



May is National High Blood Pressure Awareness Month



BATHROOM BANTER

May 2016 (210) 207-WELL wellness@sanantonio.gov



May Education Sessions

“Understanding Blood Pressure”

- Identify risk factors for developing high blood pressure
- The health effects of high blood pressure on the human body
- Modifiable lifestyle changes that reduce the risk of high blood pressure
- Best practices when taking blood pressure at home

5/11, 11:30am-12:30pm

Riverview Towers, Habanero Room
Presented by UHC Health Coach, Jenny Cavazos

5/19, 3:15pm-4:00pm

Pre-K 4 SA North Education Center, Training Room #2
Presented by UHC Health Coach, James Williamson

5/26, 7:15am-8:00am

Southeast Service Center, Building 3 TCI Crew Quarters
Presented by UHC Health Coach, Rene Urteaga

According to the U.S. Department of Health and Human Services 9 out of 10 Americans eat more sodium (salt) than they need. Too much sodium increases your risk for health problems like high blood pressure. Use these tips to help lower the amount of sodium in your diet.

1. Know your sodium limit— People with high blood pressure need to limit their sodium intake to 1,500 mg per day, the AHA recommendation.



2. Check the label—

Use the nutrition facts label to check the amount of sodium in foods. Try to choose products with 5% or less daily value. Sodium content of 20% DV or more is high.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container about 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%

3. Shop for low sodium foods — Look for foods labeled reduced sodium and load up on vegetables, fruits, beans, and peas.



4. Limit Processed foods — 75% of the sodium in the average American diet comes from salt added to processed foods. Among others, sodium shows up in canned soups, salad dressing, hot dogs, and deli meats.

5. Prepare meals with less sodium — rinse canned foods before eating or cooking, use unsalted margin, don't add salt to the water when cooking pasta, or try herbs and spices instead of salt.

6. Don't eat out or get less salt when you do — Ask that salt not be added to your food and choose low sodium options when you can such as dishes that are steamed, broiled or grilled.

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

*Courtesy of the American Heart Association

Did you know? As a City employee you have free access to 12 health stations located at various City locations. This resource provides employees a way to check blood pressure, heart rate, weight BMI, and allows for glucometer uploads.

For a full listing of Health Station locations please visit the employee wellness website at sanantonio.gov/wellness



Heart360® is an easy-to-use web based tool which helps you understand and track the factors that affect your heart health - including blood pressure, physical activity, cholesterol, glucose, weight and medications.

Heart360® safely and securely stores your information in Microsoft® HealthVault™. Sign up at heart360.org today to manage your heart health!