

Looking for more info
about Hypertension?



Check out these sites!

**Centers for Disease
Control and Prevention**
www.cdc.gov

**New York State
Department of Health**
www.health.ny.gov

**Ontario County
Public Health**
www.co.ontario.ny.us

**About 1/3 of all Americans have high
blood pressure. African Americans are at
an increased risk. 2 out of every 5 African
American adults have high blood pressure
and less than half of them have it under
control.**



Ontario County Public Health

3019 County Complex Dr.
Canandaigua, NY 14424

Phone 585-396-4343
Fax 585-396-4551

www.co.ontario.ny.us



12/28/16

OCPH



Public Health
Prevent. Promote. Protect.
Ontario County, NY

Hypertension Prevention, Screening & Education



*High Blood pressure is a
major risk factor for
heart disease and stroke,
the 1st and 2nd leading
cause of death for all
Americans.*

Ontario County Public Health



What is Hypertension?

High blood pressure (Hypertension) is a common condition in which the long-term force of the blood against your artery walls is high enough that it may eventually cause health problems, such as heart disease and stroke.

Hypertension Cost

Annual estimated costs associated with high blood pressure:

\$ 51 Billion

The Role of Public Health

Ontario County Public Health staff is invested in illnesses prevention in our community. With the help from community members, medical providers, local hospitals, the NY State Department of Health and the CDC we hope to decrease limitations of daily living and the costs associated with chronic diseases like Hypertension.

What can Public Health do for you?

- ◆ Provide education on a variety of health topics related to hypertension
- ◆ Accesses and evaluates local data about high blood pressure and stroke from the Finger Lakes Hypertension Registry.



Why is it important to get your blood pressure taken?

High blood pressure (BP) is called the "silent killer" because it often has no warning signs or symptoms and many people do not know they have it. Some people may report having a headache, vomiting, shortness of breath or nosebleeds but this is usually when the BP is very high. That's why it is important to check your BP regularly.

A BP less than 120/80 mmHg is normal. A BP of 140/90 mmHg or more is too high. People with levels in between 120/80 and 140/90 have a condition called prehypertension, which means they are at high risk for high BP.

