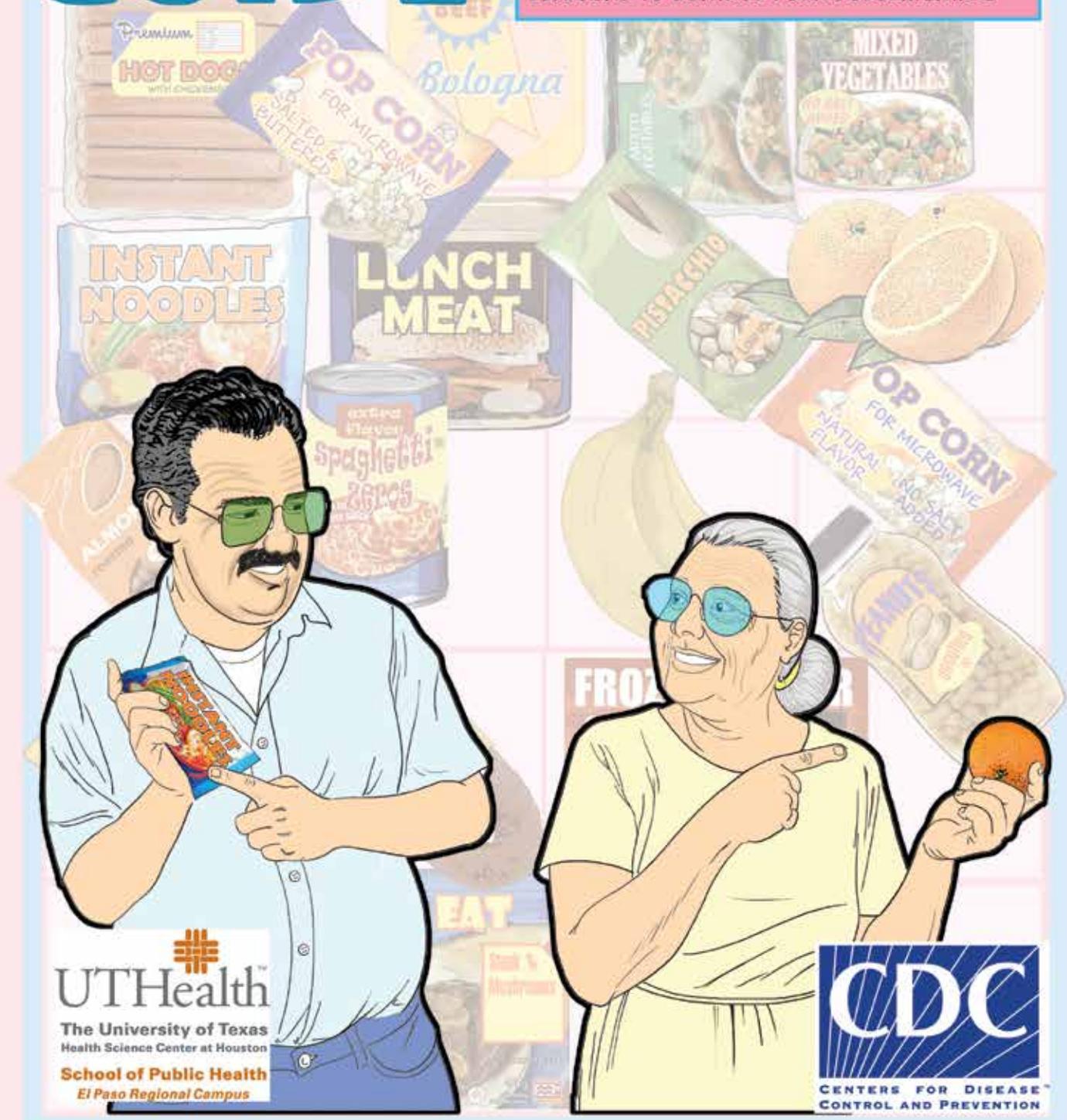


PROMOTORA

GUIDE

HOW TO CONTROL YOUR HYPERTENSION 
LEARNING TO CONTROL YOUR SODIUM INTAKE




UTHealth
The University of Texas
Health Science Center at Houston
School of Public Health
El Paso Regional Campus


CDC
CENTERS FOR DISEASE
CONTROL AND PREVENTION



Dear Promotoras:

We hope you like the fotonovela, "How to Control Your Hypertension: Learning to Control Your Sodium Intake." This fotonovela is number 2 of the series "Cómo controlar su hipertensión." Raymundo and his family would like you to read this fotonovela with community members and help them learn about how to control sodium in their diets. We thank you for your interest in this new fotonovela. We welcome feedback on your experience of putting it into use.



