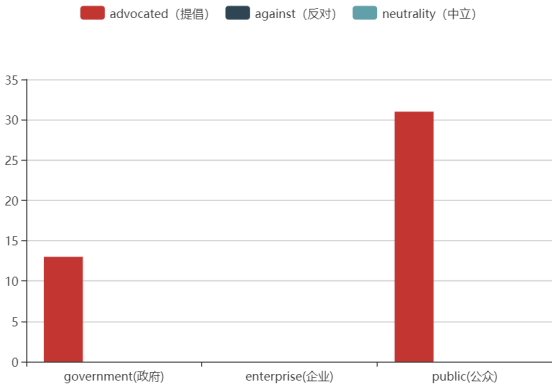


减盐-新闻

Salt Reduction - News

今日 (2018-10-09) 共监测到44条资讯。请点击标题查看原文。
There are 44 articles monitored today 2018-10-09. Please click the title to view full information.
The original article is in Chinese only.



新闻主体分类

Classification of news subject

政府 Government					
1. 传播健康知识 提升健康素质 新闻 电子报 惠州 惠州日报 东江时报... Spread of health knowledge To enhance the quality health news__e-paper__in huizhou huizhou journal dongjiang times...		来源: 惠州日报	类别: 健康中心 Category: health and wellness centers	态度: 提倡 Attitude: advocate	时间: 09:04:10 Time: 09:04:10
本报讯 (记者欧阳德辉) 日前, 由区卫计局主办、区疾控中心承办的大亚湾区全民健康生活方式行动第二阶段启动仪式在澳头街道渔人码头举行。活动动员全社会共同关注 “三减三健” 专项活动, 倡导 “每个人是自己健康第一责任人” 理念, 广泛宣传健康生活方式相关知识, 提高公众健康素养。 “作为老年人, 什么样的生活方式才是健康的?” “对老百姓而言, 在日常生活中应注意哪些方面?” 活动现场吸引了大量市民前来咨询。区疾控中心有关负责人介绍, 近年来, 该区坚持以推进健康中国建设为引领, 以 “三减三健, 全民行动” 为主题, 以合理膳食和适量运动为重点, 以健康教育和健康促进为手段, 以减盐、减油、减糖、健康口腔、健康体重、健康骨骼活动为切入点, 科学传播健康知识, 不断提升全民健康素质, 为建设健康大亚湾奠定了坚实基础。					
Our news (reporter Ouyang Dehui) a few days ago, sponsored by the District Health and Accounting Bureau, the District CDC hosted the Daya Bay Area National Healthy Lifestyle Action Phase II launching ceremony was held at the fisherman's pier in Macau Street. The campaign mobilized the whole society to pay attention to the special activities of "Three Reductions and Three Health Care", advocated the concept of "everyone is the first person responsible for his or her own health", widely publicized the knowledge of healthy lifestyle, and improved public health literacy."As a senior citizen, what kind of life style is healthy?" "For ordinary people, what aspects should we pay attention to in daily life?" The scene attracted a large number of people to come to the consultation. A person in charge of the CDC said that in recent years, the region has adhered to the principle of promoting healthy China, with the theme of "Three Reductions and Three Health Care, National Action", with rational diet and proper exercise as the focus, health education and health promotion as the means to reduce salt, oil, sugar, healthy mouth, healthy weight and health Health skeleton activities as a starting point, scientific dissemination of health knowledge, and constantly improve the health quality of the people, laying a solid foundation for building a healthy Daya Bay.					
2. 嘉兴倡导全民健康生活方式 Jiaxing advocating a healthy lifestyle		来源: 嘉兴在线	类别: 健康中心 Category: health and wellness centers	态度: 提倡 Attitude: advocate	时间: 01:04:21 Time: 01:04:21
为大力推进 “三减三健” (减盐、减油、减糖、健康口腔、健康体重、健康骨骼) 全民健康生活方式行动, 传递健康生活方式理念, 倡导 “全民行动”, 昨天上午, 嘉兴市全民健康生活方式第二阶段启动仪式暨慢性病防治宣传活动在华庭街举行。 “通过增加运动、控制饮食, 我半年内体重从180多斤减到了目前的150多斤, 体脂率也从之前的29%减到了26%。身体轻多了, 精神状态也好了很多!” 启动仪式上, 参加万步有约并获得 “减重达人” 称号的许洪明上台宣读了嘉兴市全民健康生活方式倡议书。 “健康的生活方式其实并不难, 大家只要有决心、有毅力、有正确的方法, 一定都能做到。” 听完许洪明的减肥心得, 台下不少人露出了羡慕和佩服的神情					
In order to vigorously promote the "Three Reductions and Three Health Care" (Salt, Oil, Sugar, Healthy Oral, Healthy Weight, Healthy Skeleton) nationwide healthy lifestyle action, pass on the concept of healthy lifestyle, and advocate the "action of the whole people", yesterday morning, Jiaxing City launched a ceremony for the second stage of the nationwide healthy lifestyle and publicity for the prevention and treatment of chronic diseases. The event was held at Hua Ting Street."By increasing exercise and diet control, my weight dropped from more than 180 kg to more than 150 kg in half a year, and my body fat rate dropped from 29% to 26%. The body is light, and the mental state is much better. " At the launching ceremony, Xu Hongming, who participated in the Wanbu contract and was awarded the title of "Weight Loss Talent", took the stage to read out the proposal for a healthy lifestyle for all people in Jiaxing. "Healthy lifestyle is not difficult, as long as we have the determination, perseverance, the right way, we can certainly do it." After listening to Xu Hongming's weight loss experience, many people on the stage showed their admiration and admiration.					
