

# 70 Blood Pressure

Motivation and emotion/Book/2013/Blood donation

*Blood donation: What motivates and what discourages blood donations? Blood is a priceless life sustaining fluid that no human could survive without. Blood*

English-Chinese/Dementia

*factors such as high blood pressure, smoking, diabetes, and obesity. ?? ??? ? ?? ?? ?? ?? ?????????? ? ?? ? ?? ??? High blood pressure increases the risk*

Dementia is a broad category of brain diseases that cause a long-term and often gradual decrease in the ability to think and remember that is great enough to affect a person's daily functioning.

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Blood

*Blood is the largest tissue of the body which is made up of formed elements suspended in plasma. The formed elements include red blood cells (erythrocytes)*

Blood is the largest tissue of the body which is made up of formed elements suspended in plasma. The formed elements include red blood cells (erythrocytes), white blood cells(leucocytes) and platelets (thrombocytes). The plasma has proteins like coagulation factors, albumin, globulin and some elements dissolved there-in.

Maritime Health Research and Education-NET/The International Type 2 Diabetes Mellitus and Hypertension Research Group/Revision of the WHO International Medical Guide for Ships

*Measuring your blood pressure is an important step toward keeping a healthy blood pressure. Because high blood pressure and elevated blood pressure often have*

Preliminary proposals to be added in the ongoing revision

Evaluation and treatment of hypertension

*smoking, and diabetes mellitus. The goal of treating high blood pressure is to reduce blood pressure and thereby prevent or reverse end-organ damage without*

Emergency medical responder (EMR)

*immobilization Vital sign evaluation Respirations Pulse Blood pressure Skin condition Pupils Blood glucose Pulse oximetry Splinting Bandaging Stretcher Operation*

Maritime Health Research and Education-NET/The International Type 2 Diabetes Mellitus and Hypertension Research Group/Revision of the ILO Guidelines for medical examinations of seafarers Part I

*Measuring your blood pressure is an important step toward keeping a healthy blood pressure. Because high blood pressure and elevated blood pressure often have*

Childhood obesity

*cholesterol, and high blood pressure occur more frequently in obese children (MICA 2010). Besides the immediate health risks, 70% of obese children grow-up*

## Childhood obesity

Obese people's farts have been known to be smellier than normal peoples' farts. Their farts have been scientifically proven to alter the position of the equator, causing devastating earthquakes according to the constitution. Heart disease. Type II diabetes. Giant, smelly shirts. Arthritis. Asthma. Cancer. These diseases have traditionally been associated with the adult population, but they have overwhelmingly been appearing in the childhood population thanks to childhood obesity (MICA 2010). Obesity is defined as having a body mass index (BMI) of 30 or more. Body mass index is measured on a height-to-weight scale. Therefore, an individual who is 5'9 and weighs 180 pounds will have a higher BMI than an individual who is 6'0 and weighs 180 pounds. BMI does not take into account lean tissue, such as in athletes, however children normally are unaffected by this flaw in calculation since they typically do not have a great amount of lean tissue.

Statistics In the past decade, obesity in children has risen dramatically. The percentage of overweight children in the United States is growing at an alarming rate, with 1 out of 3 kids now considered overweight or obese (CDC). Prevalence of obese middle school children has increased 75% in the last five years, and the prevalence of obese high school students has increased by 64% during the same time period (MICA 2010). The United States has seen a huge increase in the past five decades in obesity among all of its citizens. The rate of overweight men and women has doubled from the 1950's to the 1990's, while the level of obesity has increased more than threefold in the same time span. When looking at the United States' children specifically, the rates are astonishing. 9.5% of children under the age of two are obese. That rate rises to 11.9% in the 2-9 year old age group (Ogden et al 2009). The rate is even for the children of Missouri. 14% of children are considered obese in Missouri (The Obesity Epidemic and Missouri Students 2009). Clay County is where the numbers get scary. Overall, the level of obesity for children is lower in Clay County than the rate for Missouri as a whole. 10.8% of 2-5 year olds and 10.2% of 5-20 year olds have a body mass index in the obese range (Crigler 2003). The level of children who are overweight for the same age ranges are significantly higher. 17.0% of 2-5 year olds and 19.6% of 5-20 year olds are overweight (Crigler 2003). These are the highest rates for the entire Kansas City area. All of these statistics are the driving force behind the Clay60 program of the Clay County Public Health Center.