Sincerely:

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After reading this fotonovela participants will:

- Be aware of how important it is to know how much sodium is in the food they eat.



- Understand that changing their eating and cooking habits will lower the amount of sodium in the foods they eat.



- Know that the foods highest in sodium are processed foods (canned and packaged) and restaurant and fast foods.



- Learn how to read food labels to choose foods that are lower in sodium.



- Learn to use herbs and salt-free spices instead of salt to flavor foods.

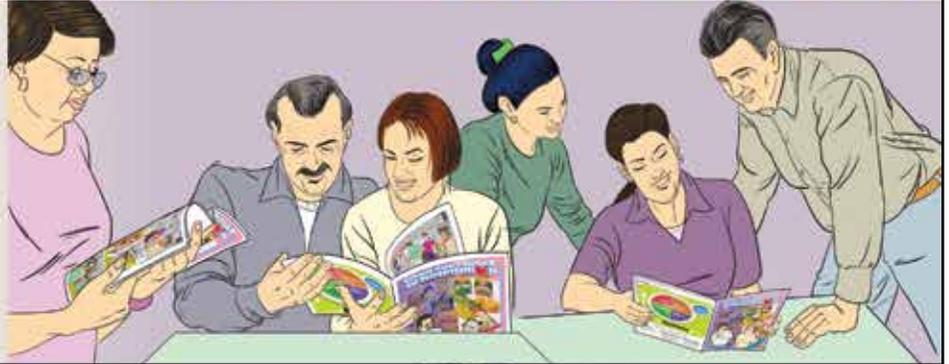


We offer some helpful tips:

- Please welcome all members of each group of people; introduce yourself, and ask each member to introduce him or herself.



- You may ask people if they would like to read the fotonovela together. Several people might like to read parts for the various family members. When people read out loud it will help those group members who cannot read.



- When you read the fotonovela you could add extra activities. For example:

- Bring some empty cans, bottles, or boxes of popular foods. Ask people to read the labels and find the amount of sodium in the food they eat and drink.

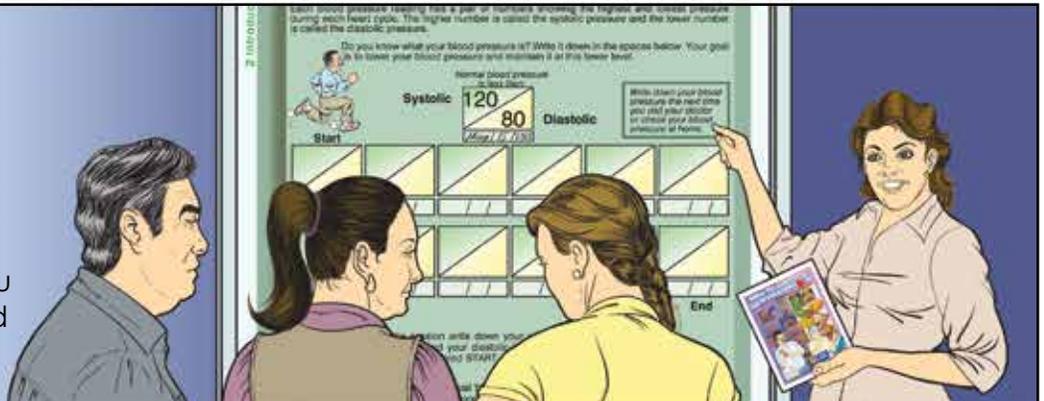


- Look for places in your community where people can get their blood pressure taken for free. Ask people to name such places. Examples may include: health fairs, drug stores, grocery stores, fire stations, blood drives or donation centers, and health clinics.

BLOOD PRESSURE
TAKEN FOR FREE
DRUGSTORE
DONATION CENTERS
FIRESTATION
BLOOD DRIVE
HEALTH FAIR
HEALTH CLINIC



- Help people understand how to write down their blood pressure numbers correctly by using the activity sheet on page 8 of the fotonovela. If you are trained to take blood pressure on a monitor, you might ask if anyone would like their blood pressure taken.