3. 东营区积极开展 “全国高血压日” 宣传活动 Dongying district actively carry out "national hypertension day" campaign		来源: 东营大众网	类别: 高血压 Category: hypertension	态度: 提倡 Attitude: advocate	时间: 09:05:50 Time: 09:05:50
大众网东营10月9日讯 (见习记者 刘子瑜) 10月8日是第21个 “全国高血压日”, 宣传主题是 “知晓您的血压”, 旨在提高广大群众对高血压危害的认识, 动员全社会都来参与高血压预防和控制工作, 普及高血压防治知识。8日上午, 东营区卫计局、东营区疾控中心、东营区人民医院及史口中心卫生院在史口镇大集开展高血压日集中宣传活动, 辖区内其他医疗机构在各自辖区内开展宣传活动。 活动现场, 医务人员向群众讲解保健养生及如何控制高血压的方法等知识, 提高高血压患者的知晓率、治疗率及控制率, 从而减少心血管疾病的发生率和死亡率。东营区人民医院急诊专家向大家讲解了急救知识, 现场演练心肺复苏和人工呼吸操作技术。					
Dongying, October 9 (Internship Reporter Liu Ziyu) October 8 is the 21st "National Hypertension Day", the publicity theme is "Know Your Blood Pressure", aimed at raising the public awareness of the dangers of hypertension, mobilizing the whole society to participate in the prevention and control of hypertension, and popularizing knowledge of hypertension prevention and control. On the morning of the 8th, the Dongying District Health and Planning Bureau, the Dongying District CDC, the Dongying District People's Hospital and the Shikou Central Health Hospital launched a centralized publicity campaign on the Day of Hypertension in Daji, Shikou Town. Other medical institutions in their respective jurisdictions carried out publicity activities.At the event site, medical staff explained to the public health care and how to control hypertension and other knowledge, improve the awareness rate of patients with blood pressure, treatment rate and control rate, thereby reducing the incidence of cardiovascular disease and mortality. Emergency experts from Dongying People's Hospital explained the first aid knowledge to everyone and drilled the techniques of CPR and artificial respiration on the spot.					
4. 承德高新区开展全国高血压日宣传活动 Chengde high-tech zone to carry out the national hypertension day campaign		来源: 中国网滨海高新	类别: 高血压 Category: hypertension	态度: 提倡 Attitude: advocate	时间: 11:09:26 Time: 11:09:26
10月8日是第21个 “全国高血压日”, 为推进高血压防治工作, 进一步提升全民健康素养和健康水平, 根据国家卫健委文件要求, 承德高新区社会事务管理局联合社区办及两镇卫生院, 在梨花社区所辖的桃李苑及两镇卫生院院区开展了以 “知晓您的血压” 为主题的宣传活动。活动现场为居民测量血压100余人次, 健康咨询100余人次, 悬挂主题宣传横幅2条, 发放定量盐壶50套、高血压防治知识宣传单页300份、三减三健知识宣传单页300份、居民健康素养折页300份。 此次宣传活动, 普及了高血压的防治知识, 强化了居民的防病意识, 提高了社会对高血压的科学认知水平, 倡导了健康生活方式, 营造了高血压防治的社会氛围, 切实提升了居民健康素养水平。					
October 8 is the 21st National Hypertension Day. In order to promote the prevention and treatment of hypertension and further enhance the health literacy and health level of the whole people, according to the documents of the State Health and Health Commission, the Chengde High-tech Zone Social Affairs Administration Bureau jointly operates the community and the two towns' health centers, which are located in Taoli Yuan and the two towns' health centers under the jurisdiction of Lihua Community. A publicity campaign					

featuring "knowing your blood pressure" has been launched. More than 100 people took blood pressure measurements, more than 100 health counseling, 2 banners were hung up, 50 sets of quantitative salt pots, 300 pages of hypertension prevention and control, 300 pages of three-minus three-health knowledge, and 300 folders of residents'health literacy were issued.The publicity campaign popularized the knowledge of prevention and treatment of hypertension, strengthened residents'awareness of disease prevention, improved the scientific level of social awareness of hypertension, advocated a healthy lifestyle, created a social atmosphere for the prevention and treatment of hypertension, and effectively improved the level of residents' health literacy.

