

TEAM ACTIVITIES

Is your blood pressure normal? In this activity, the entire section, as lead by your class president or representative will arrange a session with the school nurse in order to measure blood individual blood pressure.

According to the following range of blood

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120-139	or	80-89
High Blood Pressure (Hypertension) Stage 1	140-159	or	90-99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

Source: <http://www.prohealthexam.com/images/stories/bpchart.jpg>

Answer the following questions.

1. What is the name of the _____ that was used to measure your blood pressure?
2. Briefly describe the blood pressure _____ file of the entire class based on the data _____ d from the school clinic.
3. Why is it important to _____ ssure?
4. What are the possible causes _____ of high blood pressure?
5. What measures can be done _____ nt high blood pressure?