

February 2026

Blood Pressure Challenge

In 2024, more Jackson County residents were told by a doctor, nurse or health care professional that they had high blood pressure than in the last 10 years, when this question was asked as part of the Community Health Assessment. The 2024 results shared that 42.4% of residents were told they had high blood pressure compared to 35.1% in 2021.

High blood pressure can damage the heart and cause health problems if it stays too high for a long period of time. There are normally no warning signs for high blood pressure, so many people don't realize they have it. There is only one way to tell if you have high blood pressure and that is by measuring it, which is quick and painless!

This month check your blood pressure at least twice per week. You can use your own cuff, if you have one, or visit the Health Department, DSS, Sylva & Cashiers Senior Centers, the Justice Center or Cullowhee Recreation Department. Record your numbers below on the day you check it.

If you have any concerns or questions about your blood pressure please make an appointment with your primary care provider as soon as possible.

Name _____ Department _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Please submit completed challenge through interdepartmental mail to **Jenifer Pressley** at the Cullowhee Recreation Center by **March 6th**

