

Health and Human Services Agency

Shasta County

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P R E S S R E L E A S E

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SHASTA PUBLIC LIBRARIES OFFERING SELF-MONITORING BLOOD PRESSURE TOOL KITS TO COMMUNITY

SHASTA COUNTY – Many Shasta County residents have high blood pressure and don't know it, putting their health seriously at risk.

With that in mind, HHSA has provided six blood pressure monitor tool kits to the Shasta Public Libraries. Library patrons can use the kits to test their blood pressure there on site or check them out to use at home. The kits will be available at the Redding, Anderson, and Burney libraries, and they're designed to promote self-monitoring for pre-hypertension, hypertension, and high blood pressure. Each tool kit has a blood pressure monitor, measurement instructions, and tracking sheets.

“The Shasta Public Libraries is happy to be partnering with Shasta County Health and Human Services in providing free blood pressure monitors for checkout to the community,” said Elizabeth Kelly, Assistant Director at the Redding Library. “This free service allows the community to take an active role in self-monitoring their blood pressure. We are very proud to be providing this service to the public, as it joins our ongoing list of useful items to check out from the library, joining the piano, REU watt meters, makerboxes, and board games.”

According to the California Health Interview Survey, 39% of Shasta County residents have been diagnosed with high blood pressure. Nationally, 1 out of 6 people with high blood pressure don't know it, according to the American Heart Association, and there's little reason to doubt the figure isn't similar in Shasta County.

When blood pressure is high, the blood vessels, heart, and kidneys suffer from damage, which can lead to heart attack, stroke, and other health problems. Because high blood pressure doesn't cause noticeable symptoms, many people don't realize they have it until they visit the doctor for other reasons.

Funding for the kits was provided through a grant HHSA's Public Health branch received from the Center for Disease Control and Prevention to address prediabetes and undiagnosed hypertension in

Shasta County through promoting and building support for healthy lifestyles with interactions between patients and their health care providers and effective linkages between clinical and community settings.

Making healthy lifestyle changes such as maintaining a healthy weight or losing extra weight, eating heart-healthy foods, and exercising regularly can help you prevent high blood pressure.

For information and resources on healthy and active living including trail maps, recreational activities, and eating healthy, visit www.healthyshasta.org.

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