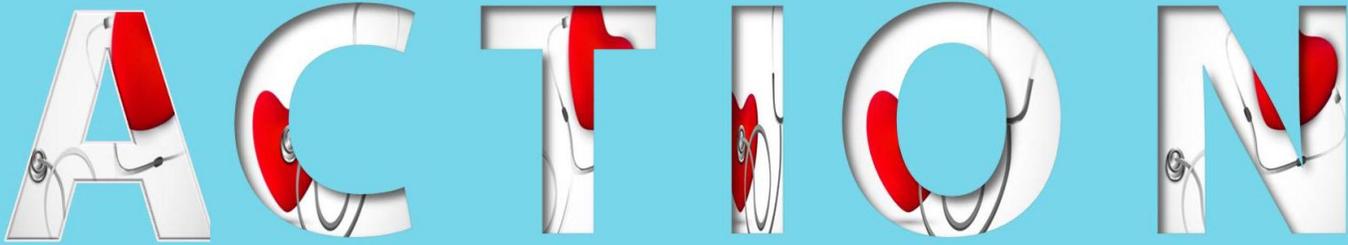


May 7, 2015

West Virginia Day of



The West Virginia Bureau for Public Health joins the Measure Up/Pressure Down® National Day of Action during High Blood Pressure Education Month

West Virginia joins national efforts to increase high blood pressure education.

May is National High Blood Pressure Education Month, and West Virginia's 2015 Day of Action (in conjunction with the **Measure Up/Pressure Down® National Day of Action**) is May 7.

The West Virginia Bureau for Public Health, Division of Health Promotion and Chronic Disease would like to invite providers, employers and community members across the state to take at least one "action" in their community or personally to raise awareness of high blood pressure.

Use these links and **TAKE ACTION!**

[List of Actions: Low, medium, high levels of effort](#)

[High Blood Pressure Resources for Providers](#)

[High Blood Pressure CE/CMEs for Clinicians](#)

[Six Steps to Control Your Blood Pressure](#)

[Know Your Numbers for Community Members](#)

[Visit our site for more information](#)

We hope the information provided will be helpful in your efforts toward blood pressure control. If you decide to participate in some way, **please let us know**. We will compile West Virginia's efforts and be highlighted on the Measure Up/Pressure Down® website!

The West Virginia Bureau for Public Health, Division of Health Promotion and Chronic Disease is here to assist you. Please contact Debbie.I.hennen@wv.gov or call 304-356-4193 for more information about controlling blood pressure in West Virginia.

Healthy People, Healthy Places