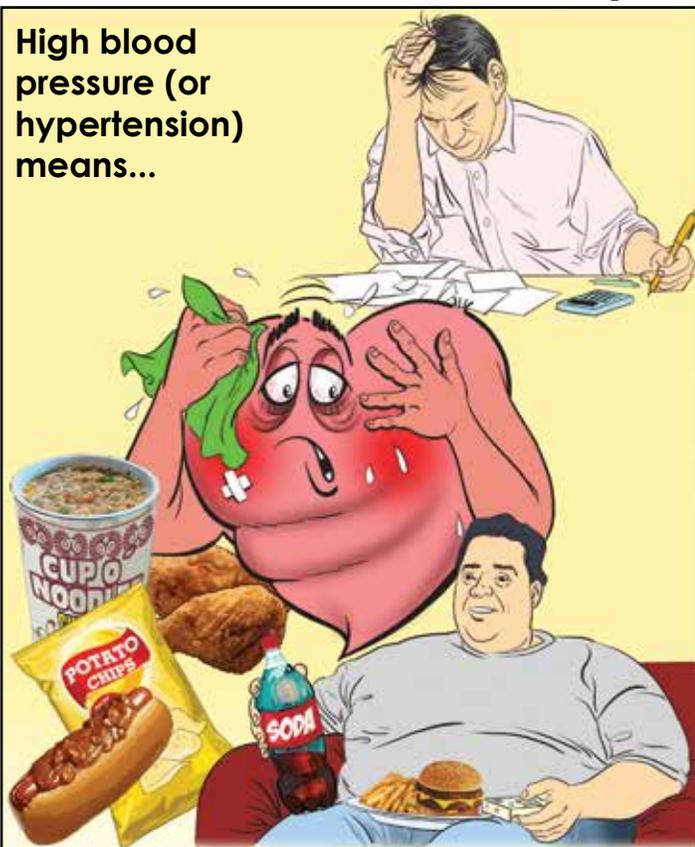


- Encourage people to ask questions.
- Encourage people to share about:
 - o What they have learned about the effect of sodium in foods on blood pressure.
 - o Challenges they have had in eating less sodium.
 - o Ideas for reducing sodium in their diet.
 - o Changes that have worked for them and their families.



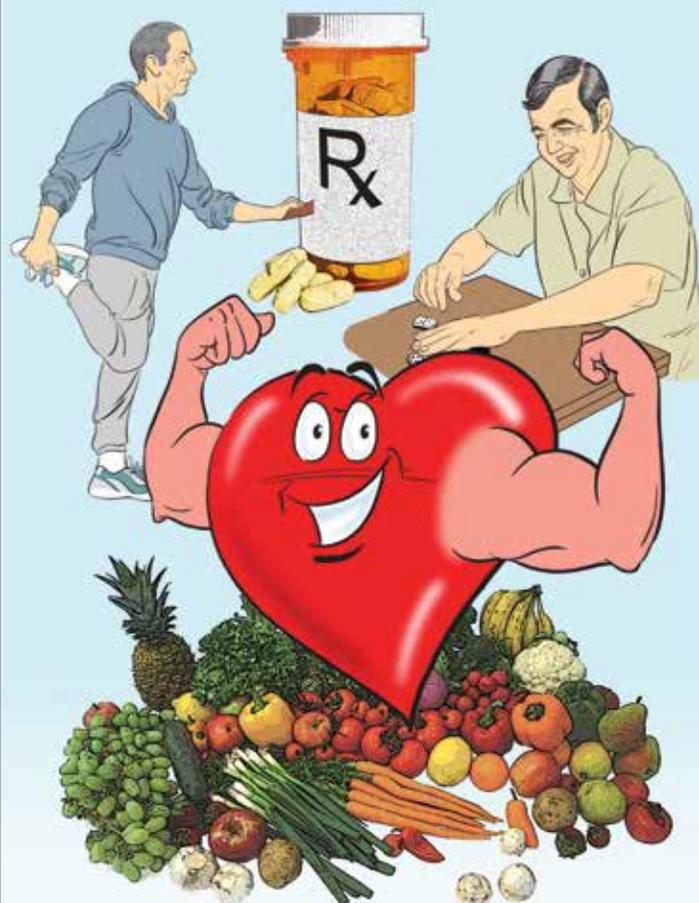
As a review, remind people of the following facts:

High blood pressure (or hypertension) means...