5. 西岗中心卫生院举行“全国高血压日”主题义诊活动 - 滕州市西岗镇	来源：中国滕州网	类别：高血压	态度：提倡	时间：15:28
Xi-gang central hospitals "national hypertension day" theme yizhen activities - su xi-gang town	来源：中国滕州网	Category: hypertension	Attitude: advocate	Time: 15:28

2018年10月8日是我国第21个“全国高血压日”，主题是“知晓您的血压”。为有效预防和控制高血压，提高群众对高血压病的认识，10月8日，西岗中心卫生院组织医务人员在公共卫生服务站门前开展了“全国高血压日”主题义诊活动。活动中，该院通过悬挂宣传横幅、发放宣传资料和减盐限油套件、测量血压、健康咨询等形式进行宣传。医护人员耐心向过往群众讲解了高血压疾病的防控措施，并呼吁群众积极参加“H型高血压”筛查，重视自己的血压水平，形成主动测量并定期监测血压的健康理念，医务人员建议群众合理饮食、戒烟限酒、适当锻炼、保持心理平衡、管理清晨血压，提倡家庭自测血压、管理高血压等对防治高血压具有重要意义。西岗中心卫生院“H型高血压”管理办公室负责人介绍说，如今，高血压已经成为危害人类健康的最主要的慢性疾病，它涉及面广，危害性重

October 8, 2018 is the twenty-first National Hypertension Day in China. The theme is "know your blood pressure". In order to effectively prevent and control hypertension and raise people's awareness of hypertension, on October 8, Xigang Central Hospital of Health organized medical staff to carry out the "National Hypertension Day" theme free clinic activities in front of public health service stations.During the activities, the hospital carried out propaganda by hanging propaganda banners, distributing propaganda materials, reducing salt and limiting oil kits, measuring blood pressure, health counseling and other forms. The medical staff patiently explained the prevention and control measures of hypertension to the past masses, and appealed to the masses to actively participate in the "H-type hypertension" screening, pay attention to their own blood pressure level, and form a healthy concept of active measurement and regular monitoring of blood pressure. The medical staff suggested the masses to eat reasonably, stop smoking and alcohol restriction, exercise properly, and maintain psychology. Balance, management of early morning blood pressure, advocating self-test blood pressure at home, management of hypertension are of great significance to the prevention and treatment of hypertension.The person in charge of the "H-type hypertension" Management Office of Xigang Central Health Hospital said that hypertension has become the most important chronic disease endangering human health, which involves a wide range of hazards.

6. 温江区涌泉街道社区卫生服务中心开展“全国高血压日”宣传	来源：四川新闻网	类别：高血压	态度：提倡	时间：16:14
Salween area yongquan street community health service center to carry out the "national hypertension day" propaganda	来源：四川新闻网	Category: hypertension	Attitude: advocate	Time: 16:14

四川新闻网成都10月9日讯 10月8日是第21个“全国高血压日”，为提高人民群众对于高血压的知晓率、治疗率及控制率，逐步普及高血压防治知识，10月8日上午，温江区涌泉街道社区卫生服务中心联合涌泉街办共耕社区在该社区开展了主题为“知晓您的血压”的高血压日宣传活动。活动当天，涌泉街道社区卫生服务中心家庭医生团队积极为群众讲解高血压的防治知识，特别是从高血压的病因、早期症状、治疗措施等方面向大家做了详细的宣传，告诉他们高血压是可防可控的。同时要养成早睡早起、适当运动、戒烟限酒、减盐少油饮食、多吃蔬菜水果等健康的生活方式，对已确诊为高血压患者要按照医嘱要求规律服用降压药，并定期复查。本次活动共接受高血压知识咨询、义诊100余人，提供免费测量血压80人、发放健康教育宣传材料100份，现场签约家庭医生服务协议80份，取得了良好的社会效果。（陈凡坪）

Sichuan News Network, Chengdu, October 9 - October 8 is the 21st "National Hypertension Day", in order to improve the people's awareness of hypertension, treatment rate and control rate, and gradually popularize the knowledge of hypertension prevention and control, on the morning of October 8, Wenjiang District, Yongquan Street Community Health Service Center, Yongquan Street, joint Yongquan Street co-farming community in the community A publicity campaign for hypertension on the theme of "knowing your blood pressure" has been launched.On the day of the activity, the family doctor service team of Yongquan Street Community Health Service Center actively explained the prevention and treatment of hypertension to the masses, especially from the causes of hypertension, early symptoms, treatment measures to do a detailed publicity, told them that hypertension is preventable and controllable. At the same time, to develop a healthy lifestyle, such as early to bed and early to rise, appropriate exercise, smoking and alcohol restriction, less salt and oil diet, eat more vegetables and fruits, to have been diagnosed with hypertension patients should be regularly taken antihypertensive drugs, and regular review.The event received more than 100 hypertension knowledge consultation, free clinic, 80 free blood pressure measurements, 100 health education materials, 80 on-site family doctor service agreements signed, and achieved good social results. (Chen Fanping)

