



# Washington County Health Department

1302 Pennsylvania Avenue, Hagerstown, MD 21742

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September 25, 2018

## **For Immediate Release**

The Washington County Health Department (WCHD) is offering a program to help Maryland residents control their blood pressure. Participants will receive a blood pressure monitor to check their blood pressure daily and track it on a log, which they will submit to the WCHD monthly. Participants will also work with their healthcare provider to keep their blood pressure under control. The program runs October 1, 2018 through March 30, 2019. Participants can sign up after the program begins. There is a limited number of blood pressure monitors available. Any Maryland resident is eligible to participate.

The purpose of this program is to help people in the community control their blood pressure. According to the Centers for Disease Control and Prevention (CDC), about 1 of 3 U.S. adults—or about 75 million people—have high blood pressure. Only about half (54%) of these people have their high blood pressure under control. This common condition increases the risk for heart disease and stroke, two of the leading causes of death for Americans. High blood pressure is called the “silent killer” because it often has no warning signs or symptoms, and many people do not know they have it. That’s why it is important for everyone to check their blood pressure regularly.

The WCHD is partnering with several community organizations to register participants in the program so that people can sign up and receive a blood pressure monitor at places they already go to everyday. This includes health centers and worksites. Individuals can also sign up for the program at the health department.

A flyer for the program can be viewed at [tinyurl.com/2018BPprogram](http://tinyurl.com/2018BPprogram).

Individuals interested in participating, organizations interested in helping promote the program, or anyone with questions about the program can contact Mary McPherson at [mary.mcpherson@maryland.gov](mailto:mary.mcpherson@maryland.gov) or 240-313-3349.