...that the heart has to pump harder than normal for blood to get to all parts of the body. A heart that has to work harder than normal for a long time gets larger and weaker. Then it has an even harder time doing a good enough job pumping blood. High blood pressure that is not treated can cause strokes, heart attacks, and damage to the heart, blood vessels, kidneys, and eyes.

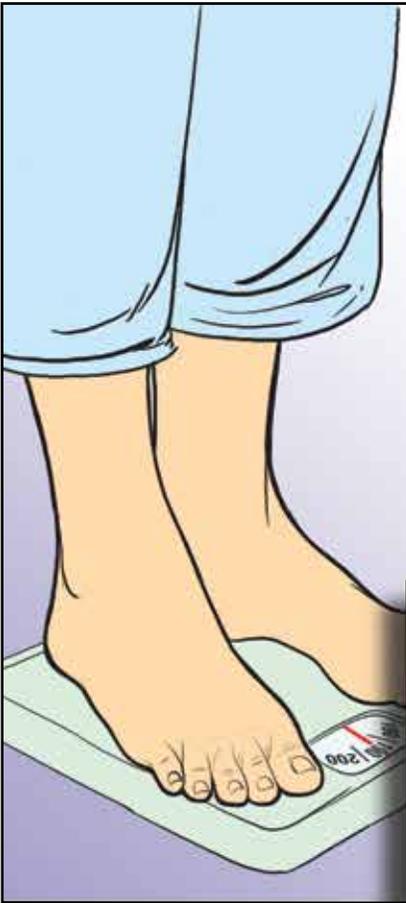
The good news...



...is that you can do many things in your daily life to reduce your chance of developing these problems. Preventing or controlling high blood pressure can save your life and the lives of your family members!

As a review activity ask group members to tell you good ways to prevent high blood pressure or keep their blood pressure under control.

• Answers may include:



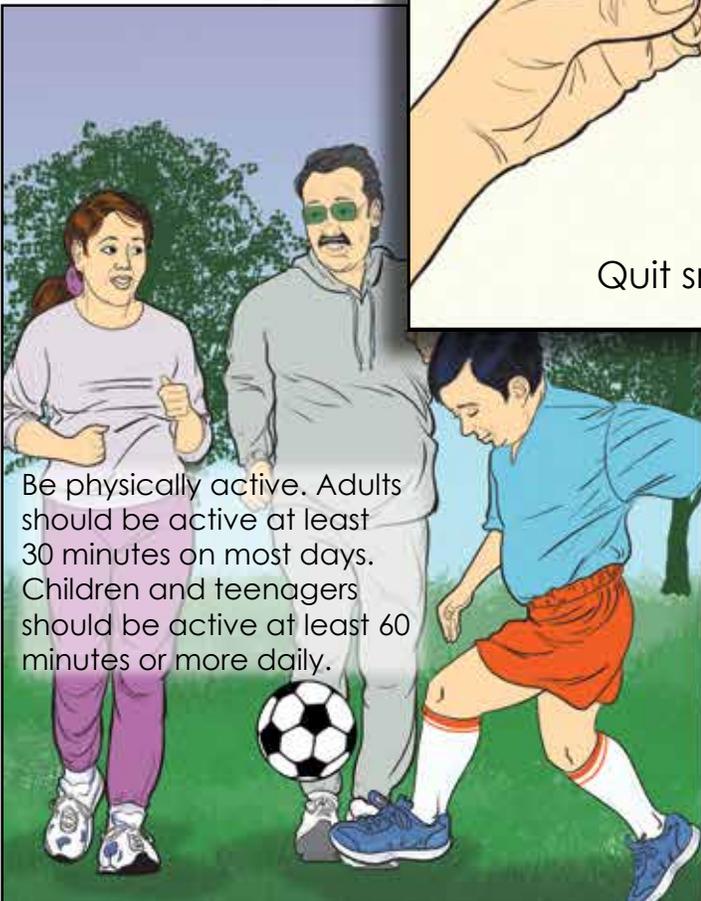
Aim for a healthy weight.

Eat a variety of fruits, vegetables, whole grain breads and cereals, and fat-free or low-fat milk, yogurt, and cheese.



Quit smoking.

