NEWS RELEASE

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World Hypertension Day: Health Leaders Urge North Dakotans to
Check, Change, and Control High Blood Pressure

Pictured are Terry Dwelle, MD, MPHTM, State Health Officer, NDDoH; Donald Warne, MD, MPH, Oglala Lakota, Chair, Department of Public Health, College of Health Professions, NDSU; and Joshua Wynne, MD, MBA, MPH, Vice President for Health Affairs and Dean of the UND School of Medicine and Health Sciences.

Visit the health department home page at www.ndhealth.gov.
BISMARCK, N.D. – In recognition of World Hypertension Day, Tuesday, May 17, representatives from the North Dakota Department of Health (NDDoH), North Dakota State University (NDSU), and University of North Dakota (UND) School of Medicine and Health Sciences held a news conference at the Alerus Center in Grand Forks to highlight the importance of regular blood pressure screening in North Dakota. Home and clinical blood pressure monitoring was demonstrated. This simple procedure can reduce premature death and may stop heart disease from progressing.

The news conference was broadcast live in Twitter and Periscope @NDDoH. The public will be able to view the conference until Wednesday, May 18, at 1 p.m. (Twitter takes down their recording after 24 hours have past.)

North Dakotan are encouraged to take the first step by planning to get their blood pressure checked at a local public health unit, neighborhood pharmacy, your next doctor appointment, in a screening at work, at the mall, or on a home blood pressure monitor. Hypertension can be addressed with lifestyle changes that make a difference to prevent and control hypertension.

For more information about hypertension control, visit https://heartstroke.health.nd.gov or contact Tiffany Knauf at 701.328.2333.

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