



Po' Woh Geh Owingeh Health Council



Our Health Priority:

Blood Pressure- Hypertension continues to be a problem in the community. Many individuals do not have warning signs or symptoms. Raising awareness can help manage hypertension as well as educate on the risks of heart attack and stroke.

Benefits:

- Making a difference in health outcomes
- Connect with individuals, families to gain trust
- Educate Community Members
- Plan follow-up, requests for additional info

Goals:

- Bring individuals with high blood pressure to near normal
- Increase individual's physical activity
- Increase compliance with medical appointments, and taking medications as prescribed.

Services Provided:

8th Annual Love Your Heart Event Community Health Screenings Walk for Wellness
 35 automatic BP wrist cuffs with educational materials & BP logs
 Current online services- Cooking Demos & Nutrition Education videos
 Health Education classes Fitness Classes

About Health Council

Services ongoing since 2016 Health Staff is cross trained to meet community's needs
 For the latest information, follow us on:
 San Ildefonso HHS

