

# May Awareness 2019

## National Physical Fitness & Sports Month

Regular physical activity is good for everyone's health, and people of all ages and body types can be physically active. National Physical Fitness and Sports Month is a great time to spread the word about the benefits of getting active. Here are just a few benefits of physical activity:

- **Children and adolescents** – Improve muscular fitness, bone health, and heart health
- **Adults** – Lower the risk of heart disease, type 2 diabetes, and some types of cancer
- **Older adults** – Lower the risk of falls and improve cognitive functioning (like learning and judgment skills)

Communities, health professionals, and families can work together to create opportunities for everyone to get more physical activity.



### How can National Physical Fitness and Sports Month make a difference?

We can use this month to raise awareness about the benefits of physical activity – and spread the word about fun ways to get moving! For more information go to

<https://healthfinder.gov/nho/MayToolkit.aspx>

## May Mental Health Awareness



Mental Health Awareness Month (also referred to as "Mental Health Month") has been observed in May in the United States since 1949, reaching millions of people in the United States through the media, local events, and screenings.

Mental Health America and our affiliates across the country have led the observance of May is Mental Health Month by reaching millions of people through the media, local events and screenings. We welcome other organizations to join us in spreading the word that mental health is something everyone should care about by using the May is Mental Health Month toolkit materials and conducting awareness activities. Please go to this site for a great toolkit full of valuable information that can be shared with your employees, family and friends.

<http://www.mentalhealthamerica.net/may>

## National High Blood Pressure Awareness

The Facts About High Blood Pressure - High blood pressure (also referred to as HBP, or hypertension) is when your blood pressure, the force of blood flowing through your blood vessels, is consistently too high.

- Nearly half of American adults have high blood pressure. (Many don't even know they have it.)
- The best way to know if you have high blood pressure it is to have your blood pressure checked.

Know your numbers learn about your blood pressure numbers and what they mean. For more information go to <https://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure>

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
<b>NORMAL</b>	<b>LESS THAN 120</b>	<b>and</b>	<b>LESS THAN 80</b>
<b>ELEVATED</b>	<b>120 – 129</b>	<b>and</b>	<b>LESS THAN 80</b>
<b>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1</b>	<b>130 – 139</b>	<b>or</b>	<b>80 – 89</b>
<b>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2</b>	<b>140 OR HIGHER</b>	<b>or</b>	<b>90 OR HIGHER</b>
<b><u>HYPERTENSIVE CRISIS</u> (consult your doctor immediately)</b>	<b>HIGHER THAN 180</b>	<b>and/or</b>	<b>HIGHER THAN 120</b>

## National Bike Month

May is National Bike Month. During National Bike Month, cycling enthusiasts across the country celebrate the many benefits of cycling. The League of American Bicyclists, which advocates for a "Bicycle Friendly America," sponsors Bike Month each year. Bike Safely and Live to Ride Another Day!

Bicycling is one of the best ways to stay in shape, see the sights, save money on gas and reduce pollution. The benefits are well-known to cycling enthusiasts and local leaders nationwide who have created [bike-friendly communities](#).



The Risks - For all the benefits of cycling, cyclists face a host of hazards. They often must share the road with vehicles, and injuries can happen even on a designated path.

The number of deaths from bicycle incidents has increased 29%, from 793 in 2010 to 1,024 in 2017, according to [Injury Facts](#). Of the 1,024 bicyclist deaths in 2017, 679 died in motor vehicle crashes and 345 in other incidents. Bicycle-related deaths peak in the summer months and remain high through September.

With about 80 million bike riders sharing the road with millions of motorized vehicles, the importance of taking safety precautions cannot be overstated. For more information and safety tips go to <https://www.nsc.org/home-safety/tools-resources/seasonal-safety/summer/bicycles>