## Exercise

The Centers for Disease Control and Prevention (CDC) have proclaimed that two modifiable factors that lead to obesity are diet and exercise (2010). The CDC's following exercise requirements for children will combat obesity and lead to a higher overall quality of life:

- Children 6-17 should take part in aerobic activity for 60 or more minutes every day
- Children 6-17 should take part in muscle strengthening exercises (gymnastics, push-ups, etc) three days per week as a part of the 60 or more minutes
- Children 6-17 should take part in bone strengthening exercises (jumping rope, running, etc) three days per week as part of the 60 or more minutes

Following these guidelines every day will help our children stay fit, and will actively combat obesity and the diseases associated with the debilitating condition. As a community, we need to support the physical education curriculum within Missouri's school districts, and we absolutely must turn the T.V. off and force our kids to be active. Children who exercise build more lean tissue (muscle), have lower blood sugar levels, and have a lower risk for heart disease and diabetes than sedentary children. Besides the immediate health benefits associated with exercising, children who are fit enjoy a greater social experience, have more friends, and are happier overall more than obese children (CDC 2010). The slogan "Clay 60" is just a reminder that

Clay County residents should make sure their children are playing and exercising for 60 minutes every single day so they can lead longer, healthier, and happier lives!

## Nutrition

In order to combat the change in eating habits, The United States Department of Agriculture has set forth guidelines for the recommended daily servings with the food guide pyramid as well as other tips for eating a healthy balanced diet. The general recommendations for kids are for an 1800 calorie diet with a balance of grains, vegetables, fruits, dairy and meat. It recommends 6 ounces of grains, two and half cups of vegetables, one and a half cups of fruits, 3 cups milk or dairy products and 5 ounces of meat and beans (United States Department of Agriculture). One ounce of grains is roughly once slice of bread or half a cup of cooked pasta. One cup of yogurt or one and a half ounces of cheese is equal to a cup of milk. One egg or one tablespoon peanut butter is equal to about an ounce of meat. In addition to these general recommendations, you can go to [www.mypyramid.gov](http://www.mypyramid.gov) and determine your own specific guidelines for your height, weight, age and gender.

The USDA also lists some general tips in addition to the diet recommendations already listed. When eating grains, try and make at least half of them whole grains. Fruits and vegetables need to be multiple different colors because they have different kinds of nutrients. Try to switch to low fat or fat free milk if you are currently drinking whole milk. Lastly, focus on lean meats such as poultry or lean beef and trim away excess fat before cooking.

## Causes

The driving factors behind these numbers are the same two things everyone keeps coming back to: diet and exercise. The children of today's generation are much more sedentary than past generations. Multiple reasons for this have been stated, including video game usage and lack of safety for children to be playing outside. Looking at diet, there are a few driving factors. There has been a huge increase in portion size for foods as well as the amount of fat and sugar in the foods that children are eating. Also another key factor that brings together diet and exercise is caloric expenditure. Caloric expenditure occurs when a child eats more than they burn, this caloric uptake leads to the child's weight being well above the average for their height and age. Besides diet and exercise, according to the Centers for Disease Control & Prevention, some of the other potential causes of childhood obesity are family environment/influence and genetics. In regards to genetics, if one parent is obese, a child has a 50% chance of being obese. Furthermore, if both parents are obese, the child has an 80% chance of being obese.

Another cause that may be overlooked is a child not receiving the recommended amount of sleep. Sleep is an important part of a child's life, but not getting enough sleep can actually lead to a higher chance of being overweight (Crothers et al., 2009). Simply adding an hour of sleep can lower an 8 to 12 year old child's chances of becoming overweight by 30% to 34% (Crothers et al., 2009).

## Future Problems

Childhood obesity is not only is a serious medical condition but is also becoming a serious epidemic. Childhood obesity has a significant impact on the child's self-esteem. A study at the University of Medicine and Dentistry of New Jersey found that obese girls ages 13 to 14 are four times more likely to experience low self-esteem than non-obese girls (Levey 1). If mental health issues weren't bad enough, children are now dealing with health issues only once plagued by adults such as type II diabetes, high blood pressure, and high cholesterol. Type II diabetes is a disease in which the body becomes resistant to insulin. Insulin directs tissues in the body to absorb nutrients (especially sugar to be used and stored for energy), so resistance to insulin causes hyperglycemia (high blood sugar) which leads to high blood pressure, atherosclerosis (collection of fat in arteries), and other life-threatening conditions. Type II diabetes was once considered an adult condition, but the childhood obesity epidemic has caused the instance of diabetes to increase dramatically in children and adolescents. It is no wonder that heart disease, high cholesterol, and high blood

pressure occur more frequently in obese children (MICA 2010). Besides the immediate health risks, 70% of obese children grow-up to be obese adults. With 39.4% of Missouri's children being overweight, obese, or at risk to become overweight or obese, the CDC's exercise requirements must be enforced and must be employed in our children's daily lives.