7. 旌阳区开展“全国高血压日”宣传活动	来源：四川新闻网	类别：高血压	态度：提倡	时间：19:43
Jingyang to carry out the "national hypertension day" campaign	来源：四川新闻网	Category: hypertension	Attitude: advocate	Time: 19:43

四川新闻网德阳10月9日讯（旌卫宣 孙巧）10月8日是全国第21个“全国高血压日”，为进一步普及高血压防治科学知识，提高公众高血压病防控的意识，旌阳区疾控中心联合辖区部分医疗机构在102生活广场开展了以“知晓您的血压”为主题的宣传活动。活动通过悬挂横幅，摆放展板，现场咨询，义检义诊，血压血糖免费测量等方式向广大群众宣传了高血压防治知识。此次宣传活动旨在提高公众主动防控高血压、提升人群高血压的知晓率，普及高血压防治知识，增强居民的自我保健意识，改变不良生活习惯，远离高血压等慢性病的困扰。活动共计发放了高血压防治知识宣传单2400余张，发放限盐勺、计步器等宣传用品800余个，并对220人进行了现场测量血压，对120余人开展了健康服务指导。此次高血压日宣传旨在让更多居民了解到高血压的危害和防治知识，强化了居民主动防控心脑血管疾病意识，形成主动测量并定期监测血压的健康理念，提升了相关人群对高血压的知晓率，为做到高血压的早发现、早诊断、早治疗，提高居民的健康素质起到了重要的意义

Deyang, Sichuan News Network, October 9 (Peiwei Xuan Sun Qiao) October 8 is the 21st National Hypertension Day in China. To further popularize scientific knowledge of hypertension prevention and control and enhance public awareness of hypertension prevention and control, some medical institutions in the joint jurisdiction of the Peiyang CDC launched the "Know You" in the 102 Living Square. Blood pressure "is the thematic publicity campaign.Through hanging banners, placing exhibition boards, on-site consultation, voluntary examination, free blood pressure and blood glucose measurements to the masses to publicize the prevention and treatment of hypertension knowledge. The publicity campaign aims to improve the public's initiative to prevent and control hypertension, raise the awareness rate of hypertension among the population, popularize the knowledge of hypertension prevention and control, enhance residents'awareness of self-care, change bad habits, and stay away from chronic diseases such as hypertension. More than 2,400 propaganda leaflets and 800 propaganda articles, such as salt-limiting spoons and pedometers, were issued for the prevention and treatment of hypertension. The blood pressure of 220 people was measured on the spot, and more than 120 people were given health service guidance.The propaganda aims to let more residents know about the dangers and prevention of hypertension, strengthen residents'awareness of active prevention and control of cardiovascular and cerebrovascular diseases, form a healthy concept of active measurement and regular monitoring of blood pressure, improve the awareness rate of hypertension among the relevant population, so as to achieve early detection, early diagnosis and early detection of hypertension. Treatment plays an important role in improving residents' health quality.

8. 海州区卫计局开展“知晓您的血压”主题宣传活动	来源：凤凰网江苏站	类别：高血压	态度：提倡	时间：15:46
Haizhou who plan bureau to carry out the "know your blood pressure" theme campaign	来源：凤凰网江苏站	Category: hypertension	Attitude: advocate	Time: 15:46

2018年10月8日是第21个“全国高血压日”，为推进高血压防治工作，提高公众主动防控高血压的意识，积极采取健康的生活方式，进一步提升全区居民健康素养水平，海州区疾病预防控制中心联合连云港市疾控中心、海州社区卫生服务中心围绕“知晓您的血压”主题在海州区鼓楼广场开展现场咨询活动。现场设置咨询台、摆放宣传展板、摆设为主题横幅的拱门，工作人员为过往的市民和前来咨询的市民发放宣传折页、手册、控油壶、限盐勺、BMI、健康生活方式手提袋、计步器、腰围尺等健康支持工具，为前来咨询的市民讲解高血压预防的知识、免费测量血压，为高血压的高危人群进行生活方式的指导，对超标准血压测量者根据是否已确诊者给予规范治疗、社区管理、社区医院确诊及生活方式指导等建议。本次宣传活动，共发放宣传折页、手册500余份、控油壶、限盐勺100余套、BMI尺、计步器、腰围尺各100余个、手提袋50余个，免费测量血压200余人。通过宣传让更多的市民了解自己的血压、了解高血压的诊断、危害、不同人群测量血压的频率、高血压的预防、治疗及可控制性和高血压患者的社区免费管理服务、家庭测血压、自我管理的重要性。使更多的人去关注自己的血压，增强市民预防和控制高血压的意识，活动受到社区居民的一致好评

