Social media assets for AHA/ASA staff can be found in Sprinkler and here.

Animated Infographic

103 million Americans have high blood pressure, the leading cause of stroke

44% of Americans aren’t worried about stroke

80% of Americans don’t check their blood pressure enough

You can lower your high blood pressure and risk for stroke.

Commit to a plan @LowerYourHBP.org

Copy: Did you know high blood pressure can cause heart attack and stroke? You can take control of your blood pressure, and your health. Visit LowerYourHBP.org.

Links


Social Graphics

62% of Americans with high blood pressure haven’t checked it in the past week.
Copy: Checking blood pressure regularly is key to preventing heart attack and stroke. How often do you check? You can help stop a heart attack or stroke. Visit LowerYourHBP.org.


TW Link: https://www.heart.org/en/health-topics/high-blood-pressure/commit-to-a-plan-to-lower-your-blood-pressure?utm_source=twitter&utm_medium=social&utm_campaign=maysurvey62

Copy: Be part of the 58% of Americans who do know their blood pressure numbers. Go to LowerYourHBP.org to learn about how your blood pressure affects your health.

FB Link: https://www.heart.org/en/health-topics/high-blood-pressure/commit-to-a-plan-to-lower-your-blood-pressure?utm_source=facebook&utm_medium=social&utm_campaign=maysurvey42

TW Link: https://www.heart.org/en/health-topics/high-blood-pressure/commit-to-a-plan-to-lower-your-blood-pressure?utm_source=twitter&utm_medium=social&utm_campaign=maysurvey42

Copy: Ignoring high blood pressure puts health at risk. Americans with high blood pressure should be monitoring their blood pressure regularly. Go to LowerYourHBP.org for help to learn how to keep your blood pressure under control and reduce your risk of heart attack and stroke.

FB Link: https://www.heart.org/en/health-topics/high-blood-pressure/commit-to-a-plan-to-lower-your-blood-pressure?utm_source=facebook&utm_medium=social&utm_campaign=maysurvey80
High blood pressure is a leading cause of stroke and heart attack, yet...

Nearly half of high-risk Americans aren’t worried about stroke and heart attack.

Copy Idea: Reduce risk for heart attack and stroke. Visit LowerYourHBP.org and talk with your doctor about your blood pressure numbers.

FB Link: https://www.heart.org/en/health-topics/high-blood-pressure/commit-to-a-plan-to-lower-your-blood-pressure?utm_source=fb&utm_medium=social&utm_campaign=maysurveyhalf

TW Link: https://www.heart.org/en/health-topics/high-blood-pressure/commit-to-a-plan-to-lower-your-blood-pressure?utm_source=tw&utm_medium=social&utm_campaign=maysurveyhalf