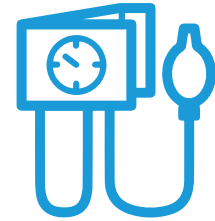


# UNDER PRESSURE



## OVERVIEW

Students will learn the basics of blood pressure in the human body and investigate the concept by participating in a demonstration using balloons, water, and air. Building on that experience, they will learn what it means to have “high blood pressure” before being presented with various lifestyle choices and having to decide whether each lifestyle choice presented would increase the risk of developing this noncommunicable disease.

## USE OF PRESENTATION

The accompanying presentation was created with PowerPoint so that it can be used in a variety of classrooms. If you are using a laptop with an LCD projector, simply progress through the PowerPoint by clicking to advance. All of the interactive aspects of the presentation are set to occur on click. This includes images, text boxes, and links, which will appear in a web browser upon clicking. If you are using an interactive whiteboard, tap on each slide with your finger or stylus to activate the interactive aspects of the presentation. In the notes for each slide, there will be information on how to proceed.

## CONTENT AREAS

Health, Physical Education



## ACTIVITY DURATION

45–60 minutes

## AGE RANGE

10–13

## ESSENTIAL QUESTIONS

- How can you reduce your risk of developing certain noncommunicable diseases, like high blood pressure?
- What is the connection between healthy behaviors and preventing high blood pressure?

For more information about the Future Well Kids program, please email  
[ABBOTT.VOLUNTEER@ABBOTT.COM](mailto:ABBOTT.VOLUNTEER@ABBOTT.COM).