

## High Blood Pressure Resource Library

The High Blood Pressure Resource Library is a compilation of different materials and resources from coalition members. Use them to inform or enhance your own messaging or share as is. The library is sorted by topic and then by resource format. Call 311 to order NYC Department of Health and Mental Hygiene materials. Please note there are order limits per material. If you would like to request a large quantity, email [bloodpressure@health.nyc.gov](mailto:bloodpressure@health.nyc.gov).

Please follow the [library policy](#) if you would like to make any changes to these documents.

### [2019 Communications Calendar](#)

#### Format Definitions:

E-blast: electronic newsletters

Print material: patient/community-facing infographic, educational handout, poster, etc.

Provider resource: provider-facing form, guide, etc.

Social media: examples of existing posts or products to share on social media









Song: musical song

Video: instructional or music video

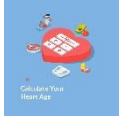

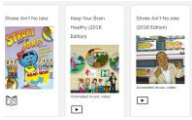






Webpage: link to an informational webpage

Topic	Thumbnail	Title	Format	Additional Languages	Organization
Awareness		<a href="#">Newsletter: Go Red for Women Day Newsletter</a>	E-blast		American Heart Association
		<a href="#">Insider Newsletter: Dr. Nichola Davis Shares What You Need to Know About "The Silent Killer" – High Blood Pressure</a>	E-blast		NYC Health + Hospitals
		<a href="#">Worksite Newsletter: Is Your Heart Healthy?</a>	E-blast		WorkWell NYC
		<a href="#">Spanish Stroke Awareness Infographic</a>	Infographic		American Heart Association










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Topic	Thumbnail	Title	Format	Additional Languages	Organization
		<a href="#">Five Key Facts about Stroke</a>	Print material	<a href="#">Spanish</a>	American Heart Association
		Hypertension Informative Screensavers (4) <a href="#">1</a> , <a href="#">2</a> , <a href="#">3</a> , <a href="#">4</a>	Print material		NYC Health + Hospitals
		<a href="#">High Blood Pressure Health Bulletin</a>	Print material	<a href="#">Arabic</a> , <a href="#">Bengali</a> , <a href="#">Chinese (traditional)</a> , <a href="#">Chinese (simplified)</a> , <a href="#">Haitian Creole</a> , <a href="#">French</a> , <a href="#">Italian</a> , <a href="#">Korean</a> , <a href="#">Polish</a> , <a href="#">Russian</a> , <a href="#">Spanish</a> , <a href="#">Urdu</a> , <a href="#">Yiddish</a> ,	NYC Health Department
		Blood Pressure Kiosk Borough Maps <a href="#">Bronx</a> , <a href="#">Manhattan</a> , <a href="#">Brooklyn</a> , <a href="#">Queens</a> , <a href="#">Staten Island</a>	Print material		NYC Health Department
		<a href="#">NYC Health Map Overview</a>	Provider resource		NYC Health Department
		<a href="#">High Blood Pressure Poster</a>	Print material	<a href="#">Spanish</a>	NYC Health Department
		<a href="#">Patient Facts: Hypertension</a>	Provider resource		American College of Physicians
		<a href="#">High Blood Pressure Tweets</a>	Social media		NYC Health Department







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Topic	Thumbnail	Title	Format	Additional Languages	Organization
		<a href="#">Heart Age Calculator Social Media Images</a>	Social media	<a href="#">Spanish</a>	NYC Health Department
		<a href="#">How to Share the NYC Health Map</a>	Social media		NYC Health Department
		<a href="#">“Hip Hop STROKE” Music Video</a>	Video		Hip Hop Public Health
		<a href="#">Stroke Month Webpage</a>	Webpage		American Heart Association
		<a href="#">Older Americans and Blood Pressure Webpage</a>	Webpage		American Heart Association
Blood Pressure Measurement		<a href="#">Measuring Your Blood Pressure at Home</a>	Print material		AHRQ
		<a href="#">How to Take Your Blood Pressure Handout</a>	Print material	<a href="#">Bengali</a> , <a href="#">Chinese</a> , <a href="#">French</a> , <a href="#">Russian</a> , <a href="#">Spanish</a> ,	NYC Health Department
		<a href="#">Self-Measured Blood Pressure Monitoring Guide</a>	Provider resource		NYC Health Department
		Blood Pressure Kiosk Borough Maps <a href="#">Bronx</a> , <a href="#">Manhattan</a> , <a href="#">Brooklyn</a> , <a href="#">Queens</a> , <a href="#">Staten Island</a>	Print material		NYC Health Department







