



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**1 IN 3** AMERICAN ADULTS  
HAVE HIGH BLOOD PRESSURE

Only about  $\frac{1}{2}$  of people have  
their condition under control



# TAKE ACTION TO IMPROVE HEART HEALTH

Blood Pressure Self-Monitoring  
Program YMCA OF ALASKA

The simple process of checking and recording your blood pressure at least twice a month over a period of four months has been shown to lower blood pressure in some people with hypertension.

Blood Pressure Self-Monitoring is an evidence-based program that features personalized support for developing a blood pressure self-monitoring routine, tips for maintaining cardiovascular health and nutrition education.

To see if you qualify or for additional information, contact:

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