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## Nutrition For the More Experienced African American Woman

*American women have higher rates of obesity and being overweight, high blood pressure, and diabetes. Just by leading a healthier lifestyle, women can lower*

## Heart Disease

Heart Disease is the #1 killer of women in the United States and African American women are more likely to get this disease than any other race. African American Women are 35% more prone to getting Heart Disease than non-Hispanic white women. This can be due to the fact that African American women have higher rates of obesity and being overweight, high blood pressure, and diabetes. Just by leading a healthier lifestyle, women can lower their rates of getting heart disease by 82%. Women are more likely to get heart disease after menopause because their body no longer produces estrogen. Middle age is the time when most women tend to develop other risk factors related to heart disease.

## What is Heart Disease?

Heart disease is a broad term used to describe a range of diseases that affect your heart, and in some cases, your blood vessels. The various diseases that fall under the umbrella of heart disease include diseases of your blood vessels, such as coronary artery disease; heart rhythm problems (arrhythmias); and heart defects you're born with (congenital heart defects).

The term "heart disease" is often used interchangeably with "cardiovascular disease" — a term that generally refers to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain (angina) or stroke. Other heart conditions, such as infections and conditions that affect your heart's muscle, valves or beating rhythm also are considered forms of heart disease (MayoClinic Definition).

## How Your Heart Works

The normal heart is about the size of a person's fist and it is a pump made of muscle tissue.

The heart has four chambers. The upper two chambers are the right atrium and left atrium, and the lower two are the right ventricle and left ventricle (see Figure A in diagram). Blood is pumped through the chambers, aided by four heart valves. The valves open and close to let the blood flow in only one direction.

The four heart valves are:

1. the tricuspid valve, located between the right atrium and the right ventricle
2. the pulmonary (pulmonic) valve, between the right ventricle and the pulmonary artery
3. the mitral valve, between the left atrium and left ventricle
4. the aortic valve, between the left ventricle and the aorta.

Each valve has a set of "flaps" (also called leaflets or cusps). The mitral valve normally has two flaps; the others have three flaps.

Dark bluish blood, low in oxygen, flows back to the heart after circulating through the body. It returns to the heart through veins and enters the right atrium. This chamber empties blood through the tricuspid valve (B) into the right ventricle.

The right ventricle pumps the blood under low pressure through the pulmonary valve into the pulmonary artery. From there the blood goes to the lungs where it gets fresh oxygen (C). After the blood is refreshed with oxygen, it's bright red. Then it returns by the pulmonary veins to the left atrium. From there it passes through the mitral valve (D) and enters the left ventricle.

The left ventricle pumps the red oxygen-rich blood out through the aortic valve into the aorta (E). The aorta takes blood to the body's general circulation. The blood pressure in the left ventricle is the same as the pressure measured in the arm.

## Obesity and Overweight

About four out of five African American women are overweight or obese. From 2003-2006, African American women were 70% more likely to be obese than Non-Hispanic White women. In 2007, African Americans were 1.4 times as likely to be obese as Non- Hispanic Whites.

Age-adjusted percentage of persons 20 years of age and over who are overweight or obese, 2003-2006.  
Smoking

The smoking rates among African American women usually increases during their 20s and then decreases later on. The fact that African American women smoke a lot during their earlier years is a major contributing

factor to them having heart disease later on in life. This also contributes to the fact of black women being continuous smokers at more experienced ages.

## Diabetes

Insulin is a hormone that is needed to convert food, sugar, and starches into energy that individuals need daily. Diabetes occurs when the body does not correctly use or make insulin. There are two major types of diabetes: Type 1 and Type 2. Type 1 Diabetes occurs when the body completely does not produce any amount of insulin. Type 2 Diabetes occurs when the body improperly uses the insulin, or does not produce enough of it. African American women age 20 years or older have type 2 diabetes, and about 1 in 4 African American women over the age of 55 has diabetes, which they more than likely experience blindness, amputation, and kidney failure. Twice the rate of white women. There is suggested research that shows that many African Americans carry a gene that predisposes them toward impaired glucose tolerance, one of the risk factors for diabetes.