October 8, 2018 is the 21st National Hypertension Day. In order to promote the prevention and control of hypertension, raise the public's awareness of initiative to prevent and control hypertension, actively adopt a healthy lifestyle, and further enhance the health literacy level of residents in the region, the Haizhou District Center for Disease Control and Prevention (CDC), Lianyungang CDC and Haizhou Community Health Service Center around the "know your blood pressure" theme in Haizhou District Drum Tower Plaza to carry out on-site consultation activities.A consulting desk, a display board and an arch with a theme banner are set up on the spot. Workers provide health support tools such as pamphlets, handbooks, oil kettles, salt spoons, BMI, healthy lifestyle handbags, pedometers, waistband rulers and so on to the public and those coming to consult. Knowledge of hypertension prevention, free measurement of blood pressure, lifestyle guidance for high-risk groups of hypertension, standardized treatment, community management, community hospital diagnosis and lifestyle guidance for those who exceed the standard blood pressure measurements according to whether they have been diagnosed.More than 500 pamphlets, handbooks, oil control kettles, salt spoons, more than 100 sets of BMI rulers, pedometers, waist circumference rulers, more than 50 handbags, more than 200 people free of charge to measure blood pressure. Through propaganda, more and more citizens can understand their own blood pressure, the diagnosis and harm of hypertension, the frequency of blood pressure measurements in different groups, the prevention and treatment of hypertension, the controllability of hypertension and the importance of free community management services, home blood pressure measurements and self-management for hypertension patients. To make more people to pay attention to their blood pressure, enhance public awareness of prevention and control of hypertension, activities by community residents unanimously praised

9. 蚌埠市人民政府	来源：中国蚌埠网	类别：高血压	态度：提倡	时间：15:07
People's government of bengbu	来源：中国蚌埠网	Category: hypertension	Attitude: advocate	Time: 15:07

怀远县开展全国第二十一高血压日宣传活动 2018年10月8日是全国第二十一高血压日。今年的主题是“知晓您的血压-促进自我血压检测”。10月7日上午，怀远县疾控中心和县城关医院医务人员在县疾控中心南部预防门诊前开展全国高血压日宣传义诊活动。活动现场，医务人员通过悬挂条幅、摆放宣传展板、发放宣传折页、限油壶、限盐勺、围裙等开展广泛宣传，用通俗易懂的语言为社区群众讲解了高血压的概念、危害、发病因素及预防治疗，耐心解答社区群众的各种咨询，并现场测量血压、对服药老人进行了详细的药物指导。此次宣传义诊活动让更多群众了解了高血压病防治的相关知识，进一步提高了群众对高血压病的防治意识，对培养群众健康的生活方式，降低高血压及其并发症的发生风险和危害具有积极的推动作用

Huaiyuan County launched twenty-first publicity campaigns on Hypertension Day in ChinaOctober 8, 2018 is the twenty-first high blood pressure day in China. This year's theme is "know your blood pressure - promote your blood pressure test". On the morning of Oct. 7, medical staff of Huaiyuan CDC and county Chengguan Hospital carried out the National Hypertension Day propaganda and free clinic activities before the Southern Preventive Clinic of the county CDC.At the scene of the event, medical staff carried out extensive

publicity by hanging banners, placing publicity exhibition boards, issuing publicity folders, oil-limiting kettles, salt-limiting spoons, aprons, etc. They explained the concept, hazards, pathogenic factors, prevention and treatment of hypertension for the community masses in an easy-to-understand language, patiently answered various counseling of the community masses, and Blood pressure was measured in situ and detailed medication guidance was given to the elderly who took the medicine. The propaganda and free clinic helped more people to understand the relevant knowledge of prevention and treatment of hypertension, further improved the awareness of prevention and treatment of hypertension, and played a positive role in cultivating healthy lifestyle of the people, reducing the risk and harm of hypertension and its complications.

10. 做到6点稳住血压 姑苏区开展义诊咨询活动	来源：苏州新闻网	类别：高血压	态度：提倡	时间：14:17
Stabilize blood pressure do 6 gusu areas yizhen advisory activities	来源：苏州新闻网	Category: hypertension	Attitude: advocate	Time: 14:17

本报讯（记者 巴蒂）昨天是第21个全国高血压日，姑苏区疾控中心联合吴门桥社区卫生服务中心开展义诊咨询活动。预防高血压，姑苏区疾控中心建议做到六点，包括坚持运动、限制食盐摄入、多吃蔬菜水果、少饮快餐、限制饮酒和戒烟。义诊现场，医护人员为居民免费测量血压，对居民所提出的健康问题予以一一解答，同时发放健康四件套、限盐勺和高血压防治宣传折页。活动通过折页、现场展板和咨询，为数百居民科普了什么是高血压、高血压的危害以及如何在日常生活中通过健康生活方式防治高血压，全方位地强化居民通过低盐饮食预防高血压的健康意识。据悉，通过姑苏区政府实事工程——居民慢病服务提升工程的建设，2017年辖区各社区卫生服务机构及部分邮政储蓄点共建成了20个健康自助检测点