Limit the amount of alcohol you drink (no more than one drink each day for women and two for men).
1 drink = 12 ounces of beer or wine, or 1 ounce of hard liquor.

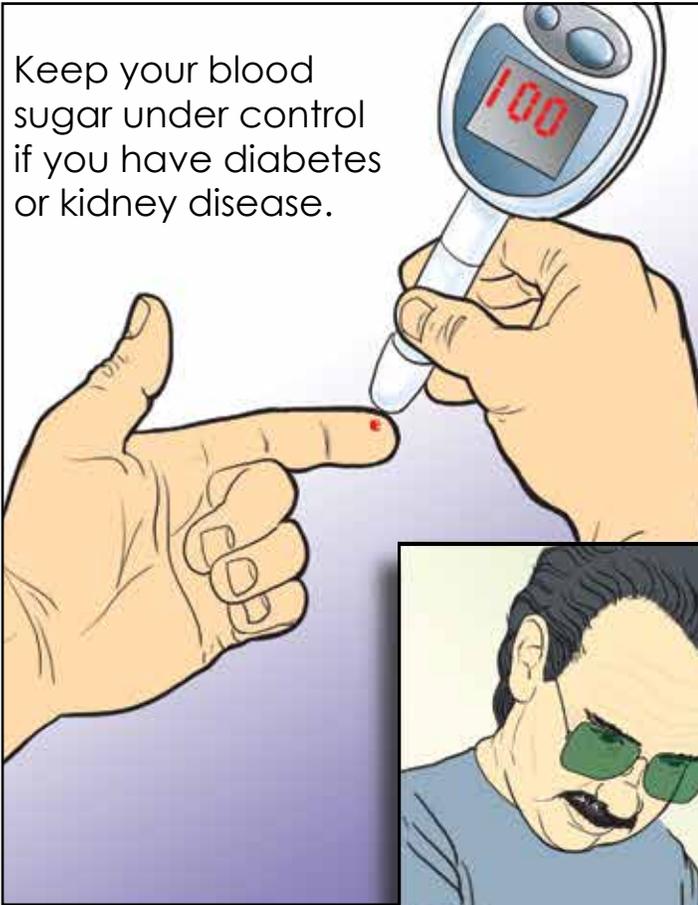


Be physically active. Adults should be active at least 30 minutes on most days. Children and teenagers should be active at least 60 minutes or more daily.

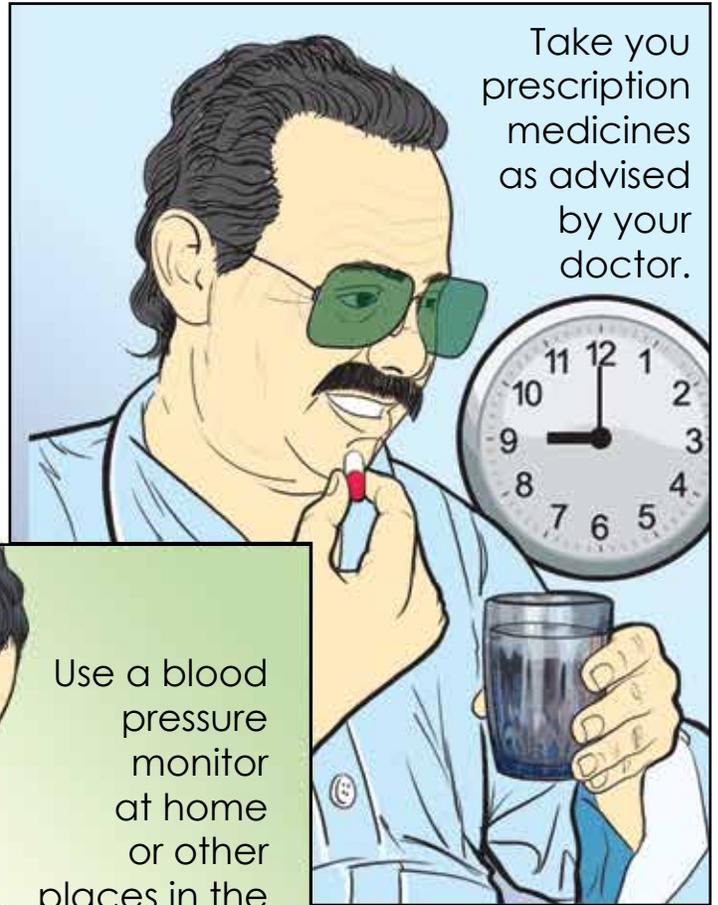


• Answers may include:

