



FOR IMMEDIATE RELEASE

Media Contact:

Sam Bedford
Digital Marketing Specialist, Waukee Public Library
O: (515) 978-7935
sbedford@waukee.org

Library Empowers Patrons to Take Control of Blood Pressure

The Waukee Public Library joins the American Heart Association's Libraries with Heart initiative by providing blood pressure kits for patrons to check out.

WAUKEE, IA (February 6, 2024) — Just in time for National Heart Month, the Waukee Public Library is the latest library to implement the American Heart Association's "Libraries with Heart" initiative. Patrons visiting the Library can now monitor their blood pressure at home by checking out kits provided by the American Heart Association's ongoing initiative to create easy-access opportunities for people to learn more about their heart health.

High blood pressure, or hypertension, affects nearly half of American adults, according to the American Heart Association. Recognized as a leading contributor to heart disease and stroke, hypertension is often referred to as the "silent killer" due to its ability to damage a person's health without any discernible symptoms. The first steps in preventing or managing high blood pressure involve knowing the numbers and making changes that matter.

Kristine Larson, Director of the Waukee Public Library, says enriching and enhancing the quality of life for the community is core to their mission. "We're excited to collaborate with the American Heart Association and offer blood pressure kits to our patrons, hopefully inspiring them to take an active role in their health. Knowing blood pressure numbers, seeking treatment if needed, and learning how to make healthy choices can improve and potentially save lives."

Two blood pressure monitor kits are available for checkout through the Waukee Public Library's Dr. Mayank K. Kothari STEAM Library, with a borrowing period of three weeks and an option to renew twice. Each kit contains American Heart Association materials, including a validated monitor and cuff, instructions for at-home blood pressure monitoring, a guide on how to interpret the numbers, and tips on blood pressure management. If numbers are elevated, the kits also provide a list of local healthcare providers ready to answer questions.

According to the American Heart Association, blood pressure numbers of less than 120/80 mm Hg fall within normal range. People in this category can stick with heart-healthy habits like following a balanced diet and getting regular exercise. Those with elevated or high blood pressure numbers are encouraged to speak with their primary physician immediately to determine their next steps.

##

About the Waukee Public Library:

The Waukee Public Library operates as part of the City of Waukee. It is governed by a seven-member board of trustees. In 2023 alone, nearly 100,000 visitors walked through the Library doors and nearly 190,000 items were checked out. In addition to providing books, digital materials, meeting space, and computer access, the Waukee Public Library hosts hundreds of programs and events each year to educate and enlighten Waukee area citizens of all ages. Visit waukeepubliclibrary.org.