

Healthy Hearts, Healthy Communities

2022 Fact Sheet

About National Women's Blood Pressure Awareness Week

National Women's Blood Pressure Awareness Week is a weeklong observance led by the U.S. Department of Health and Human Services Office on Women's Health. The observance, which will take place October 16-22, 2022, will highlight the importance of blood pressure control and monitoring, with an emphasis on resources women can use in their own communities to maintain a healthy blood pressure and improve their overall heart health. In this Fact Sheet, we have included a few ideas on how you can help us get the word out about this year's theme – **"Healthy Hearts, Healthy Communities!"** – and how you can showcase the resources available right in your community to combat high blood pressure.

Why Focus on Connecting Women to Community Resources?

Connecting women with the latest information, evidence, and research on how to measure and control their blood pressure is more important than ever. The reason? A recent **survey** shows most women do not recognize that heart disease is their number one health threat. In addition, some heart disease risk factors and **symptoms** differ between women and men, which may complicate diagnosis.

During NWBPBW, we encourage women – that means you! – to connect with people and resources in your local community for support. **Nearly half of U.S. adults have high blood pressure**, meaning it's likely you or someone



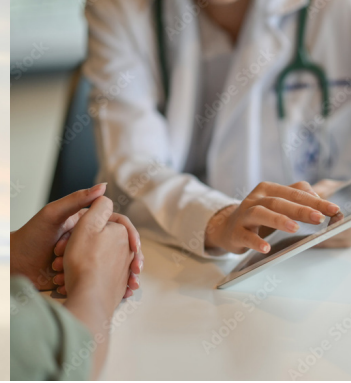
you love has the condition. **Now is the time to explore what your local community offers in terms of free support – from measuring blood pressure to developing a plan to achieve blood pressure control.**

New This Year! National Women's Blood Pressure Awareness Week Summit

OWH is hosting a national virtual summit - **Hypertension Innovation for Healthier Communities**. The one-day event will focus on innovative approaches to prevent and treat hypertension. Participants will include: patients who have benefited from innovative approaches in hypertension care and treatment; subject matter experts; Phase 1 awardees of the HHS Hypertension Innovator Award Competition; and a representative of OWH's Self-Measured Blood Pressure Program (SMBP), who will share experiences and lessons learned.

During the summit, we will seek input from all attendees on a variety of topics, including bridging practice gaps in delivering telehealth, increasing health equity, and addressing hypertension in pregnancy and/or postpartum. The summit is open to the public, so join us! For more information on how to register to attend, please visit: **<https://www.womenshealth.gov/hypertensionsummit>**.

Visit [womenshealth.gov/nwbpaw](https://www.womenshealth.gov/nwbpaw) for resources and more information to help you improve your heart health.



Community Resources in Your Own Backyard!

- Make an appointment to see your healthcare provider for a wellness visit.
- If you do not have a healthcare provider, visit a community health center for free or low cost services.
- Connect with your local health department for heart disease prevention programs.
- Check your blood pressure at kiosks located in fire stations, pharmacies, grocery stores, and many other businesses.

Daily Themes for the Week

Learn more about this year's focus areas (listed below) by visiting: <https://www.womenshealth.gov/nwbpaw>

- » **Sunday: BP Bootcamp –**
A Crash Course in Knowing Your Numbers
- » **Monday: Don't Go It Alone –**
Hypertension Resources in Your Community
- » **Tuesday: Destress for BP Success**
- » **Wednesday: Blood Pressure Control: Solutions from the Community**
- » **Thursday: Bridging Disparities in the Rates of Hypertension**
- » **Friday: Spotlight on Nutrition**
- » **Saturday: Work It Out –**
Coming Together in Your Community for Fun and Fitness

How can YOU participate in NWBPAAW?

- ☑ Promote it on your social media, e-newsletter, blog, etc.
- ☑ Share information with your friends and family and encourage through their channels.
- ☑ Host a community event!

Sample Messages

- » Join [@womenshealth](#) on October 19 at 12 PM EST for **National Women's Blood Pressure Awareness Week Summit: Hypertension Innovation for Healthier Communities** to learn about current innovative practices in hypertension care. Register here <https://bit.ly/3dkpxnh> [#NWBPAAW](#)
- » This week is National Women's Blood Pressure Awareness Week. Click here to read about high blood pressure and changes you can make to manage high blood pressure. <https://bit.ly/2nXvkCd> [#NWBPAAW](#)
- » Do you know what your blood pressure reading means? Click here to learn how to read your blood pressure numbers. <https://bit.ly/3fzcU8Q> [#NWBPAAW](#)
- » DYK you can measure your blood pressure at home. Click here to learn more. <https://bit.ly/3BL9MPS> [#NWBPAAW](#)
- » High blood pressure occurs in every 12 pregnancies among women ages 20-44. Click here to read ways to manage high blood pressure before, during and after pregnancy. <https://bit.ly/3eW7unG> [#NWBPAAW](#)
- » Physical activity is important for heart health. Click here for ways to stay active on busy days. <https://bit.ly/3dfyoXt> [#NWBPAAW](#)

Thank you for celebrating National Women's Blood Pressure Awareness Week with us!



Office on Women's Health

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