

Lesson 1:

Know Your Numbers

Participants will learn the dangers of high blood pressure and the categories of blood pressure.

Learning Objectives

By the end of the lesson, participants should:

1. Understand why high blood pressure is called the silent killer
2. Recognize the effects of high blood pressure on the body
3. Identify the categories of high blood pressure

Suggested Activities

Introduction

- Explain that two out of three adults over the age of 65 have high blood pressure.
- Explain that more than 90% of individuals age 55 years or older who never had high blood pressure, will develop it if efforts to prevent it are not made.
- Explain what blood pressure is and the risk factors for high blood pressure. (See coach resource: An Introduction to High Blood Pressure, page 1.)

Learning Objective 1

- Describe that high blood pressure is sometimes referred to as the “silent killer” because it often has no warning signs and symptoms, and people do not know they have it. (See coach resource: An Introduction to High Blood Pressure—What Are the Signs or Symptoms of High Blood Pressure?, page 1.)
- Provide time for the group to discuss this learning objective.

Learning Objective 2

- Talk about the effects of high blood pressure on various organs. (See coach resource: An Introduction to High Blood Pressure—What Are the Effects of High Blood Pressure?, page 2.)
- Share the handout: Consequences of High Blood Pressure.
- Provide time for the group to discuss this learning objective.

Learning Objective 3

- Explain what blood pressure numbers mean, describe the categories of blood pressure and encourage participants to know their numbers. (See coach resource: An Introduction to High Blood Pressure—What Do the Blood Pressure Numbers Mean?, page 3.)
- Share the participant handout: Don't Let Your Blood Pressure Erupt.
- Provide time for the group to discuss this learning objective.

Homework

Talk to your family about what you learned in class and encourage them to find out their blood pressure.

Resources

Coach resources:

- An Introduction to High Blood Pressure
- Consequences of High Blood Pressure

Additional coach resources:

- What Is High Blood Pressure?: Web Resource for videos
- High Blood Pressure Learning Center
- Check. Change. Control. Tracker (CCC Tracker)

Participant resources:

- Don't Let Your Blood Pressure Erupt
- High Blood Pressure Brochure

Additional participant resources:

- Check. Change. Control. Tracker (CCC Tracker)

All resources can be found online at startwithyourheart.com/knowitcontrolit/coach.
Username: **coach**
Password: **knowitco@ch**

Participants can access these resources directly at startwithyourheart.com/knowitcontrolit.