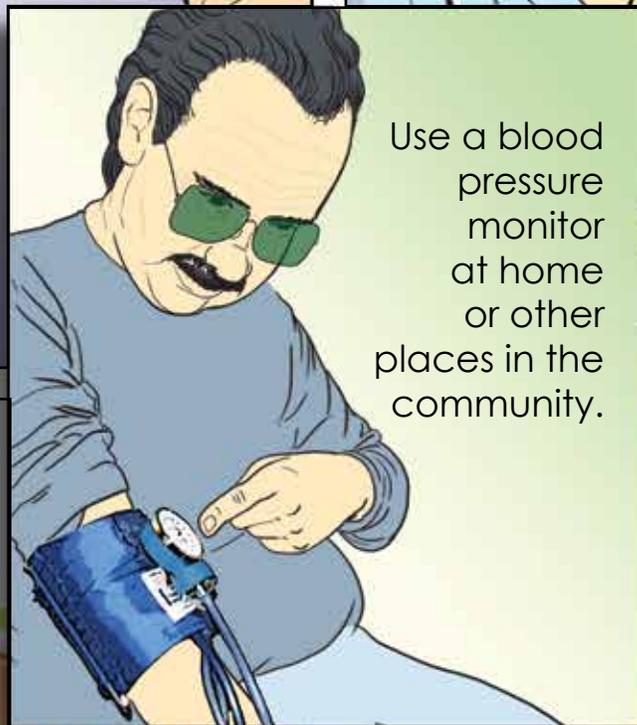
Keep your blood sugar under control if you have diabetes or kidney disease.



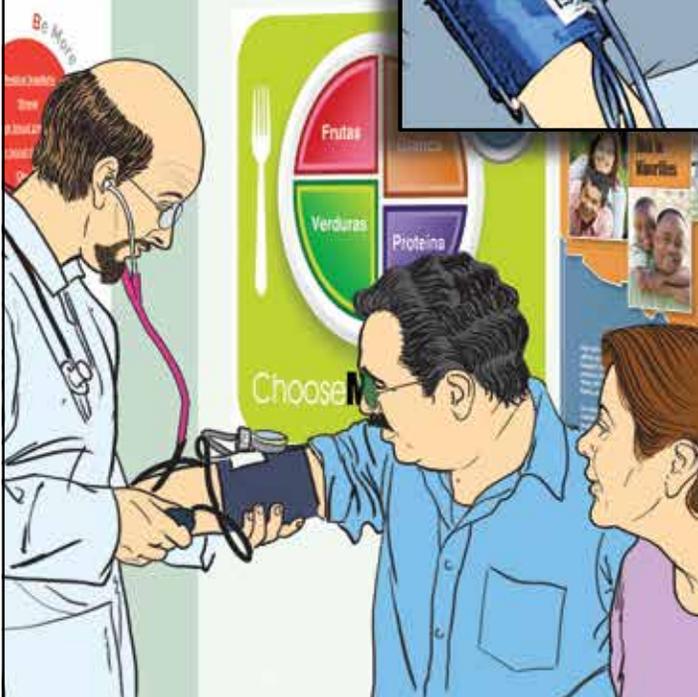
Take your prescription medicines as advised by your doctor.



Use a blood pressure monitor at home or other places in the community.



Check your blood pressure as often as your doctor or nurse advises.



Choose foods lower in sodium.



Resources

"Cómo controlar su hipertensión"

https://xfiles.uth.tmc.edu/Users/hbalcazar/novellaespanol.pdf?ticket=t_BTd1XO6o

The Community Health Worker's Sourcebook: A Training Manual for Preventing Heart Disease and Stroke

http://www.cdc.gov/dhdsp/programs/nhdsp_program/chw_sourcebook/pdfs/sourcebook.pdf

And

http://www.cdc.gov/dhdsp/programs/nhdsp_program/chw_sourcebook/index_spanish.htm

National Heart, Lung, and Blood Institute (NHLBI) website for CHW Initiative

<http://www.altarum.org/project-highlights-nhlbi-health-disparities-community-health-worker>

*Finally,
enjoy sharing
the fotonovela!*



*Dr. Héctor Balcázar
& Team!*