Our news (Reporter Bati) yesterday is the 21st National Hypertension Day, the Gusu District CDC jointly Wumenqiao Community Health Service Center to carry out voluntary consultation activities. To prevent hypertension, the CDC of the Gusu District recommended six things, including exercising, restricting salt intake, eating more vegetables and fruits, eating less fast food, restricting drinking and quitting smoking. On the spot of free clinic, doctors and nurses took blood pressure measurements for residents free of charge, answered health questions raised by residents one by one, and issued four sets of health, salt spoons and pamphlets for the prevention and treatment of hypertension. Through folding pages, on-site exhibition boards and counseling, hundreds of residents have been exposed to what is the danger of hypertension and hypertension and how to prevent and control hypertension through a healthy lifestyle in daily life, and to strengthen residents' health awareness of preventing and controlling hypertension through low-salt diet in an all-round way. It is reported that through the construction of the practical project of the government of the Soviet Area - the promotion project of residents' chronic disease service, 20 health self-service testing sites were built in 2017 by the community health service institutions and some postal savings points in the area under the jurisdiction of the Soviet Union.

11. 永修县疾控中心开展2018年“全国高血压日”宣传活动	来源：大江网	类别：高血压	态度：提倡	时间：17:02
Yong xiu county CDC in 2018 "national hypertension day" campaign	来源：大江网	Category: hypertension	Attitude: advocate	Time: 17:02

中国江西网讯 2018年10月8日是第21个全国高血压日，今年的宣传主题是“知晓您的血压”。因为提高人群知晓率是预防控制高血压的前提。为加强健康知识宣传教育工作，提高人民群众自我防护能力，营造人人参与维护健康血压的社会氛围，永修县疾控中心开展了一系列的宣传月活动。在单位楼前摆放宣传板，在电子显示屏上播放宣传主题，向居民宣传关于防治高血压宣传知识，发放各种宣传材料，为居民免费测量血压。同时工作人员提醒广大居民：1、定期测量血压(正常成年人，建议至少每2年测量1次血压;35岁以上的首诊患者应测量血压;高血压易患人群，建议每半年测量1次血压;血压未达标活不稳定者，则增加自测血压的次数);2、积极预防高血压(坚持运动、限制食盐摄入、多吃蔬菜和水果、少吃快餐、限制饮酒、戒烟)

China Jiangxi Network News October 8, 2018 is the 21st National Hypertension Day, this year's publicity theme is "Know Your Blood Pressure". Because raising the awareness rate is the premise to prevent and control hypertension. In order to strengthen the propaganda and education of health knowledge, improve the people's ability of self-protection, and create a social atmosphere in which everyone participates in maintaining healthy blood pressure, Yongxiu CDC launched a series of publicity activities. Publicity boards are placed in front of the unit building, and publicity themes are displayed on the electronic display screen. Publicity knowledge on prevention and treatment of hypertension is disseminated to the residents, and various publicity materials are distributed to measure their blood pressure free of charge. At the same time, the staff reminded residents: 1. Regular measurement of blood pressure (normal adults, recommended at least every two years to measure blood pressure; 35 years of age and older patients should measure blood pressure; high blood pressure susceptible groups, suggested to measure blood pressure every six months; blood pressure did not meet the standard live unstable, increased the number of self-test blood pressure; (2) Active prevention of high blood pressure Blood pressure (exercise, salt restriction, more vegetables and fruits, less fast food, alcohol restriction, smoking cessation)

12. 莱西市水集街道月湖街社区开展高血压日宣传活动	来源：大众网	类别：高血压	态度：提倡	时间：15:35
Lacey had Shuiji street moon lake street community to develop high blood pressure, the propaganda activities	来源：大众网	Category: hypertension	Attitude: advocate	Time: 15:35

莱西市水集街道月湖街社区开展高血压日宣传活动。大众网青岛10月9日讯（记者 王金玉 通讯员 谭洪云）10月8日是全国高血压日，为更好唤起社区居民对高血压防治的重视，提倡健康的生活方式，连日来，莱西市水集街道月湖街社区联合社区卫生服务中心在光华街小广场开展以“知晓您的血压”为主题宣传活动。活动开始，志愿者们来到辖区内居民家中及沿街店铺，将印有高血压防治知识的宣传彩页发放到居民手中，志愿者们耐心的为过往居民讲解高血压防治知识，并建议居民从控盐限油入手，培养科学合理饮食习惯，控制体重，减轻身体负担，定期监测血压。随后，卫生服务中心医务人员为大家讲解了如何识别高血压、高血压危害和高血压病人自我保健要点等知识，同时为社区居民免费测量血压、发放宣传资料、提供咨询等服务，为居民答疑解惑，指导居民定期监测关注自己的血压，降低心脑血管疾病的发生。本次活动累计发放宣传材料300余份，服务居民达100余人次

