

# HAPp Now: Heart Health Starts Here

TARA SOLOMON-SMITH – FAMILY & COMMUNITY WELLNESS AGENT

High blood pressure—often called the “silent killer”—can cause serious health problems without any warning signs. Many people feel fine but don’t realize their blood pressure is high until damage has already occurred. Heart disease and stroke remain leading causes of death in Kansas, which makes understanding blood pressure more important than ever.

Blood pressure measures how hard your heart works to move blood through your arteries. When blood pressure stays high over time, it can strain the heart and damage blood vessels, raising the risk of heart attack, stroke, kidney disease, vision problems, and more. Because high blood pressure usually has no symptoms, the only way to know your numbers is to check them.

In Kansas, more than one in three adults has been diagnosed with hypertension, and many do not have it under control. The good news is that small, realistic lifestyle changes can help prevent or manage high blood pressure.

K-State Extension’s Hypertension Awareness and Prevention (HAPp) initiative helps adults understand their blood pressure numbers and learn simple steps to protect their heart health. As part of this effort, K-State Extension is partnering with the monthly OWL (Older, Wiser, Livelier) Hour to offer a HAPp Now Information Session.

This easy-to-understand session will cover:

- What blood pressure is and what the numbers mean
- When high readings become hypertension
- How high blood pressure affects long-term health
- Simple habits that support healthy blood pressure
- How to monitor blood pressure at home correctly

Session Details All sessions begin at 10:00 a.m. and include coffee and refreshments.

- Monday, April 13 – Yates Center Community Building
- Tuesday, April 14 – St. Paul Public Library
- Wednesday, April 15 – Fort Scott Public Library
- Thursday, April 16 – K-State Extension Office, Iola

Small steps today can lead to a healthier heart tomorrow.

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