginia P3 Partner Resource Webinar Series:
American Heart Association

Dr. Phillip Duncan, Richmond Board President
Robin Gahan, Richmond VP Health

January 20, 2022

Today's Agenda

- I. Welcome & Introductions

- II. Your American Heart Association
 - I. Mission and 2024 Impact Goal
 - II. Local Community Impact Priorities
 - III. EmPOWERED to Serve

- III. Why BP Control and How You Can Help
 - I. AHA Blood Pressure Guidelines
 - II. The “How”
 - III. Get Down with Your Blood Pressure

- IV. Q&A Discussion

2024 IMPACT GOAL

Every person deserves the opportunity for a full, healthy life. As **champions for health equity***, by 2024, the American Heart Association will advance cardiovascular health for all, including identifying and removing barriers to health care access and quality.

Addressing the drivers of health disparities, including the social determinants of health, structural racism, and rural health inequities, is the only way to truly achieve equitable health and well-being for all.



AHA's Virginia Community Impact Team



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Vice President Health
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HEALTH EQUITY

The Social Determinants of Health

Controlling blood pressure



Eliminating tobacco use & vaping



Community Response



Reducing risk for women



Increasing nutrition security



LOCAL COMMUNITY IMPACT FOCUS AREAS

HAVE FAITH IN HEART



HAVE FAITH IN HEART | Lesson Overview

Welcome

- What is EmPOWERED to Serve™?
- Program Topic and Urgent Community Need

Health Lesson

- Understand Your Risk & Know the Signs
- Start Your Journey to Better Health
- Join Research Goes Red & AHA's Go Red for Women Movement

Closing Thoughts

- Your Voice Matters
- Online Resources



Amgen proudly supports the American Heart Association's EmPOWERED to Serve Initiative



American Heart Association.



CONTROL BLOOD PRESSURE



KNOW YOUR NUMBERS

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (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
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

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SELF-MEASURED BP



MEDICATION



LOWER YOUR BLOOD PRESSURE: MAKE THE MOST OF YOUR APPOINTMENT WITH A HEALTH CARE PROFESSIONAL.

GETTING READY

How often do you check your blood pressure?

- Every day
- About once a week
- About once a month
- Rarely
- Never

If you measure your blood pressure, do you keep a log?

- Yes
- No

Are you taking your medications as prescribed?

- Yes
- Usually
- Sometimes
- No

OVERCOMING CHALLENGES

To get less salt in my diet, I'd like to (choose all that apply):

- Buy low sodium foods
- Taste before adding salt
- Use salt-free spices/herbs
- Check labels for sodium
- Cook at home more often

It's hard for me to manage my blood pressure because (choose all that apply):

- I don't like the way the medication makes me feel
- I'm having trouble getting my medication
- I'm having trouble changing my diet
- I can't easily exercise
- It's expensive
- I'm stressed/I don't feel well
- I forget what I need to do

During my appointment, I'd like to discuss (choose all that apply):

- My medications
- Checking my blood pressure at home
- Reducing salt in my diet
- Getting more exercise
- Managing my weight
- Quitting smoking

PLANNING FOR SUCCESS

During your appointment, refer to this guide and have ready:

1. A complete list of all your medications (including over the counter, vitamins, and herbal supplements)
2. A pen and paper to take notes

Today my BP is:

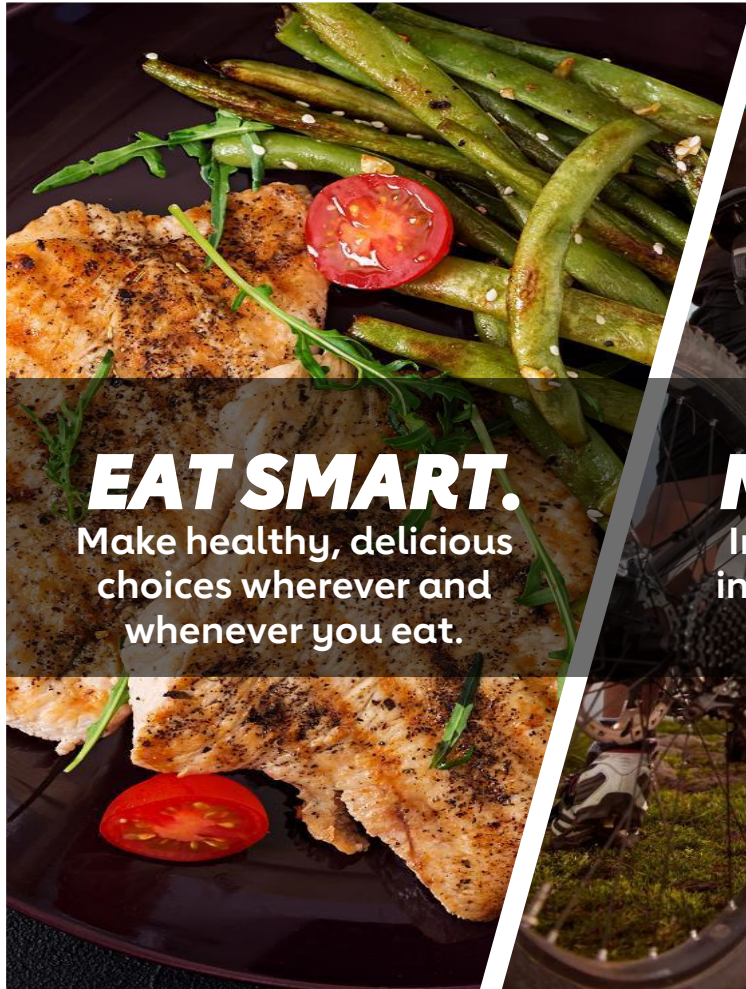
- Normal
- Elevated
- Stage 1
- Stage 2

Notes:

My next appointment is on:

_____ @ _____

LIFESTYLE CHANGES



EAT SMART.

Make healthy, delicious choices wherever and whenever you eat.



MOVE MORE.

Infuse more movement into your life for optimal health.



BE WELL.

Create balance, vitality and well-being through self-care.



American Heart Association.

GET DOWN WITH BLOOD PRESSURE



Together, we are a

RELENTLESS

force for a world of longer, healthier lives.

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Thank you!



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