

# Native American Heritage Month



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Web/Newsletter

# Web

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[GET DOWN WITH YOUR BLOOD PRESSURE]

## **HL: CELEBRATING NATIVE AMERICAN HERITAGE MONTH NATIONALLY**

In the United States, there are more than 500 nations of Native Americans. They each have their own rich customs, language, culture, beliefs, and religious practices. Unfortunately, 1 in 3 Native Americans also have high blood pressure.

This month of November, while Native American Heritage Month is acknowledged nationally, check your blood pressure regularly and talk to a trusted health advisor about your numbers. Do it for your health, those you love and your community. Keep your mind, body, and spirit healthy. Get checked to stay balanced.

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# Newsletter - Option 1

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## HL: TAKE ACTION DURING NATIVE AMERICAN HERITAGE MONTH

Did you know that nearly 1 in 3 Native Americans have high blood pressure? You might be one of them. High blood pressure is often silent, with no signs or symptoms. If high blood pressure goes unchecked and uncontrolled, it is dangerous and can lead to heart attack, stroke, heart failure and even death.

If you are unsure about your blood pressure, take the first step today. It starts with a monitor and checking your blood pressure at your nearest community health center, pharmacy or with a health care provider. Take action.

This month of November, while Native American Heritage Month is acknowledged nationally, check your blood pressure regularly and talk to a trusted health advisor about your numbers. Do it for your health and those you love, your community. Keep your mind, body, and spirit healthy. Get checked to stay balanced.

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# Newsletter - Option 2

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[GET DOWN WITH YOUR BLOOD PRESSURE]

## **HL: THIS NAHM, TAKE CONTROL OF YOUR BLOOD PRESSURE AND HEALTH.**

Did you know that nearly 1 in 3 Native Americans have high blood pressure? Uncontrolled blood pressure can lead to heart attack, stroke, heart failure and even death. If you have high blood pressure, it's important to get those numbers down. It starts with a monitor and four easy-to-remember steps: Get it, slip it, cuff it, check it! It's that easy.

GET DOWN WITH YOUR BLOOD PRESSURE

[1 GET IT] [2 SLIP IT] [3 CUFF IT] [4 CHECK IT]

Self-monitoring is as easy as these 4 simple steps.

This Native American Heritage Month, check your blood pressure numbers at your nearest community health center or pharmacy regularly. Next, share your numbers with your trusted health advisor, and together you can come up with a plan to get your blood pressure down that works for you. Keep your mind, body, and spirit healthy. Controlling blood pressure improves your overall health. Get checked to stay balanced.

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## Newsletter - Option 3

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### **HL: THIS NAHM, MAKE THE MOST OF YOUR NEXT HEALTH ADVISOR APPOINTMENT.**

Visiting your nearest community health center or pharmacy during Native American Heritage month is an important step for controlling high blood pressure. You and your health care provider can work together to come up with a treatment plan that works for you. A plan is key to address all factors that can affect your blood pressure such as taking medication as prescribed, family history, weight, diet, stress level and physical inactivity. This November, talk with your trusted health advisor.

One of the first few things your health advisor will need to know to help develop a plan is how often you check your blood pressure and if you keep a log. Other key points to discuss with them during your appointment, like salt intake and prescribed medications can be found here. A health plan to improve your blood pressure could mean taking action in the following areas:

[Modification | Recommendation | Approximate SBP Reduction Range]

[Weight reduction / Maintain normal body weight (BMI=18.5-24.9 kg/m) / 5 mm Hg]

[DASH eating plan / Diet rich in fruits, vegetables, low fat dairy and reduced in fat / 11 mm Hg]

[Restrict sodium intake / <1500 mg of sodium per day / 5-6 mm Hg]

[Physical activity / Be more physically active. Aim for at least 90 to 150 minutes of aerobic exercise per week. / 5-8 mm Hg]

[Moderation of alcohol consumption / No more than 2 drinks/day for men and 1 drink/day for women / 4 mm Hg]

The best way to tackle high blood pressure is to take control and regularly check in with your trusted health advisor. Don't be shy. Share your experiences about what's working and what's not. They can help you along the way. Learn more and don't forget to schedule an appointment with your health care provider today.

Keep your mind, body, and spirit healthy. This Native American Heritage Month, get checked to stay balanced.

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