

# National Women's Blood Pressure Awareness Week

Getting to the Heart of It All

2023 Fact Sheet



OASH

Office on Women's Health

## About National Women's Blood Pressure Awareness Week

National Women's Blood Pressure Awareness Week is a weeklong observance led by the U.S. Department of Health and Human Services Office on Women's Health. The observance, which will take place October 15-21 2023, will highlight the importance of improving women's health outcomes related to hypertension, or high blood pressure. In this Fact Sheet, we have included a few ideas on how you can help us get the word out about this year's theme – **"Getting to the Heart of It All"** – and how you can showcase the resources available right in your community to combat high blood pressure.

## NWBPAW 2023 Theme: Getting to the Heart of It All

A recent survey shows most women do not recognize that heart disease is their number one health threat. We know that many different factors contribute to blood pressure control and heart health.

The theme of NWBPAW 2023 – **Getting to the Heart of It All** – aims to bring awareness to the contributing factors that impact hypertension and heart health broadly.

Individual behaviors like being physical active and eating nutritious foods are important to maintain blood pressure control, however these are not the only factors that impact your risk. Health equity initiatives, mental health and chronic stress management, community engagement, and cardiac rapid response all play an important role in heart health, especially for underserved and minority communities. This week will shine a light on the broad range of factors affecting heart health for women of all ages.

During NWBPAW, we encourage you to understand the factors that may impact your blood pressure to then find resources for heart health that suit you and your lifestyle. Nearly half of U.S. adults have high blood pressure, meaning it's likely you or someone you love has the condition.

## National Women's Blood Pressure Awareness Week Summit

OWH is hosting a national virtual summit - **Keeping Your Finger on the Pulse: Innovative Community Efforts to Support Women's Heart Health**. The one-day virtual summit focused on innovative approaches to hypertension management and treatment through community initiatives to support women's heart health. During the summit, we'll hear from subject matter experts in the field, **OWH Self-Management Blood Pressure (SMBP) Program Champions** and Phase II awardees of the **HHS Hypertension Innovator Award Competition**. The summit is free to join and open to the public.

To register for summit, please visit:

<https://www.womenshealth.gov/nwbpaw/summit>.

We look forward to having you join us!



**NWBPAW**

NATIONAL WOMEN'S BLOOD PRESSURE AWARENESS WEEK

Visit [womenshealth.gov/nwbpaw](https://www.womenshealth.gov/nwbpaw) for resources and more information to help you improve your heart health.



## Daily Themes for the Week

Learn more about this year's focus areas (listed below) by visiting: <https://www.womenshealth.gov/nwbpaw>

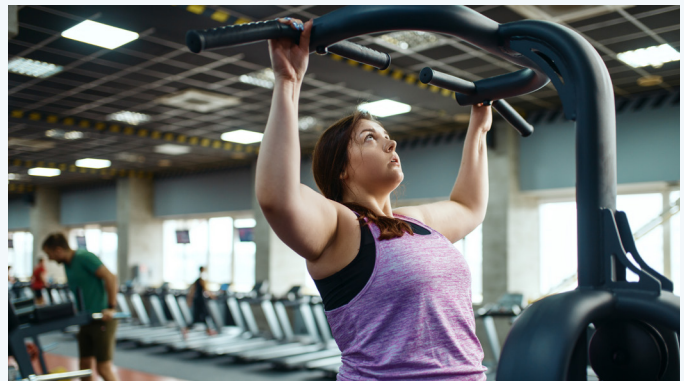
- » **Sunday:** Know the Numbers: *Women, Blood Pressure, and Heart Disease*
- » **Monday:** Heart Healthy Habits
- » **Tuesday:** Managing Blood Pressure Before, During, and After Pregnancy
- » **Wednesday:** The Link Between Mental Health and Heart Health
- » **Thursday:** How to Save a Life: CPR Basics for Rapid Response
- » **NWBPAW Summit** – *Keeping Your Finger on the Pulse: Innovative Community Efforts to Support Women's Heart Health*
- » **Friday:** Health Equity and Heart Disease
- » **Saturday:** NWBPAW 2023 Weekly Recap and Sharing What Works

## How can YOU participate in NWBPAW?

- Promote it on your social media, e-newsletter, blog, etc.
- Share information with your friends and family and encourage through their channels.
- Host a community event!

## Sample Messages

- » Join us during #NWBPAW for a weeklong focus on improving heart health for women: <https://bit.ly/3RKvU4Z> #NWBPAW
- » Getting to the Heart of it All is the theme for our 4th Annual National Women's Blood Pressure Awareness Week! Click here for ideas, messages, graphics, events + more to help you recognize the week <https://bit.ly/3RKvU4Z> #NWBPAW
- » #DYK Nearly half of U.S. adults have high blood pressure, including 1 in every 5 women; learn about your risk <https://bit.ly/48AL617> #NWBPAW
- » #DYK most women do not recognize that heart disease is their number one health threat. Here is what you should know: <https://bit.ly/45hW5Ds> #NWBPAW
- » Let's talk about silent heart attacks. Symptoms of a heart attack differ in men and women. Here is what you should know: <https://bit.ly/45hW5Ds> #NWBPAW



Thank you for celebrating National Women's Blood Pressure Awareness Week with us!



**OASH**

Office on  
Women's Health

[www.womenshealth.gov](http://www.womenshealth.gov) | 1-800-994-9662



[facebook.com/hhsowh](https://facebook.com/hhsowh)



[twitter.com/womenshealth](https://twitter.com/womenshealth)



[youtube.com/womenshealthgov](https://youtube.com/womenshealthgov)



[pinterest.com/womenshealth](https://pinterest.com/womenshealth)