How do I know if I am experiencing a heart attack?

If you are experiencing a heart attack, you will have the following problems:

- pain or discomfort in the center of the chest for more than 20 minutes
- pain or discomfort lasting more than 20 minutes in other parts of the upper body, including the arms, back, neck, jaw, or stomach
- other symptoms, including shortness of breath (feeling like you can't get enough air), breaking out in a cold sweat, nausea (feeling sick to your stomach), or feeling faint

Other symptoms you may have include:

- unusual tiredness
- trouble sleeping
- problems breathing
- indigestion (upset stomach)
- anxiety (feeling uneasy or worried)

**YOU SHOULD IMMEDIATELY CALL 911 IF THESE SYMPTOMS OCCUR!**

## Prevention

In order for you to help decrease your risk of getting heart disease you should do the following:

1. Exercise: You should try and exercise for at least 30 minutes daily. If not daily, try to exercise most days of the week. Small exercising strategies can make a big improvement as well: taking the stairs and walking to your destinations.
2. Eating Healthy: Eat whole-grain foods, vegetables, and fruit. Choose lean meats and low-fat cheese and dairy products. Limit foods that have lots of saturated fat, like butter, whole milk, baked goods, ice cream, fatty meats, and cheese. Eat fish at least twice a week, particularly fatty fish. Choose fats and oils such as liquid and tub margarines, canola, corn, safflower, soy bean and olive oils.

## Transfats

Trans fats are unsaturated, but they can raise total and LDL ("bad") cholesterol and lower HDL ("good") cholesterol. Trans fats result from adding hydrogen to vegetable oils used in commercial baked goods and for cooking in most restaurants and fast-food chains. Examples are cookies, crackers, donuts, French fries, and etc.

#### Fats That Raise Cholesterol

##### Examples

Dietary cholesterol, foods from animals, meats, egg yolks, dairy products, organ meats (heart, etc.), fish and poultry

##### Saturated fats

foods from animals, whole milk, cream, ice cream, whole-milk cheeses, butter, lard and meats, certain plant oils, palm, palm kernel and coconut oils, cocoa butter

##### Trans fats

partially hydrogenated vegetable oils, cookies, crackers, cakes, French fries, fried onion rings, donuts

#### Fats That Lower Cholesterol

Polyunsaturated fats, certain plant oils, safflower, sesame, soy, corn and sunflower-seed oils, nuts and seeds

Monounsaturated fats, certain plant oils olive, canola and peanut oils, avocados

#### Search Your Heart Program

The American Heart Association's Search Your Heart program is a community-based educational program/tool to reach high-risk audiences. It was built to encourage people to take action and reduce their risk for heart disease and stroke.

Since its beginnings in 1996, over 15,000 churches across the country have participated in the Search Your Heart program and it has reached over 1.5 million at-risk participants. The program provides people with information about how to go about reducing the risks of heart disease, by talking about nutrition and physical wellness.

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#### Further Info Recommendations

##### 1. NHLBI Health Information Center

Phone: 301-592-8573

TTYL: 240-629-3255

[www.hearttruth.gov](http://www.hearttruth.gov)

##### 2. American Heart Association

Phone: 1-888-MY-HEART

[www.americanheart.org](http://www.americanheart.org)

##### 3. Women Heart: The National Coalition for Women with Heart Disease

Phone: 202-728-7199

[www.womenheart.org](http://www.womenheart.org)



#### 4. Office on Women's Health

U.S. Department of Health and Senior Services National Women's Health Information Center

Phone: 1-800-994-WOMAN

TTYL: 1-888-220-5446

[www.womenshealth.gov](http://www.womenshealth.gov)

#### Central Nervous System

*and violent combative behaviour. There is a rise and irregularity in blood pressure. The respiratory rate may be increased. To avoid this stage of anesthesia*

<https://www.heritagefarmmuseum.com/@67128928/tregulatek/dperceivei/runderlinej/kirloskar+oil+engine+manual>.  
<https://www.heritagefarmmuseum.com/=45691916/cconvincea/qemphasiseq/tunderlinek/sabroe+151+screw+compre>  
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