

## **August 2018 – Million Hearts® Messaging: Hypertension in Youth**

As kids head back to school, parents and clinicians should pay attention to updated guidelines that show an additional 800,000 youths, aged 12-19, are now considered to have high blood pressure. Physical activity and a healthy diet are critical to promote heart health now and in the future.

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### **August Focus**

Summer is over and that means back-to-school physicals are just around the corner. Clinicians should be aware of an



## **Social Media Messages**

### **Channels to follow and re-tweet or share**

Twitter: <https://twitter.com/millionheartsus> (@MillionHeartsUS)

Facebook: <https://www.facebook.com/millionhearts>

### **Twitter**

Back-to-school physicals are just around the corner! Clinicians, check out this new CDC report about guidelines from @AmerAcadPeds that show more youths have high blood pressure.

<http://bit.do/es4Ey>

Parents, ask your doctor about new guidelines from @AmerAcadPeds that mean an additional 800K youth age 12-19 have high blood pressure. <http://bit.do/es4zH>

Parents, when your kids' get their blood pressure checked at back-to-school physicals, get yours checked as well! <http://bit.do/es4GW>

[Image #1]

High blood pressure can run in a family. Protect your family's health by exercising regularly, eating a healthy diet and quitting tobacco. <http://bit.do/es4EZ>

[Image #2]

### **Facebook**

Summer is over and that means back-to-school physicals are just around the corner. Clinicians, check out this recently released CDC report about the updated American Academy of Pediatrics Clinical Practices Guideline on high blood pressure.

## **Social Media Images**

Image #1

Image #2

## **Sample Newsletter Article**

### **Back to school is the best time to check your blood pressure**

Start the school year off right for both you and your children: Get their blood pressure checked – and yours too!

An updated Clinical Practice Guideline for Screening and Management of High Blood Pressure in Children and Adolescents

The start of the school year is the perfect time to get your kids' health – and that of your whole family – on track. Make a plan to get regular exercise and eat healthy, two things that are just as important as books when it comes to getting good grades.

Clinicians should also be aware of the updated American Academy of Pediatrics Clinical Practices Guideline, especially those who administer back-to-school physicals.

Since high blood pressure can run in a family, it's important that parents of youth who have high blood pressure get their blood pressure checked as well. To reduce the risk of high blood pressure, families can engage in heart-healthy behaviors, such as exercising regularly, eating a healthy diet, and choosing low-sodium foods.

### **Million Hearts® Partner Resources**

#### **American Academy of Pediatrics (AAP)**

[Screening & Treating Kids for High Blood Pressure: AAP Report Explained](#)

AAP Report: [Clinical Practice Guideline for Screening and Management of High Blood Pressure in Children and Adolescents](#)

#### **American Heart Association (AHA)**

[Healthy Kids](#)

[High Blood Pressure in Children](#)

[Hey Kids, Keep your Blood Pressure Healthy](#)

#### **Cardio Smart: American College of Cardiology**

[New Guidelines for High Blood Pressure](#)

#### **Centers for Disease Control and Prevention (CDC)**

[Hypertension Among Youths \(MMWR, July 13, 2018\)](#)

[Hypertensive Kids Podcast \(7/13/2018\)](#)

[High Blood Pressure](#)

[Sodium and Children](#)

[Healthy Schools](#)

#### **Million Hearts®**

[Younger Adults are at Risk](#)

[Help Younger Adults Take Control of their Heart Health](#)

#### **National Association of County & City Health Officials (NACCHO)**

[High Sodium Intake in Children and Adolescents](#)

#### **National Forum for Heart Disease and Stroke Prevention**

[Wrong Direction: Troubling Trends in the Rate of U.S. Cardiovascular Disease Deaths](#)

**YMCA of the USA**

[Build a Healthy Family Home](#)