

# May Health Highlight of the Month

## High Blood Pressure in African Americans

BROUGHT TO YOU BY: ASHEVILLE BUNCOMBE INSTITUTE OF  
PARITY ACHIEVEMENT (ABIPA) PACE PROGRAM



According to American Heart Association:

**More than 40 percent of African Americans have high blood pressure.**

**28 percent of people with high blood pressure don't know they have it.**

### Am I at risk?

- If you're an adult and your blood pressure is 140/90 mm Hg or above, you have hypertension and are at higher risk for heart disease, stroke and other medical problems.
- In most cases high blood pressure has no symptoms, so if you haven't had it checked in a while, please come by our office and we can provide that service to you.

### Uncontrollable risk factors

- **Race**– African Americans develop high blood pressure more often than whites.
- **Heredity**- If your parents or other close relatives have high blood pressure, you're more likely to develop it.
- **Age**– In general, the older you get, the greater your chance of developing high blood pressure. It occurs most often between the age 35 and 55. Women are more likely to develop it after menopause.

### How can you lower your risk?

- **Reduce your waist measurement** – If you are a woman your waist measurement should not be more 35 inches; if you are a man your waist measurement should not be greater than 40 inches. These measurements should be taken at the belly button level.
- **Reduce your weight**- Being 15-20 pounds over recommended weight can also place you at risk.
- **Eat less salt**– A high sodium intake increases blood pressure in some people.
- **Drink less**- Heavy and regular use of alcohol can increase blood pressure drastically.
- **Get more exercise** - An inactive lifestyle makes it easier to become overweight and increase the chance of high blood pressure.
- **Reduce your stress** – Stress can be a risk factor, but stress levels are hard to measure, and responses to stress vary from person to person.



May 2008

**May Activities**  
ongoing at PACE  
*Diabetes, Breast and Prostate Cancer Pre-Screenings*

**Walking Club**  
*5:30-6:30 pm every Tuesday & Thursday*

**Free Blood Pressure Checks** - ongoing

**Weight Watchers**  
*Every Wednesday Weigh In at 5 pm Class at 5:30 pm*

**Off Site Activities**  
*Ladies Night Out May 1st*

### **Health Info Session**

*Altamont Apartments May 19 3 pm—4 pm*

**Bible Study & Healthy Cooking**  
*Coming to a church near you! Call for details!*

### **Upcoming Activities**

**"The Gift"**  
**Prostate Screening Rally**  
**Friday, May 15, 2008**  
**6 pm - 8 pm**  
**YMI Culture Center**  
**39 South Market Street**

**"The Gift"**  
**Prostate Screening**  
**Sat. June 14, 2008 at**  
**8 am– 11 am**  
**WC Reid Center for Creative Arts**  
**133 Livingston Street**

*For more information please contact the PACE office at*  
**70 South Market St.**  
**Asheville NC 28801**  
**(828) 251-8364**

## Ladies Night Out

First Thursday of Each Month

Offering **FREE** physicals, mammograms, and health education for qualifying uninsured or underinsured women. Transportation provided, free childcare, refreshments, mammograms, blood pressure checks, cholesterol screenings, and pap smears

Call ABIPA at (828) 251-8364 or 250-6119

Sponsored by Mission Hospitals, Asheville Radiology Breast Center, Buncombe County Health Center, Asheville Buncombe Institute of Parity Achievement, Housing Authority of Asheville, and YWCA.