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		<a href="#">NYC Health Map Overview</a>	Provider resource		NYC Health Department
		<a href="#">How to Measure Blood Pressure video</a>	Video		American Heart Association
		<a href="#">Knowledge Gaps in Getting Accurate Blood Pressure Readings Webpage</a>	Webpage		American Heart Association
Wellness		<a href="#">Newsletter: Feeling Stressed? Healthy Ways to Cope</a>	E-blast		WorkWell NYC
		<a href="#">Holiday Stress? Try Our Top 5 Tips for a Healthy Holiday Season Webpage</a>	Webpage		American Heart Association
Nutrition		<a href="#">Life Without Sugar is Just as Sweet Recipe</a>	Infographic		F.Y. Eye
		<a href="#">Healthy Recipes, Healthy Hearts Recipe</a>	Infographic		F.Y. Eye
		<a href="#">Eat More Color Infographic</a>	Print material	<a href="#">Spanish</a>	American Heart Association
		<a href="#">Holiday Healthy Eating Guide</a>	Print material		American Heart Association

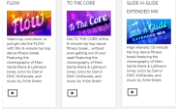



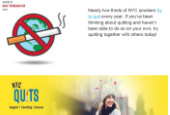


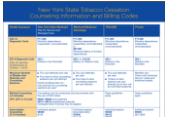
## High Blood Pressure Resource Library

Topic	Thumbnail	Title	Format	Additional Languages	Organization
		<a href="#">Cut the Salt Health Bulletin</a>	Print material	<a href="#">Arabic</a> , <a href="#">Bengali</a> , <a href="#">Chinese (traditional)</a> , <a href="#">Chinese (simplified)</a> , <a href="#">Haitian Creole</a> , <a href="#">French</a> , <a href="#">Italian</a> , <a href="#">Korean</a> , <a href="#">Polish</a> , <a href="#">Russian</a> , <a href="#">Spanish</a> , <a href="#">Urdu</a> , <a href="#">Yiddish</a>	NYC Health Department
		<a href="#">Adult Plate Planner</a>	Print material	<a href="#">Spanish</a>	NYC Health Department
		<a href="#">Using Food Labels to Eat Less Sodium Fact Sheet</a>	Print material	<a href="#">Bengali</a> , <a href="#">Chinese</a> , <a href="#">French</a> , <a href="#">Russian</a> , <a href="#">Spanish</a>	NYC Health Department
		<a href="#">Guide to Healthy Eating and Active Living in NYC</a>	Print material	<a href="#">Arabic</a> , <a href="#">Bengali</a> , <a href="#">Chinese (traditional)</a> , <a href="#">Chinese (simplified)</a> , <a href="#">Haitian Creole</a> , <a href="#">French</a> , <a href="#">Italian</a> , <a href="#">Korean</a> , <a href="#">Polish</a> , <a href="#">Russian</a> , <a href="#">Spanish</a> , <a href="#">Urdu</a> , <a href="#">Yiddish</a>	NYC Health Department
		<a href="#">Keep on Track: Simple Steps to a Healthier Lifestyle Guide</a>	Print material	<a href="#">Punjabi</a> , <a href="#">Bengali</a> , <a href="#">Korean</a> , <a href="#">Hindi</a> , <a href="#">Nepali</a> , <a href="#">Urdu</a>	NYC Health Department
		<a href="#">Keep On Track: Plate Planners</a>	Print material	<a href="#">Punjabni</a> , <a href="#">Bengali</a> , <a href="#">Korean</a> , <a href="#">Hindi</a> , <a href="#">Nepali</a> , <a href="#">Urdu</a>	NYC Health Department
		<a href="#">Do You Know How Much Sodium is in Your Food? Flipchart</a>	Provider resource	<a href="#">Spanish</a>	NYC Health Department
		<a href="#">Healthy Eating and Active Living Prescription Pad</a>	Provider resource	<a href="#">Spanish</a>	NYC Health Department










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Topic	Thumbnail	Title	Format	Additional Languages	Organization
		<a href="#">"Pay Attention to the Menu" Song</a>	Song		Hip Hop Public Health
		<a href="#">Break Up With Salt Webpage</a>	Webpage		American Heart Association
		<a href="#">Healthy for Good Webpage</a>	Webpage		American Heart Association
	N/A	DASH Diet Seminars (coming soon)	Webpage		YMCA of Greater New York
Physical Activity	N/A	<a href="#">Let's Move Outside newsletter</a>	E-blast		YMCA of Greater New York
		<a href="#">Guide to Healthy Eating and Active Living in NYC</a>	Print material	<a href="#">Arabic</a> , <a href="#">Bengali</a> , <a href="#">Chinese (traditional)</a> , <a href="#">Chinese (simplified)</a> , <a href="#">Haitian Creole</a> , <a href="#">French</a> , <a href="#">Italian</a> , <a href="#">Korean</a> , <a href="#">Polish</a> , <a href="#">Russian</a> , <a href="#">Spanish</a> , <a href="#">Urdu</a> , <a href="#">Yiddish</a>	NYC Health Department
		<a href="#">Keep on Track: Simple Steps to a Healthier Lifestyle Guide</a>	Print material	<a href="#">Punjabi</a> , <a href="#">Bengali</a> , <a href="#">Korean</a> , <a href="#">Hindi</a> , <a href="#">Nepali</a> , <a href="#">Urdu</a>	NYC Health Department
		<a href="#">Healthy Eating and Active Living Prescription Pad</a>	Provider resource	<a href="#">Spanish</a>	NYC Health Department

