

Prevent and Control America's High Blood Pressure: Mission Possible

Partner with us to create a healthier America

Real possibilities for America's teachers and educators

Help your students and their families be healthier, more energetic and ready to learn! Join the National High Blood Pressure Education Program at the National Institutes of Health and 46 other national organizations in the fight to prevent and control high blood pressure.

We have created "Mission Possible" to mobilize all Americans to reduce the more than 1 million heart attacks, strokes, and kidney failure cases caused annually by high blood pressure. With your help, this Mission is Possible.



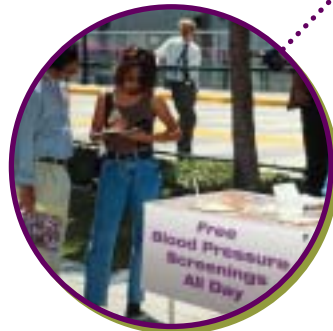
Encourage Healthy Living Among Students:

Incorporate high blood pressure education in health classes—have students evaluate and improve their family's eating and physical activity habits to encourage heart healthy lifestyles.



Promote Healthy Eating:

Work with cafeteria registered dietitians to promote healthy eating and nutritious options. Make sure vending machines stock healthy choices.



Bolster Sporting Events with Health Promotions:

Create health education events at school football and basketball games to include high blood pressure prevention and control.



Be a Role Model:

Demonstrate and reinforce the benefits of healthy eating and regular physical activity as a way of life.



Engage Parents:

Help parents build healthier, more energetic families by including blood pressure awareness in PTA health programs and home mailings.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health
National Heart, Lung, and Blood Institute



National High Blood Pressure Education Program