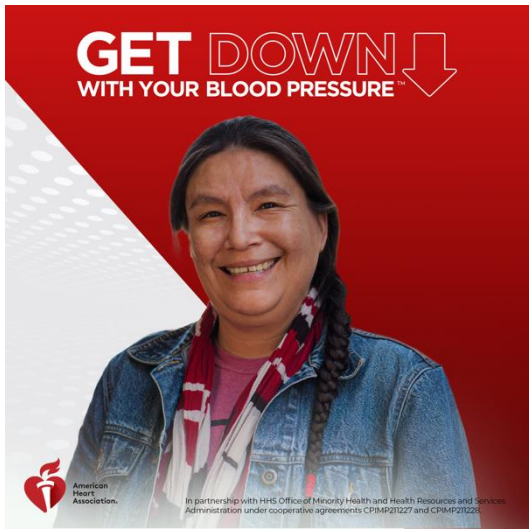





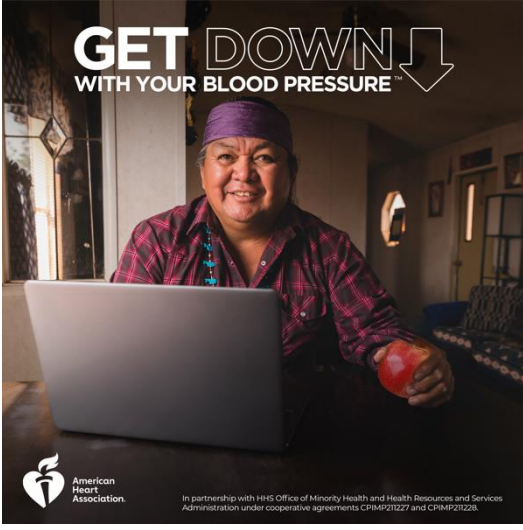




NHCI SOCIAL MEDIA GRID
10-04-22

Social Platform	Media Type	Image Ref/Thumbnail	COPY	Spanish Image	Description	LINK
Facebook/IG	Organic		<p>1 in 3 Native American and Indigenous adults have high blood pressure. This November, during Native American Heritage Month 🇺🇸🇮🇸🌻☀️🙌 it's urgent to check your blood pressure at your nearest community health center or pharmacy. You can also talk to a health care professional through telehealth. Keep your mind, body, and spirit healthy. Get checked to stay balanced.</p> <p>#GetDownWithYourBloodPressure #NativeAmericanHeritageMonth #AmericanIndian #AlaskaNative</p>			http://heart.org/hbpcontrol
Facebook/IG	Organic		<p>In the United States, there are more than 500 nations of Native American and Indigenous communities 🇺🇸🇮🇸🌻☀️🙌. They each have their own separate customs, language, culture, beliefs, and religious practices. A key challenge to their health is high blood pressure: 1 in 3 Native American and Indigenous adults have it.</p> <p>This November, we celebrate Native American Heritage Month around the nation encouraging all our communities in the front lines to check their blood pressure and talk to a health care professional. Keep your mind, body, and spirit healthy. Get checked to stay balanced.</p> <p>#GetDownWithYourBloodPressure #NativeAmericanHeritageMonth #AmericanIndian #AlaskaNative</p>			http://heart.org/hbpcontrol
Facebook/IG	Organic		<p>This Native American Heritage Month 🇺🇸🇮🇸🌻☀️🙌 let's learn and celebrate the women in our cultures, which continue to face hardships and struggles in disproportionate numbers. Did you know Native American and Alaska Native women are</p>			http://heart.org/hbpcontrol

