

# JE BLOOD PRESSURE PROGRAM

Healthy@**JE**



# DID YOU KNOW?



## *High blood pressure*

ABOUT 22% OF THE POPULATION IN EUROPE HAS HIGH BLOOD PRESSURE

## *Asymptomatic nature*

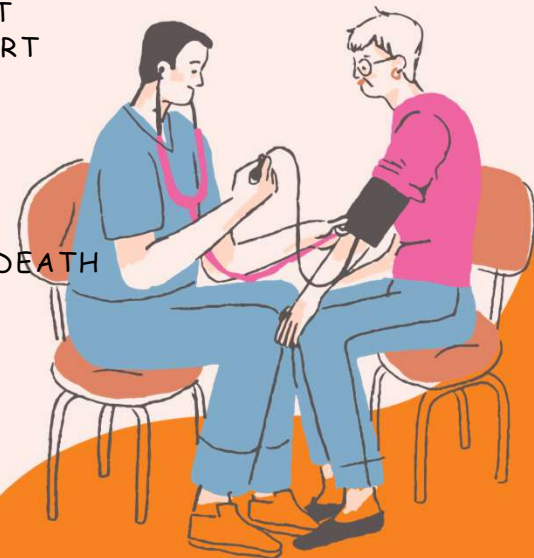
HIGH BLOOD PRESSURE OFTEN PRODUCES NO SYMPTOMS, MAKING IT KNOWN AS THE "SILENT KILLER." LEFT UNTREATED, IT CAN LEAD TO SERIOUS HEALTH CONSEQUENCES, SUCH AS HEART ATTACKS AND STROKES

## *Mortality from cardiovascular disease*

CARDIOVASCULAR DISEASE, INCLUDING HIGH BLOOD PRESSURE, IS THE LEADING CAUSE OF DEATH IN THE EUROPEAN REGION, CAUSING 10,000 DEATHS EVERY DAY

## *Size of the problem*

MORE THAN ONE-THIRD OF ADULTS AGED 30-79 HAVE HYPERTENSION



# HYPERTENSION PREVENTION

## REGULAR PHYSICAL ACTIVITY:

AT LEAST 150 MINUTES OF MODERATE PHYSICAL ACTIVITY PER WEEK, SUCH AS BRISK WALKING OR CYCLING



QUIT SMOKING:  
SMOKING INCREASES THE RISK OF HYPERTENSION AND CARDIOVASCULAR DISEASES

AVOID EXCESSIVE ALCOHOL CONSUMPTION:  
LIMIT ALCOHOL INTAKE TO MODERATE AMOUNTS



HEALTHY DIET:  
LIMIT INTAKE OF SALT, SATURATED FATS, AND SUGARS. INCREASE CONSUMPTION OF FRUITS, VEGETABLES, WHOLE GRAINS, AND LEAN PROTEINS

STRESS MANAGEMENT:  
RELAXATION TECHNIQUES SUCH AS MEDITATION, YOGA, OR DEEP BREATHING CAN HELP LOWER BLOOD PRESSURE





# BENEFITS OF REGULAR HEALTH CHECK-UPS

## Early Detection of Health Issues

Regular check-ups allow for early detection of hypertension and other health problems, enabling quicker intervention

## Health Awareness

Regular check-ups increase health awareness and motivate individuals to lead healthier lifestyles

## Prevention of Complications

Early treatment of hypertension can prevent serious complications such as heart attack, stroke, or kidney failure

## Improved Quality of Life

Maintaining normal blood pressure contributes to better well-being and a higher quality of life



That's why **JOHNSON ELECTRIC** invites you to participate in a prevention campaign organized by your local plants - detailed information coming soon.



Every day, you can continuously monitor your heart rate, for example, using a smartwatch and an app of your choice. Digitalization also helps us to take care of our health!



Healthy Workplaces  
Campaign 2023-2025

**Safe and  
healthy work  
in the  
digital age**

