



TAKE ACTION TO IMPROVE HEART HEALTH

Blood Pressure Self Monitoring

What is High blood pressure

High blood pressure (also known as hypertension) is when the force of your blood pushing against the walls of your blood vessels is always too high.

How your blood pressure and circulatory system work

To survive, your tissues and organs need the blood carrying oxygen throughout the body.

When the heart beats, it creates pressure that pushes blood through a network of blood vessels, which include arteries, veins and capillaries.

This pressure – blood pressure – is the result of two forces, each represented by numbers in your blood pressure reading: the first force (systolic pressure) occurs as blood pumps out of the heart and into the arteries. The second force (diastolic pressure) is created as the heart rests between heart beats.

The damage starts in your arteries and heart

The main way high blood pressure causes harm is by increasing the workload of the heart and blood vessels making them work harder and less efficiently. Over time, the force and friction of high blood pressure damages the delicate tissues inside the arteries.

HOW THE PROGRAM WORKS

Participants will work with trained Healthy Heart Ambassadors for the duration of the four-month program. During this time, participants will be encouraged to:

- Take their own blood pressure at least two times per month using a blood pressure cuff given to them by the YMCA
- Attend two personalized consultations per month
- Attend monthly nutrition education seminars

PROGRAM GOALS

- Reduction in blood pressure
- Better blood pressure management
- Increased awareness of triggers that elevate blood pressure
- Enhanced knowledge to develop healthier eating habits



THE STATE
of ALASKA
GOVERNOR MIKE DUNLEAVY

To enroll or learn more, contact:

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FOR YOUTH DEVELOPMENT • FOR HEALTHY LIVING • FOR SOCIAL RESPONSIBILITY

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NUTRITIONAL SEMINARS

Our YMCA is for Healthy Living...

These free seminars on Wednesdays at the Lake Otis branch will help you make better food choices! They are connected to our Blood Pressure Self-Monitoring Program, however, you do not need to be a part of this program to attend.

Seminar dates and times:

D.A.S.H: Dietary Approach to Nutrition: September 20th, 2023 @ noon

The DASH eating plan requires no special foods and instead provides daily and weekly nutritional goals. This plan recommends: Eating vegetables, fruits, and whole grains. Including fat-free or low-fat dairy products, fish, poultry, beans, nuts, and vegetable oils.

Reduce Sodium Intake: October 18th @ noon

Buy fresh, frozen, or canned vegetables with no salt or sauce added. Choose packaged foods labeled "low sodium," "reduced sodium," or "no salt added" when available. Read food labels and compare the amount of sodium in different products, then choose the options with the lowest amounts of sodium.

Food, Shopping, Preparation, and Cooking: November 29th @ noon

Learn about shopping at the farmers' markets, food labels, healthy groceries, and meal prep and planning to help keep on track.

Heart Healthy Eating for Life: December 20th @ noon

Healthy eating starts with healthy food choices. You don't need to be a chef to create nutritious, heart-healthy meals your family will love.



BLOOD PRESSURE CHECKS

Blood Pressure checks are done at the Lake Otis branch by a Healthy Heart Ambassador.

Two BP checks a month are required for participants of the Blood Pressure Self-Monitoring Program.

Days and Times:

Monday-Friday 8:00 am -2:00 pm.

Program Cost: Free for Members (includes BP cuff)

**If you are not a member and are interested in this program please check out our Stronger For Life reduced fee membership.