We have several new Blood Pressure Monitors available at your site to check your Blood Pressure (BP). We would like for you to check and record your BP anytime you do an activity. Please record your name, date and your BP reading and put in the box labeled BP Readings.

Normal Blood Pressure Goal is less than 120/80*

*Recommended by the American Heart Association
CHECK. CHANGE. CONTROL

Knowing your blood pressure numbers is key to a longer, healthier life.

Enjoy your best life

Improve your heart health

Track your blood pressure & set up text reminders

<table>
<thead>
<tr>
<th>BLOOD PRESSURE CATEGORY</th>
<th>SYSTOLIC mm Hg (upper number)</th>
<th>DIASTOLIC mm Hg (lower number)</th>
</tr>
</thead>
<tbody>
<tr>
<td>NORMAL</td>
<td>LESS THAN 120 and</td>
<td>LESS THAN 80</td>
</tr>
<tr>
<td>ELEVATED</td>
<td>120 – 129</td>
<td>LESS THAN 80</td>
</tr>
<tr>
<td>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1</td>
<td>130 – 139</td>
<td>or 80 – 89</td>
</tr>
<tr>
<td>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2</td>
<td>140 OR HIGHER</td>
<td>or 90 OR HIGHER</td>
</tr>
<tr>
<td>HYPERTENSIVE CRISIS (consult your doctor immediately)</td>
<td>HIGHER THAN 180 and/or</td>
<td>HIGHER THAN 120</td>
</tr>
</tbody>
</table>
Introducing the Heart4Change Partners

Hello! My name is Debbie Messenger. I started with the UK Cooperative Extension Service in September 2008 as the Cumberland County Extension Agent for Family and Consumer Sciences. I have been married to Emory for 25 years and we have 2 children: Billy (18) who will be attending WKU this fall and Carl (14) who is a sophomore at Cumberland County High. One of my favorite things to do in my down time is to cheer for my boys at the baseball field. I love being a Baseball Mom!

Hi, My name is Lori Davis and I am a registered nurse with Lake Cumberland District Health Department in the Wellness, Outreach and Education Department. I have been a nurse for 19 years. I am a certified CPR instructor as well as trained in Gentle Yoga. I reside in Green County with my husband of 30 years. We have 2 children and 3 granddaughters.

When I am away from work, I enjoy spending time on the water, in the garden or with my grandbabies!
What’s Next?

COOKING MATTERS COOKING CLASSES
Includes a Grocery Store Tour and $10 gift card

CPR & First Aid Classes

Freedom from Smoking
7-week Tobacco Cessation classes
For ALL forms of tobacco!

Lake Cumberland District Health Department
A Healthy Today for a Brighter Tomorrow