



Our Families Our Hearts

African Americans & High Blood Pressure

African American men and women have the highest rates of high blood pressure (HBP) nationwide.

One of the reasons that high blood pressure is prevalent in African American communities there is a family history of HBP.

Also, African American men have the highest rates of smoking, a risk factor for HBP. In fact, advertisers create ads to market junk food, alcohol and cigarettes directly to the African American community.

HBP can be one of the causes for blindness, kidney disease, and heart disease. African American men and women with HBP develop heart disease more often than persons of other races with HBP.

Turn It Around!

High blood pressure is often inherited, but it can be controlled by adopting healthier habits.

- Get regular health check-ups! Don't delay going to the doctor until you feel bad... there's a reason they call it the Silent killer!



This project is supported by a Science Education Partnership Award (SEPA) from the National Center for Research Resources, the National Institutes of Health (NIH). Its content is solely the responsibility of the authors and does not necessarily represent the official views of NCRR or NIH.



Our Families Our Hearts

African Americans & High Blood Pressure

African American men and women have the highest rates of high blood pressure (HBP) nationwide.

One of the reasons that high blood pressure is prevalent in African American communities there is a family history of HBP.

Also, African American men have the highest rates of smoking, a risk factor for HBP. In fact, advertisers create ads to market junk food, alcohol and cigarettes directly to the African American community.

HBP can be one of the causes for blindness, kidney disease, and heart disease. African American men and women with HBP develop heart disease more often than persons of other races with HBP.

Turn It Around!

High blood pressure is often inherited, but it can be controlled by adopting healthier habits.

- Get regular health check-ups! Don't delay going to the doctor until you feel bad... there's a reason they call it the Silent killer!



This project is supported by a Science Education Partnership Award (SEPA) from the National Center for Research Resources, the National Institutes of Health (NIH). Its content is solely the responsibility of the authors and does not necessarily represent the official views of NCRR or NIH.



Our Families Our Hearts

African Americans & High Blood Pressure

African American men and women have the highest rates of high blood pressure (HBP) nationwide.

One of the reasons that high blood pressure is prevalent in African American communities there is a family history of HBP.

Also, African American men have the highest rates of smoking, a risk factor for HBP. In fact, advertisers create ads to market junk food, alcohol and cigarettes directly to the African American community.

HBP can be one of the causes for blindness, kidney disease, and heart disease. African American men and women with HBP develop heart disease more often than persons of other races with HBP.

Turn It Around!

High blood pressure is often inherited, but it can be controlled by adopting healthier habits.

- Get regular health check-ups! Don't delay going to the doctor until you feel bad... there's a reason they call it the Silent killer!



This project is supported by a Science Education Partnership Award (SEPA) from the National Center for Research Resources, the National Institutes of Health (NIH). Its content is solely the responsibility of the authors and does not necessarily represent the official views of NCRR or NIH.

Turn It Around!

- Focus your diet on high fiber, low fat, and low sodium choices.
- Avoid or limit alcohol to one or two drinks a day.
- Don't start smoking. If you smoke, quit.
- Get regular physical activity.

First Steps

Adopting a healthy lifestyle is a process that you commit to daily. If one day doesn't work out well, try again tomorrow. Change takes practice—don't give up!

- Exchange a processed snack or fast food item for a piece of fruit.
- Seek help if you are trying to quit smoking. Develop a plan with a health care provider.
- Add physical activity to your life—minute by minute. Climb the stairs rather than ride the elevator or park further away from your destination and walk.
- Check with your health care provider before beginning a strenuous fitness plan or changing your diet significantly.
- Let your community—friends, family or church, know if you are stressed and need help coping.

Visit us at

www.youthtakeheart.org

The mission of Youth Take Heart is to expand the knowledge and interest of young people, especially those in underserved communities, and their families, to take positive action to promote lifelong heart health and prevent cardiovascular disease.



www.hopeheart.org



www.washingtonmesa.org



www.uweb.engr.washington.edu

Turn It Around!

- Focus your diet on high fiber, low fat, and low sodium choices.
- Avoid or limit alcohol to one or two drinks a day.
- Don't start smoking. If you smoke, quit.
- Get regular physical activity.

First Steps

Adopting a healthy lifestyle is a process that you commit to daily. If one day doesn't work out well, try again tomorrow. Change takes practice—don't give up!

- Exchange a processed snack or fast food item for a piece of fruit.
- Seek help if you are trying to quit smoking. Develop a plan with a health care provider.
- Add physical activity to your life—minute by minute. Climb the stairs rather than ride the elevator or park further away from your destination and walk.
- Check with your health care provider before beginning a strenuous fitness plan or changing your diet significantly.
- Let your community—friends, family or church, know if you are stressed and need help coping.

Visit us at

www.youthtakeheart.org

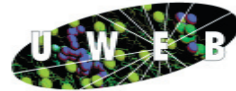
The mission of Youth Take Heart is to expand the knowledge and interest of young people, especially those in underserved communities, and their families, to take positive action to promote lifelong heart health and prevent cardiovascular disease.



www.hopeheart.org



www.washingtonmesa.org



www.uweb.engr.washington.edu

Turn It Around!

- Focus your diet on high fiber, low fat, and low sodium choices.
- Avoid or limit alcohol to one or two drinks a day.
- Don't start smoking. If you smoke, quit.
- Get regular physical activity.

First Steps

Adopting a healthy lifestyle is a process that you commit to daily. If one day doesn't work out well, try again tomorrow. Change takes practice—don't give up!

- Exchange a processed snack or fast food item for a piece of fruit.
- Seek help if you are trying to quit smoking. Develop a plan with a health care provider.
- Add physical activity to your life—minute by minute. Climb the stairs rather than ride the elevator or park further away from your destination and walk.
- Check with your health care provider before beginning a strenuous fitness plan or changing your diet significantly.
- Let your community—friends, family or church, know if you are stressed and need help coping.

Visit us at

www.youthtakeheart.org

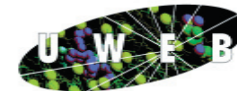
The mission of Youth Take Heart is to expand the knowledge and interest of young people, especially those in underserved communities, and their families, to take positive action to promote lifelong heart health and prevent cardiovascular disease.



www.hopeheart.org



www.washingtonmesa.org



www.uweb.engr.washington.edu