Laixi city water collection Street Yue Hu Street community to carry out Hypertension Day publicity activities. Qingdao, October 9 (Reporter Wang Jinyu correspondent Tan Hongyun) October 8 is the National Hypertension Day, in order to better arouse community residents to pay attention to the prevention and treatment of hypertension and promote a healthy lifestyle, recently, Laixi Shuiji Street Yuehu Street Community Union Community Health Service Center in Guanghua Street Plaza to carry out to "Know your blood pressure" is the thematic publicity campaign. At the beginning of the activity, the volunteers went to the residents' homes and shops along the street and distributed colorful pages printed with the knowledge of hypertension prevention and control to the residents. The volunteers patiently explained the knowledge of hypertension prevention and control to the past residents, and suggested that the residents should start with controlling salt and limiting oil, cultivate scientific and rational eating habits, control weight and reduce weight. Light body burden, regular monitoring of blood pressure. Subsequently, the medical staff of the health service center explained how to identify hypertension, the harm of hypertension and the key points of self-care of hypertension patients. Meanwhile, they also provided free blood pressure measurement, publicity materials and counseling services for community residents, answered questions and answered questions for residents, and instructed residents to monitor and pay attention to their blood regularly. Pressure can reduce the incidence of cardiovascular and cerebrovascular diseases. More than 300 promotional materials were distributed and more than 100 people were served.

13. 新化县疾控中心党支部开展“红心向党健康随行”进基层主题党日活动	来源：娄底新闻网	类别：健康中心	态度：提倡	时间：05:07:35
Xinhua county CDC party branch to carry out the "red hearts to accompanying party health" into the thematic party day activity at the grass-roots level	来源：娄底新闻网	Category: health and wellness centers	Attitude: advocate	Time: 05:07:35

（活动现场）娄底新闻网讯（通讯员 刘英姿）10月8日，新化县疾控中心党支部部分党员到帮扶责任村奉家镇毛家村开展“红心向党，健康随行”主题党日活动，助力脱贫攻坚。活动现场，县疾控中心党支部人员走访贫困户，详细询问他们的生产、生活以及身体状况，鼓励他们积极向上，乐观面对生活，在政府的帮助下早日脱贫。当天，工作人员为贫困户免费发放宣传资料、控油壶和控盐勺等；并免费测血糖、血压并做心电图等检查，免费发放药品等，倡导健康生活方式，提高群众防病意识和能力。

(activity site) Loudi News Network (correspondent Liu Yingzi) October 8, Xinhua County CDC Party branch of some members to help the responsible village Fengjia Town Maojia Village to carry out the theme of "Red Heart to the Party, Health Following" Party Day activities to help out poverty. On the spot of the activity, the staff of the Party branch of the county CDC visited the poor households and inquired about their production, life and physical condition in detail. They were encouraged to face life positively and optimistically and get rid of poverty as soon as possible with the help of the government. On the same day, the staff provided free publicity materials, oil kettles and salt spoons for poor households, and free blood glucose, blood pressure and electrocardiogram tests, free distribution of medicines, etc. to promote a healthy lifestyle and improve the awareness and ability of the masses to prevent disease.

企业 Industry				
没有相关文章!				
No such articles!				
公众 Public				
1. 我省三成多高血压患者不知情	来源：河北日报	类别：高血压	态度：提倡	时间：08:04:09
I save more than thirty percent of the patients with high blood pressure	来源：河北日报	Category: hypertension	Attitude: advocate	Time: 08:04:09
本报讯（记者张淑会）10月8日是全国高血压日，宣传主题是“知晓您的血压”。记者从省疾控中心获悉，根据有关调查，我省居民高血压的知晓率、治疗率、控制率分别为68.4%、47.8%、31.3%。高血压是最常见的慢性病之一，也是导致心脑血管疾病的主要危险因素。目前，我国成人高血压患病率达25.2%，每年200万人死亡与高血压有关。省疾控中心慢性病防治所所长张新亮介绍，提高人群的高血压防治水平，提高知晓率、治疗率和控制率是一个十分紧迫的任务				
Our news (reporter Zhang Shuhui) October 8 is the National Hypertension Day, the publicity theme is "know your blood pressure". The reporter learned from the provincial CDC that according to the relevant survey, the awareness rate, treatment rate and control rate of hypertension in our province residents were 68.4%, 47.8% and 31.3% respectively. Hypertension is one of the most common chronic diseases, and it is also a major risk factor for heart, brain and kidney diseases. At present, the prevalence rate of hypertension in China is 25.2%, and 2 million deaths each year are related to hypertension. Zhang Xinliang, Director of the Institute of Chronic Disease Prevention and Control of the Provincial CDC, introduced that it is a very urgent task to improve the prevention and treatment level of hypertension among the population and raise the awareness rate, treatment rate and control rate.				
2. 3个成年男性就有1个是高血压患者	来源：新浪新闻	类别：高血压	态度：提倡	时间：07:04:09
3 one adult male in patients with high blood pressure	来源：新浪新闻	Category: hypertension	Attitude: advocate	Time: 07:04:09

