



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR IMMEDIATE RELEASE
YMCA of Metropolitan Milwaukee
(414) 313-9622

YMCA of Metropolitan Milwaukee Encourages Community to Improve Your Health During American Heart Month

MILWAUKEE – (February 14, 2019) - February is American Heart Month and as a leading nonprofit dedicated to improving the nation's health, the YMCA of Metropolitan Milwaukee urges everyone in our community to help prevent heart disease by lowering your blood pressure with the help of the Y's new Blood Pressure Self-Monitoring program.

According to the American Heart Association, 32.6 percent—about 80 million adults—have high blood pressure and less than half have it under control. Having uncontrolled high blood pressure is one of the biggest risk factors for heart disease and other harmful conditions, such as stroke. High blood is often referred to as “The Silent Killer” because there are typically no warning signs or symptoms.

Research shows that the simple process of checking and recording your blood pressure at least twice a month over a four-month period, along with regular physical activity, proper nutrition and reducing sodium intake, may lower blood pressure in people with high blood pressure.

The Y's Blood Pressure Self-Monitoring program is an evidence-based program that helps adults with hypertension lower and manage their blood pressure. The program focuses on regular monitoring of one's blood pressure at home using proper measuring techniques, individualized support and nutrition education in an effort to reduce blood pressure and improve their quality of life.

“The Y is fulfilling its commitment to healthy living in the city of Milwaukee by adding evidence-based health initiatives to our program offerings, as a supplement to traditional models of health care,” said **Carrie Wall, President and CEO of the YMCA of Metropolitan Milwaukee**. “These programs are backed by years of evidence generated by Y's across the country. We're excited to join the cause, and help our community reclaim a healthy life along the way.”

The Blood Pressure Self-Monitoring program is part of the YMCA of Metropolitan Milwaukee's updated portfolio of evidence-based chronic disease prevention programs that aim to improve the nation's health and well-being by promoting

health and wellness, supporting people in changing their lifestyles, reducing risk for disease and helping others reclaim their health.

Other programs in this suite include:

- YMCA's Diabetes Prevention Program
- Enhance Fitness (Arthritis Self-Management)
- LIVESTRONG at the YMCA (Cancer Survivorship)
- Moving For Better Balance (Falls Prevention)
- Blood Pressure Self-Monitoring
- Healthy Weight and Your Child (Childhood Obesity Intervention)

For more information on the YMCA Blood Pressure Self-Monitoring Program or any of the other evidence-based health initiatives listed above, please contact **Carley Hoelzel, Senior Director of Healthy Living for the YMCA of Metropolitan Milwaukee** at choelzel@ymcamke.org, or visit ymcamke.org.

###

About the YMCA of Metropolitan Milwaukee

For 160 years, the YMCA of Metropolitan Milwaukee has strengthened the foundations of our community by "Putting Christian principles into practice through programs that build a healthy spirit, mind and body for all." There are five locations throughout the Milwaukee area, as well as YMCA Camp Minikani in Hubertus, along with over 50 program sites where we're committed to being advocates for healthy families and partnering with others to improve the greater good in Milwaukee County.