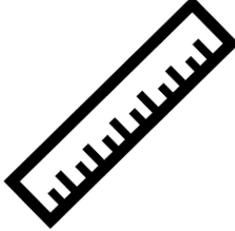


3a) Home BP Cuff Instruction

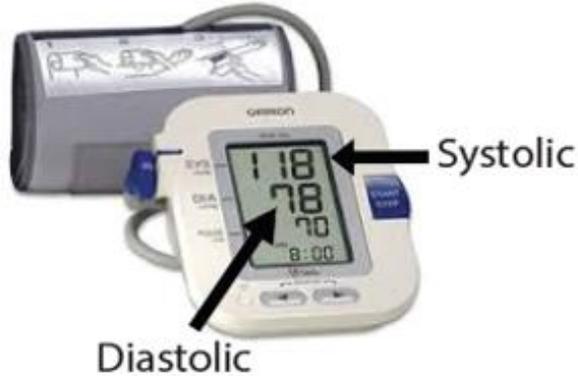
My Blood Pressure Goal:

SBP LOWER THAN

DBP LOWER THAN

 <p>In front of a table with back and leg support</p>	 <p>Sit quietly for 5 minutes</p>	 <p>Repeat if high, after 3-5 minutes</p>
 <p>Check in AM and PM</p>	 <p>Check the same arm each time</p>	 <p>Measure arm size for correct cuff size and placement</p>
 <p>Measure on bare arm Avoid tight clothing</p>	 <p>Do not talk while measuring</p>	 <p>Do not measure immediately after coffee, smoking, or with a full bladder, or in pain</p>
	<p>Call the clinic when blood pressure is higher than 180/110 after repeated checks</p> <hr/> <p>Bring your home blood pressure machine to your next visit. Our staff can check your machine's accuracy, and teach you how to use your machine correctly. <u>Share your home blood pressure readings by bringing them to your next clinic visit</u></p>	

Your Hypertension Worksheet



What is blood pressure?

- **Blood pressure** is a measure of how hard your heart is working to pump blood
- **Systolic** (Sys) – pressure when your heart squeezes
- **Diastolic** (Dia) – pressure when your heart relaxes

Date: _____

Your Blood Pressure Today: _____/_____

Your Target Blood Pressure is **below**: 140/90 or _____

Your Health Coach/RN: _____

Your Next Blood Pressure

Check Appointment: _____



- Please take your Blood Pressure medication on the day of your appointment
- We may change your medication at the visit; please bring all your current medications with you
- Please bring your Blood Pressure Cuff, Machine, and Log

3d) HTN Action Plan

My action plan to improve my high blood pressure (pick one, and be specific)
When, how much, and how often? How confident are you (1-10)?

Date: _____

	<p>Increase physical activity <i>(e.g., walking for 10 minutes Mon, Wed, Fri after breakfast, confidence 8)</i></p>	<p>Very Confident</p>
	<p>Take my medications</p>	<p>10</p>
	<p>Lower salt in food</p>	<p>10</p>
	<p>Improve my food choices</p>	<p>10</p>
	<p>Check my home blood pressure</p>	<p>10</p>
	<p>Reduce stress</p>	<p>10</p>
	<p>Cut down on smoking</p>	<p>0 Not Sure</p>
	<p>Your own idea</p>	<p></p>

Notes

Images obtained on the internet using Google Image search

Lowering Your Blood Pressure with Healthy Foods!

Choose MORE of These!

examples below

Whole Grains:

- Whole grain bread, cereal, pasta, etc.
- Oatmeal
- Brown or wild rice
- Corn



Fruits (fresh, frozen, or unsweetened dried):

- Oranges, apples, dates, bananas, raisins, prunes, apricots, mango, melons, peaches



Vegetables (fresh or frozen):

- Tomatoes, broccoli, bell pepper, zucchini, spinach, cauliflower, greens, mushrooms, sweet potatoes, squash, Brussels sprouts, cabbage, string beans, plantains, potatoes



Nonfat or low fat milk or milk products:

- Nonfat or low fat (1%) milk or yogurt
- Low fat cheese with no salt added
- Unsweetened milk alternatives (soy, almond, etc.)