			<p>dying from pregnancy-related complications at rates 2.5 times higher than others? 1 in 3 Native American and Indigenous adults are struggling with high blood pressure as well.</p> <p>This month of November let's support one another checking our blood pressure and talking to a health care professional. Keep your mind, body, and spirit healthy. Get checked to stay balanced.</p> <p>#GetDownWithYourBloodPressure #NativeAmericanHeritageMonth #AmericanIndian #AlaskaNative</p>			
Facebook/IG	Organic		<p>There are more than 9 million Native Americans living in the United States 🇺🇸🇨🇦🇫🇷🇩🇪🇸🇯🇵🇬🇧. The leading causes of death are cancer and then heart disease. 1 in 3 Native American and Indigenous adults are struggling with high blood pressure as well.</p> <p>This Native American Heritage Month, it's urgent to check your blood pressure at your nearest community health center or pharmacy. You can also talk to a health care professional through telehealth. Get checked to stay balanced.</p> <p>#GetDownWithYourBloodPressure #NativeAmericanHeritageMonth #AmericanIndian #AlaskaNative</p>			http://heart.org/hbpcntrol
Facebook/IG	Organic		<p>Cultural identity, understanding and bonding in Native American cultures 🇺🇸🇨🇦🇫🇷🇩🇪🇸🇯🇵🇬🇧 takes place through beautiful oral traditions and holistic rituals developed by tribes over many centuries.</p> <p>This month of November, while we celebrate the rich and inspiring legacy of Indigenous cultures around the nation, let's support one another checking our blood pressure and talking to a health care professional. Let's remember that 1 in 3 Native American and Indigenous adults struggle with their blood pressure. Keep your mind, body, and spirit healthy. Let's get checked to stay balanced.</p> <p>#GetDownWithYourBloodPressure #NativeAmericanHeritageMonth #AmericanIndian #AlaskaNative</p>			http://heart.org/ControlatuPresion

Facebook/IG	Organic		<p>This Native American Heritage Month 🇺🇸🇨🇦🌻🌞🌻🌻 let's honor and celebrate their holistic cultures and rich legacies. Community and relationships are crucial in keeping balance and health in our mind, body, and spirit connection. 1 in 3 Native Americans and Indigenous adults has high blood pressure, and it's urgent to get it under control.</p> <p>Check your blood pressure at your nearest community health center or pharmacy. You can also talk to a health care professional through telehealth. Keep your mind, body, and spirit healthy. Stay connected and get checked to stay balanced.</p> <p>#GetDownWithYourBloodPressure #NativeAmericanHeritageMonth #AmericanIndian #AlaskaNative</p>			http://heart.org/ControlatuPresion
Facebook/IG	Organic		<p>Native Americans think of healing as a sacred calling 🇺🇸🇨🇦🌻🌞🌻🌻. Many will call upon both modern medicine and traditional healing rituals involving music and dance to achieve communal well-being. High blood pressure silently affects millions of people, and in the U.S. 1 in 3 Native American and Indigenous adults struggle with it.</p> <p>This November, during Native American Heritage Month, it's urgent to check your blood pressure at your nearest community health center or pharmacy. Get it, Slip it, Cuff it, Check it! It all starts with a monitor and 4 easy to remember steps. If your numbers are 120/80, talk to a trusted health care professional through telehealth. Our communities' well-being is very important. Get checked to stay balanced.</p> <p>#GetDownWithYourBloodPressure #NativeAmericanHeritageMonth #AmericanIndian #AlaskaNative</p>			http://heart.org/ControlatuPresion
Facebook/IG	Organic		<p>At one point in time, there were more than 500 languages spoken 🇺🇸🇨🇦🌻🌞🌻🌻 by our Native American communities. Now, most of them are in danger of disappearing altogether by 2050. Indigenous cultures and legacies are one of our nation's biggest treasures.</p>			http://heart.org/ControlatuPresion

			<p>This month of November, while we acknowledge Native American Heritage Month nationally, let's unite our efforts to preserve our communities' health by promoting action. Did you know 1 in 3 Native American and Indigenous adults struggle with high blood pressure? Check your blood pressure at your nearest community health center or pharmacy. Talk to a trusted health care professional through telehealth. Get checked to stay balanced.</p> <p>#GetDownWithYourBloodPressure #NativeAmericanHeritageMonth #AmericanIndian #AlaskaNative</p>			
Facebook/IG	Organic		<p>Drumming plays a key musical and healing role in Native culture ❤️🎵🥁🌻😊👏 along with other percussive and wind instruments. This month of November, during the national celebration of Native American Heritage Month, let's learn about the rich and holistic cultural legacies that serve as foundation to our nation. Music and dance have the power to connect and to heal ourselves and our communities. We are all connected.</p> <p>1 in 3 Native American and Indigenous adults have high blood pressure, and music can help lower it. Checking your blood pressure at your nearest community health center or pharmacy is vital. Get it, Slip it, Cuff it, Check it! It all starts with a monitor and 4 easy to remember steps. Follow your beat and get checked to stay balanced.</p> <p>#GetDownWithYourBloodPressure #NativeAmericanHeritageMonth #AmericanIndian #AlaskaNative</p>			http://heart.org/ControlatuPresion