

LIVE IT NC

Live a healthier life.



A few opportunities our regional grant can offer around High Blood Pressure with you and your community!
Scroll down please....

Blood Pressure Monitoring Station

Applicable to worksites, churches, and other public places like libraries, senior centers.

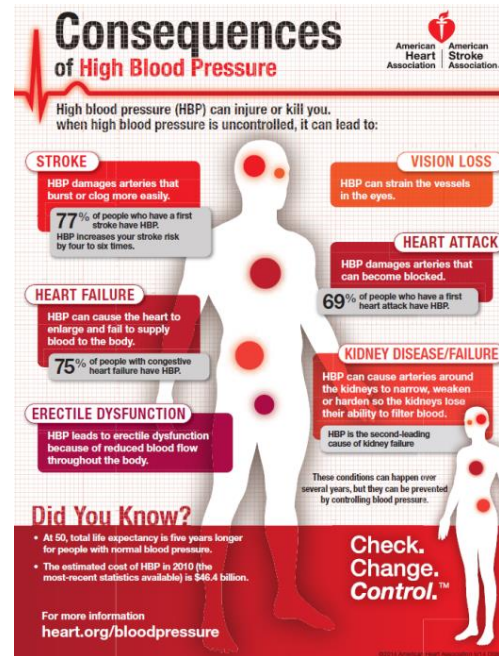


<http://startwithyourheart.com/bloodpressurestation/>

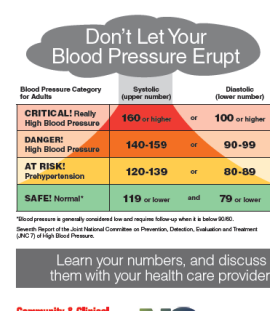
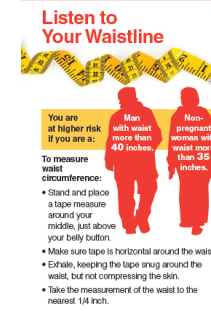
Self-Measured Blood Pressure Monitoring Policy for Worksites or Churches

We can provide:

- Draft policy and guidance
- Self-Measured Blood Pressure Monitoring Protocol
- List of validated BP monitors for purchase
- Hand out on “Steps To Measuring Your Blood Pressure”
- Poster demonstrating correct position for taking BP readings
- One-pager on creating Heart360 account
- Walking resources http://workwellinc.com/scorecard-physical_activity.php
- Brochure on Mediterranean diet
- One-pager on Sodium reduction



Don't Miss the Signals	Fasting Blood Sugar (Glucose)	A1c Level
Diabetes	126 or higher	6.5 or higher
Pre-diabetes	101-125	5.7-6.4
Normal	100 or lower	5.6 or lower



For more information contact:

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Prevention Grant

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