



National Women's Blood Pressure Awareness Week 2024

What is National Women's Blood Pressure Awareness Week?

Every year, the U.S. Department of Health and Human Services, (HHS) Office on Women's Health (OWH) dedicates a week to raising awareness about high blood pressure (hypertension) in women and helps uplift strategies and resources to better understand and control blood pressure. High blood pressure is common and can lead to serious health problems such as aneurysms, kidney disease, and heart attacks or strokes, but many women may not know they have or are at risk for developing high blood pressure. This observance motivates women to improve their health with simple, achievable steps and highlights local and national efforts that help support women on their heart healthy journey. This year, National Women's Blood Pressure Awareness Week (NWBPAW) is from **October 13 to October 19**.

NWBPAW 2024 Focus Areas



Blood Pressure Control in Early Adulthood



Pregnancy and Postpartum Blood Pressure Considerations



Menopause and Heart Health



High Blood Pressure and Health Equity

THE NWBPAW 2024 THEME IS

Empower Every Era: Blood Pressure Control Across the Lifespan.

This theme emphasizes the importance of monitoring and controlling blood pressure throughout a woman's life, addressing the unique health challenges that arise from young adulthood to menopause and beyond. The theme also aims to highlight and address heart health disparities, especially in underserved and underrepresented communities. OWH encourages women to check their blood pressure, understand their numbers, and take steps to keep their hearts healthy at every age.

National Women's Blood Pressure Awareness Week LIVE EVENT

Join our **Resource Roundup Panel** on
October 16, 2024 at 1:00 pm ET

Experts will share new resources and practical advice for controlling blood pressure and improving heart health. This event will explain the latest hypertension resources, provide practical advice for blood pressure control, share expert insights, and offer tangible next steps to communities.





REGISTER AND LEARN MORE AT:

www.womenshealth.gov/nwbpaw/events.

Learn More about this year's focus areas and access resources at www.womenshealth.gov/nwbpaw.


How can I participate in National Women's Blood Pressure Awareness Week?

THE OFFICE ON WOMEN'S HEALTH INVITES YOU TO:

-  **SHARE** how you control your blood pressure and stay healthy using **#NWBPAW** on social media.
-  **ACCESS** the NWBPAW toolkit at www.womenshealth.gov/nwbpaw/resources to share the 2024 messages and resources.
-  **LEAD** or participate in NWBPAW events or activities in your community that support the 2024 theme and topics such as a home blood pressure monitor kit distribution event.
-  **SHARE** the 2024 NWBPAW messaging and resources with the women in your life to support their heart health at every stage of life.


Sample Social Media Messages



Share these social media posts throughout NWBPAW and tag [@HHSOWH](#) on Facebook, [@womenshealth](#) on X, and [@HHS Office on Women's Health](#) on LinkedIn.

 It's National Women's Blood Pressure Awareness Week! Celebrate by empowering women to monitor & control their **#BloodPressure** through key moments in their health journeys. Use OWH's stickers & share them on social media! **#NWBPAW #Empowerment** <https://www.womenshealth.gov/nwbpaw/resources>

Today kicks off National Women's Blood Pressure Awareness Week! Controlling **#BloodPressure** is important for women in all stages of life, from early adulthood to **#Menopause** & beyond. Join OWH throughout the week to "Empower Every Era." **#NWBPAW** <https://www.womenshealth.gov/nwbpaw>

Having **#HighBloodPressure** when you're young, active, & otherwise healthy? It's possible! Even in your 20s, high blood pressure can be a concern. This National Women's Blood Pressure Awareness Week, know your numbers & take control of your heart health. **#NWBPAW** <https://www.womenshealth.gov/nwbpaw>

Preeclampsia is a serious blood pressure condition that can affect pregnant women . This National Women's Blood Pressure Awareness Week, know the signs & aim to maintain healthy **#BloodPressure**. **#PreeclampsiaAwareness #NWBPAW** <https://www.womenshealth.gov/nwbpaw>

As estrogen levels drop, the risk of heart issues rises  during menopause. This National Women's Blood Pressure Awareness Week, make a plan to talk to your doctor  and take proactive steps for your heart. **#MenopauseEmpowerment #NWBPAW** <https://www.womenshealth.gov/nwbpaw>

#HighBloodPressure is more common in communities with limited access to health resources. Visit a local clinic, community center, & OWH's National Women's Blood Pressure Awareness Week page for tips on controlling your **#BloodPressure**. **#NWBPAW** <https://www.womenshealth.gov/nwbpaw>



To access **our full NWBPAW toolkit**, including more social media messages, graphics, digital stickers, videos, and more, visit www.womenshealth.gov/nwbpaw/resources.

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