

## **Another Weekly Update from 'H' and 'J'...**



## **Healthy Weight, Healthy Blood Pressure**

### **World Hypertension Day – May 17<sup>th</sup>**

**World Hypertension Day** has been established to highlight the preventable stroke, heart and kidney diseases caused by high blood pressure and to inform the public on prevention, detection and treatment. Each year, **May 17<sup>th</sup>** is designated World Hypertension Day.

Hypertension is most commonly known as **high blood pressure** and affects about 1 in 4 men and women. Hypertension is the biggest risk factor for heart disease, stroke, kidney disease and diabetes. Being overweight can lead to hypertension so paying attention to your weight can ultimately create better overall health.



#### **What action can I take?**

- **Check your waist** – pay attention to your weight
- **Eat green** – increase your fruit & veg intake
- **Exercise** – be physically active
- **Cut salt** – reduce your salt intake as much as possible

Go to [www.worldhypertensionleague.org](http://www.worldhypertensionleague.org) for more information.

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