

## ***Come on Nova Scotia...Check it! - Annual Blood Pressure Challenge every May***

### ***What is the Blood Pressure Challenge?***

The ***Come on Nova Scotia... Check It! Blood Pressure Challenge*** is a province-wide initiative led by Cardiovascular Health Nova Scotia, the Diabetes Care Program of Nova Scotia and the Renal Program of Care to increase awareness of the importance of knowing your blood pressure. The Challenge is held in the month of May to coincide with World Hypertension Day and provides opportunities for Nova Scotians to have their blood pressure checked and learn more about blood pressure. To date, over 20,700 blood pressures have been screened through the Challenge. Planning tools and education materials can be ordered (free of charge) to support your challenge!

### ***Who can take part?***

- ✓ Primary Health Care providers and teams
- ✓ Community groups and organizations
- ✓ Businesses such as pharmacies, groceries stores, fitness centers and others...
- ✓ Workplaces

### ***How do I plan a challenge?***

There are no limits to how a challenge can take place. It can be a one day community screening clinic in a local grocery store, an information booth or lunch and learn in the workplace, or a primary care practice committing to screening every adult patient for a day, week or even the entire month of May! Challenge materials include tools, resources and ideas to help you plan your activities:

- Basic instructions and tools
- Examples and ideas of activities
- Stickers, wallet cards, posters, and brochures
- Promotional materials you can customize
- Tally sheet to track and report your progress
- A Blood Pressure Management Algorithm

Visit [www.cdha.nshealth.ca/my-blood-pressure](http://www.cdha.nshealth.ca/my-blood-pressure) to learn more!

Materials can be ordered at [nsharenalprogram@nshealth.ca](mailto:nsharenalprogram@nshealth.ca)

***Consider planning a challenge in the month of May to help us surpass our goal of reaching over 5000 Nova Scotians!***