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Topic	Thumbnail	Title	Format	Additional Languages	Organization
		<a href="#">Hip Hop Dance Fitness Breaks</a>	Video		Hip Hop Public Health
		<a href="#">YMCA Summer Day Camp Information</a>	Webpage		YMCA of Greater New York
		<a href="#">YMCA Open Houses</a>	Webpage		YMCA of Greater New York
		<a href="#">YMCA Healthy Kids Day</a>	Webpage		YMCA of Greater New York
Smoking		<a href="#">Newsletter: World No Tobacco Day</a>	E-blast		WorkWell NYC
		<a href="#">Quit to Save Pamphlet</a>	Print material	<a href="#">Arabic</a> , <a href="#">Bengali</a> , <a href="#">Chinese (traditional)</a> , <a href="#">Chinese (simplified)</a> , <a href="#">Haitian Creole</a> , <a href="#">French</a> , <a href="#">Italian</a> , <a href="#">Korean</a> , <a href="#">Polish</a> , <a href="#">Russian</a> , <a href="#">Spanish</a> , <a href="#">Urdu</a> , <a href="#">Yiddish</a>	NYC Health Department
		<a href="#">Help Your Patients Quit Smoking Coaching Guide</a>	Provider resource		NYC Health Department
		<a href="#">New York State Tobacco Cessation Counseling Information and Billing Codes</a>	Provider resource		NYC Health Department

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Topic	Thumbnail	Title	Format	Additional Languages	Organization
		<a href="#">Smoking Cessation Medication Prescribing Chart</a>	Provider resource		NYC Health Department
		<a href="#">What's in Your Ashtray? Media Campaign Video</a>	Video		NYC Health Department
		<a href="#">Still Smoking? Cigarettes Are Eating You Alive Health Bulletin</a>	Print material	<a href="#">Chinese</a> , <a href="#">Korean</a> , <a href="#">Russian</a> , <a href="#">Spanish</a>	NYC Health Department
Treatment Adherence		<a href="#">Measuring Your Blood Pressure at Home</a>	Print material		AHRQ
		<a href="#">Check Change Control Pamphlet</a>	Print material		American Heart Association
		<a href="#">Blood Pressure Tracking Card</a>	Print material	<a href="#">Bengali</a> , <a href="#">Chinese</a> , <a href="#">French</a> , <a href="#">Hindu</a> , <a href="#">Korean</a> , <a href="#">Punjabi</a> , <a href="#">Russian</a> , <a href="#">Spanish</a> , <a href="#">Tagalog</a> , <a href="#">Urdu</a>	NYC Health Department
		<a href="#">Medication Adherence Assessment</a>	Print material	<a href="#">Spanish</a>	NYC Health Department
		<a href="#">My Medication List</a>	Print material	<a href="#">Bengali</a> , <a href="#">Chinese</a> , <a href="#">French</a> , <a href="#">Russian</a> , <a href="#">Spanish</a>	NYC Health Department
		<a href="#">My Medication List (wallet sized)</a>	Print material	<a href="#">Bengali</a> , <a href="#">Chinese</a> , <a href="#">French</a> , <a href="#">Russian</a> , <a href="#">Spanish</a>	NYC Health Department



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Topic	Thumbnail	Title	Format	Additional Languages	Organization
		<a href="#">Questions to Ask Your Health Care Provider or Pharmacist About Your Medication Checklist</a>	Print material	<a href="#">Bengali</a> , <a href="#">Chinese</a> , <a href="#">French</a> , <a href="#">Russian</a> , <a href="#">Spanish</a>	NYC Health Department
		<a href="#">Learn the Facts About Your Medicine Fact Sheet</a>	Print material	<a href="#">Bengali</a> , <a href="#">Chinese</a> , <a href="#">French</a> , <a href="#">Russian</a> , <a href="#">Spanish</a>	NYC Health Department
		<a href="#">Pharmacy Blood Pressure Decal</a>	Provider resource		NYC Health Department
		<a href="#">Health Tips: What You Can Do - Hypertension</a>	Provider resource		American College of Physicians
		<a href="#">A Guide to Hypertension Management in Your Practice</a>	Provider resource		NYC Health Department
		<a href="#">Hypertension Management Coaching Guide</a>	Provider resource		NYC Health Department
		<a href="#">Journal Article: The Kaiser Permanente Northern California Story</a>	Provider resource		NYC Health Department
		<a href="#">Holiday Blood Pressure Tips</a>	Webpage		American Heart Association
	N/A	Blood Pressure Self-Monitoring Program (coming soon)	Webpage		YMCA of Greater New York

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		<a href="#">Take the Pressure Off, NYC! Inaugural Plan</a>	Print material		NYC Health Department
Other		<a href="#">How to Order Hypertension Provider and Patient Materials</a>	Provider resource		NYC Health Department
		<a href="#">WellCare® Call Card</a>	Print material		WellCare
		<a href="#">YMCA Diabetes Prevention Program</a>	Webpage		YMCA of Greater New York