

PANHANDLE PATH TO HEALTHY LIVING

June 2022



High Blood Pressure Awareness

Blood pressure is a term we hear at our doctor's office but understanding what it is and how it affects us can go far beyond those walls. According to the Center for Disease Control, blood pressure is defined as "the pressure of blood pushing against the walls of your arteries. Arteries carry blood from your heart to other parts of your body." The primary way that high blood pressure, or hypertension 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 which can lead to health concerns such as stroke, heart failure, kidney disease and more.

Nearly one in every two American adults has high blood pressure and only about a fourth of individuals with high blood pressure have their condition under control. This makes it extremely important that we spread awareness and educate ourselves on how to stay healthy!

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UNDERSTANDING THE NUMBERS

Blood pressure is measured by two numbers; Systolic and Diastolic blood pressures. Systolic blood pressure identifies the blood pressure measured in the arteries when the heart beats. Diastolic blood pressure identifies the blood pressure that is measured in between heart beats when the arteries are at rest. An example of how these numbers are read is systolic blood pressure over diastolic blood pressure, for example 117/79 could be read as a blood pressure of 117 over 79.

National High Blood Pressure Awareness Month

What do your blood pressure numbers mean?

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

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heart.org/bplevels



HEALTHY LIFESTYLE

TO MANAGE YOUR HEALTH

There are steps that individuals can take in order to help prevent or reduce our risk of high blood pressure.



**EAT A HEALTHY
DIET**



**MAINTAIN A
HEALTHY WEIGHT**



**BE PHYSICALLY
ACTIVE**



DO NOT SMOKE



**LIMIT ALCOHOL
INTAKE**



**GET ENOUGH
SLEEP**

For previously diagnosed individuals with high blood pressure, it is important to continue managing their condition to reduce their risk of further health issues. These individuals can work on managing their high blood pressure by making healthy lifestyle modifications such as exercising and incorporating a healthy eating pattern, measuring their blood pressure on a regular basis, managing other conditions such as diabetes, taking medications as prescribed, and working with their health care team to create a treatment plan which best fits them.

TEXAS A&M
AGRI LIFE
EXTENSION

Freezer Meal Workshop

JUNE 17TH 5:30-7:30PM

COST - \$15 INCLUDES 2 FREEZER MEALS
each meal serves four

RSVP TO 806 468 5543
by June 15th

RANDALL COUNTY EXTENSION
OFFICE
200 N. BROWN RD.

This Month: You bring a protein, we provide the rest!



Meal 1: Chicken Bacon Ranch - 1 lb Chicken Breast

Meal 2: French Onion Smothered Pork Chops - 4 Pork Chops

RSVP SOON!

Class is limited to the first 20 participants

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity.



FOOD HANDLERS *Class*

When & Where

June 16th, 2022 9-11am
Registration begins at 8:am

Randall County AgriLife Extension Office
200 N. Brown Rd. Canyon TX 79015

Registration

Cost \$20, Pay at the Door
Call 806-468-5543
By April 15th to Register

About the Course

This course is required for all food service employees to help promote the service of safe food. This class is a basic overview of safety practices such as personal hygiene, cross contamination, time and temperature control and more.



Accredited by Texas Department of State Health Services.

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AGRI LIFE
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Chelsey Rash

Randall County

200 N. Brown Rd

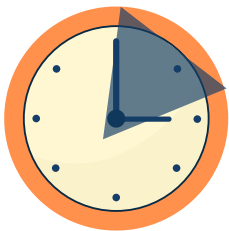
P. 806.468.5543

“Panhandle Path to Healthy Living” is a Family Community Health Information resource for area families in the Texas Panhandle Counties. The newsletter is published monthly. Readers are encouraged to read the newsletter and then pass it on. Any information may be reproduced for education purposes in any form and credit cited appropriately.

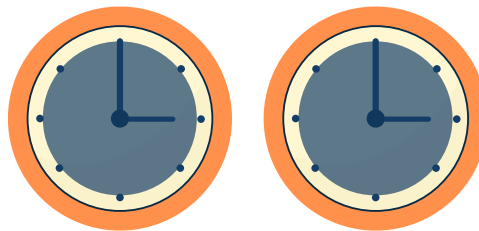
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SUN SAFETY

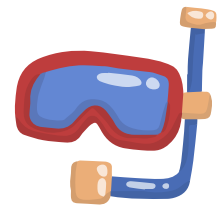
WHEN TO APPLY SUNSCREEN



**AT LEAST 20
MINUTES BEFORE
BEING IN THE SUN**



**REAPPLY EVERY
TWO HOURS**



**AFTER SWIMMING
OR SWEATING**