Nuts, Seeds, and Beans (*plant proteins*)

- Unsalted peanuts, almonds, walnut, pistachios, cashews
- Unsalted sunflower seeds, pumpkin seeds, flax seeds, chia seeds
- Beans/peas: Pinto beans, split peas, black beans, lentils chickpeas



Choose SOME of These!

Good sources of protein (6 oz. or less per day):

- Fish
- Chicken or turkey (no skin)
- Eggs or egg whites
- Baked or roasted beef and pork



Healthy fats (use in small amounts):

- Olive Oil or Canola Oil
- Soft (tub) margarine from canola or corn oil
- Avocado



Choose Fewer of These!

High salt foods: bacon, sausage, ham, canned foods, frozen dinners, processed cheese, lunch meats

Did you know? *More than 75% of the sodium we eat comes from processed, prepackaged, and restaurant foods!*

High salt seasonings: salt, soy sauce, teriyaki sauce, fish sauce, oyster sauce, BBQ sauce, bouillon, lemon pepper

Alcohol: no more than 1-2 drinks (12oz beer or 5oz wine) in a day

Desserts, sweets, sweetened drinks:

- Candy, pie, cookies, cake, ice cream, pastries
- Soda, juice, sweet tea, sports drinks, lemonade

Fried food:

- Chips, donuts, pork rinds, instant noodle soup

The more vegetables, fruits, and whole grains you eat, the healthier your ♥ will be.

If you have trouble getting healthy food, ask your clinic nurse or provider.

3e) DASH Diet Handout (*continued*)

Lowering Your Blood Pressure with Healthy Foods: How Much?

Whole Grains: 6 servings per day

- **What's a serving**
 - 1 slice wheat bread; ½ cup cooked whole grain rice, pasta, corn, quinoa, or cereal; 1 ounce dry cereal (varies ½ - 1 cup), 3 cups popcorn, 1 small (about 6-inch) tortilla
- **Your portion may be more than one "serving"**
 - 1 cup of brown rice is 2 servings
 - 1 large (12-inch) tortilla is about 4 servings
 - 1 large bagel is about 4 servings

Fruits: 4 servings per day

- **What's a serving**
 - 1 medium fruit; ¼ cup dried fruit; ½ cup fresh, frozen, or canned fruit
- **Your portion may be more than one "serving"**
 - 1 large (12-inch) banana is about 2 servings

Vegetables: 4-5 servings per day

- **What's a serving**
 - 1 cup raw leafy vegetables; ½ cup raw or cooked vegetables
- **Your portion may be more than one "serving"**
 - An entrée-size green salad is 2-3 servings

Nonfat /low fat milk products: 2-3 servings/day

- **What's a serving**
 - 1 cup milk or yogurt
 - 1 ½ ounces of low fat cheese
- **Your portion may not be one "serving"**
 - Some individual yogurt cups are ¾ cup
 - A slice of cheese is usually about 1 ounce

Nuts, Seeds, and Beans: up to 1 serving/day average

- **What's a serving**
 - 1/3 cup nuts
 - 2 Tbsp. peanut butter/nut butter
 - 2 Tbsp. seeds
 - ½ cup cooked legumes (beans, lentils, peas)

Healthy Fats: 2-3 servings/day

- **What's a serving**
 - 1 tsp oil (olive, canola, sunflower, soy, etc.)
 - 1 tsp tub margarine or regular mayo
 - 1 Tbsp. light mayonnaise
 - 2 Tbsp. salad dressing

KNOW YOUR RISK!

Take this self-test to find out if you are at risk for heart disease.

