Let's Get Healthy!
¡A mejorar nuestra salud!

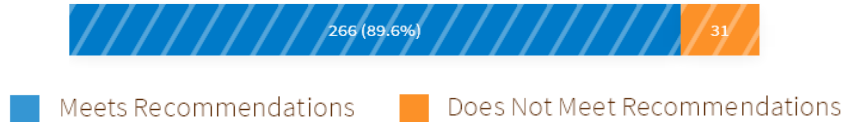# French Prairie Middle School

Cardiovascular

Let's Get Healthy! visited French Prairie Middle School on October 17th, 2013 and collected research data from 483 French Prairie students.
297 students completed the blood pressure station and their results are shown below.

BLOOD PRESSURE

266 (89.6%) | 31

■ Meets Recommendations   ■ Does Not Meet Recommendations

Almost half (41%) of students said they had "no idea" about how healthy their blood pressure may be!

Blood pressure is the measurement of force applied to artery walls
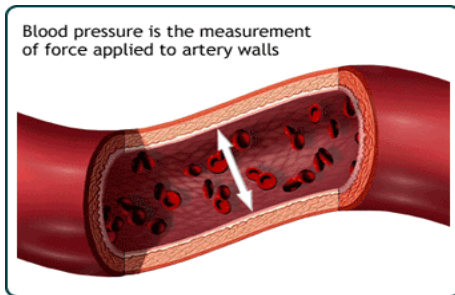
What is blood pressure?

Blood pressure is a measurement of how hard your heart is working to pump blood through your body. Circulating blood provides your organs and tissues with oxygen and nutrients needed to keep you alive.

Too low?

Low blood pressure is usually OK as long as you aren't experiencing the following symptoms. Low blood pressure can have an underlying cause.

Symptoms include dizziness, lightheadedness, fainting, unusual thirst, lack of concentration, blurred vision, nausea, cold/clammy skin, rapid shallow breathing, fatigue or depression.

Too high?

High blood pressure is known as "the silent killer" because it can be a sign of blockages within the heart or blood vessels, that can lead to **heart attack** and **stroke**.

Symptoms of dangerously high blood pressure include severe headaches, anxiety, shortness of breath and nosebleeds are some of the symptoms of dangerously high blood pressure.

Recommended Blood Pressure for Middle School Students

Systolic	Below 117 - 120
Diastolic	Below 75 - 80

Average Blood Pressure for French Prairie Students:
103 / 59

Four out of five students (81%) said they think about their health at least some days.

What do those numbers mean?

Systolic
The top number, which is also the higher of the two numbers, measures the pressure in the arteries when the heart beats (when the heart muscle contracts). Systolic is a risk factor for heart disease and stroke.

Diastolic
The bottom number, which is also the lower of the two numbers, measures the pressure in the arteries between heartbeats (when the heart muscle is resting between beats and refilling with blood).

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To see more results from your school and others, please visit: **http://www.letsgethealthy.org**