The following things can put you at risk for heart disease.
Check all your risk factors that apply and follow up with your doctor:

- | | |
|---|-----------------------------------|
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> High cholesterol | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> Chronic kidney disease | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> Family history (father or brother with heart disease before age 55 or mother or sister with heart disease before age 65) | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> Cigarette smoking | |
| <input type="checkbox"/> Age (older than 45 for men, over 55 for women) | |
| <input type="checkbox"/> Being overweight | |
| <input type="checkbox"/> Lack of physical activity | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> Unhealthy diet | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> Depression, stress, mental health conditions | <input type="checkbox"/> Not sure |

STEPS TO Prevent Heart Disease At All Ages



HEALTHY LIFESTYLE AND PHYSICAL ACTIVITY RESOURCES

Community Wellness Center at Zuckerberg
San Francisco General Hospital (ZSFG)
(415) 206-4995

American Heart Association
<http://heart.org/healthyliving>

For FREE physical activities, go to
<http://sfrecpark.org/recreation-community-services/rec-programs/>

Heart disease is a serious health problem. Family history and habits can make you more likely to develop heart disease.

Most people do not know that they might be at risk for heart disease, even though it is the number one killer of Americans. Nearly 44% of African American men and 48% of African American women have some form of heart disease, which includes heart attack and stroke.

The good news is that you can take steps now to lower your risk of heart disease. Lowering your blood pressure, blood sugar, and cholesterol can decrease your chances of a heart attack and stroke. Heart healthy changes are good for your whole body. **Turn the page for ideas!**

Write the name and phone of your healthcare provider here:



POPULATION HEALTH DIVISION
SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH
COMMUNITY HEALTH EQUITY & PROMOTION



San Francisco Health Network

SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH

Produced by 510media

Sources: 1) National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services. 2) Mozaffarian D, Benjamin EJ, Go AS, et al. Heart Disease and Stroke Statistics—2015 update: A report from the American Heart Association. *Circulation*. 2015; 131(4):e29-322. | August 2016



KNOW YOUR RISK!

Take the **self-test** on the back of this booklet to find out if you are at risk for heart disease.



THINGS YOU CAN DO TO IMPROVE YOUR BLOOD PRESSURE

If you already have high blood pressure, take your medications as agreed upon with your doctor. **Check all your goals that apply:**

- 1. How can I reach and maintain a healthy weight?**
 - Set a healthy weight goal for yourself.
 - Drink water. Try to avoid soda and juice with added sugars.
 - Eat smaller portions. Eat healthy foods and snacks.
- 2. How can I get a least 30 minutes of physical activity each day?**
 - Walk with family, friends, or neighbors.
 - Take the stairs instead of elevator.
 - Make time to exercise in addition to your usual activity.
- 3. How can I eat less salt and saturated fat?**
 - Minimize pre-prepared and processed food.
 - Cook and prepare your own food as often as you can.
 - Use herbs and spices while cooking and less salt.
 - Try to avoid frying food.
- 4. How can I eat heart healthy foods every day?**
 - Eat more fresh fruits, vegetables, and whole grains.
 - Buy fresh, frozen, or no-salt-added canned vegetables and sauces.
- 5. How can I reduce stress in my life?**
 - Try deep breathing. It can help you relax and lower your stress level.
 - Think about the positive aspects of your life.
 - Talk to friends and family.
- 6. How can I limit alcohol and enjoy living smoke-free?**
 - Talk to your doctor about cutting back or quitting.
 - Try to avoid places or situations that may trigger you to drink or smoke.
- 7. How do these goals affect my blood pressure numbers?**
 - Check your blood pressure at home, as agreed upon with your doctor.
 - Pay attention to the influence that physical activity, diet, and stress have on your blood pressure.



CHECKING YOUR BLOOD PRESSURE AT HOME

My blood pressure goal (If you don't know, ask your doctor):

My heart healthy goal for this month is:

KNOW YOUR RISK!

High blood pressure is called the “silent killer”. It can have no warning signs or symptoms and leads to heart attack and stroke.

HEART ATTACK SYMPTOMS

- Crushing or squeezing chest pain
- Back, neck, or left arm pain
- Weakness
- Shortness of breath
- Sick to the stomach or stomach pain

STROKE SYMPTOMS

- Face drooping or numbness
- Arm or leg weakness or numbness
- Trouble talking
- Confusion
- Balance problems
- Severe headache

IF YOU FEEL ANY OF THESE SYMPTOMS, CALL 911 IMMEDIATELY