昨天是全国高血压日，最新数据显示：江苏每3个成年男性就有一个是高血压患者。农谚道：“吃了寒露饭，单衣少见。”专家提醒广大读者朋友，尤其是高血压患者一定要注意防寒保健，以防疾病缠身。3个成年男性就有1个高血压患者 据省疾控中心2016年最新统计显示，我省18岁及以上人群高血压患病率28.9%，其中男性34%，女性24.7%；此外，城市患病率为34.8%，而农村只有25.3%。这意味着，3个成年男性就有1个患高血压

Yesterday was National Hypertension Day, and the latest data show that one in three adult men in Jiangsu Province is suffering from hypertension. The peasant proverb said: "eating cold dew rice, single clothing Han rare." Experts remind readers of friends, especially hypertension patients must pay attention to cold care, in order to prevent disease entanglement. There are 1 hypertensive patients in 3 adult men. According to the latest statistics of the provincial CDC in 2016, the prevalence rate of hypertension in people aged 18 years and over is 28.9%, 34% in men and 24.7% in women, 34.8% in urban areas and 25.3% in rural areas. This means that 1 out of 3 adult men suffer from hypertension.

3. 第一村医健康教育课堂进乡村	来源：齐鲁晚报网	类别：健康中心	态度：提倡	时间：06:04:17
No medical health education class into the country	来源：齐鲁晚报网	Category: health and wellness centers	Attitude: advocate	Time: 06:04:17

本报讯 近日,张店区第二人民医院第一村医李本国来到了一拖三覆盖村房镇镇东孙村,进行糖尿病慢性病随访,测量随机血糖,发放控盐勺,发放宣传资料利用健康教育课堂,普及糖尿病健康知识。为了提高村民健康生活指数,减少因病致贫,因病返贫事件的发生,通过简明扼要、通俗易懂的PPT课件,向各位农村糖友及健康人群介绍了糖尿病的病因、常见临床表现、常见并发症的危害,以及“教育、饮食、运动、药物、监测”等预防治疗手段在疾病发展进程中的重要意义。参与活动居民约20余人,发放减糖、减油、减盐宣传资料50余份,村民们在此次活动中获益匪浅。(张学堂) 本稿件所含文字、图片和音视频资料,版权均属 齐鲁晚报 所有,任何媒体、网站或个人未经授权不得转载,违者将依法追究法律责任。

Recently, Li Guoguo, the first village doctor of Zhangdian Second People's Hospital, came to Dongsun Village, a village with three covers, to conduct a follow-up study of chronic diabetes mellitus, to measure blood sugar, to distribute salt spoons, to distribute propaganda materials, to use health education classrooms, and to popularize knowledge of diabetes health. In order to improve the healthy life index of villagers and reduce the incidence of poverty caused by illness and return to poverty caused by illness, this paper introduces the causes of diabetes, common clinical manifestations, hazards of common complications and preventive treatment such as "education, diet, exercise, medicine, monitoring" to all rural sugar pals and healthy people through a concise and easy-to-understand PT courseware. The importance of means in the course of disease development. About 20 residents participated in the activity, and more than 50 propaganda materials on reducing sugar, oil and salt were distributed. Villagers benefited greatly from the activity. (Zhang Xueying) The copyright of the text, pictures and audio-visual materials contained in this manuscript belongs to Qilu Evening News. No media, website or individual can reproduce them without authorization. Those who violate the law will be held responsible.

4. 老年人可适当放宽血压控制目标	来源：新京报网	类别：高血压	态度：提倡	时间：03:04:46
The elderly can relax appropriately control target blood pressure	来源：新京报网	Category: hypertension	Attitude: advocate	Time: 03:04:46

老年人可适当放宽血压控制目标 新京报 企业供图 东城中医院心脑血管科专家解答高血压的治疗、用药等问题 侯不华 东城中医院主任医师，硕士研究生导师，毕业于北京中医药大学硕士研究生，曾任职于北京中日医院，在日本东京北里研究所研修，任日本大学附属光丘医院客座教授。从事心脑血管疾病临床研究工作30余年，擅长运用中西医结合疗法治疗，高血压、冠心病、糖尿病、血液系统疾病、高血脂症等心脑血管管方面疑难杂症。 出诊时间：周日上午 最新研究数据显示，我国18岁以上成年人高血压患者达2.45亿，超过40%的人未得到治疗，高血压的控制率低于10%。“在高血压就诊人群中，大多数病人并不知道如何配合医生控制好自己的血压，降压药物的使用并不合理。”在10月8日世界高血压日到来之际，东城中医院心脑血管科专家侯不华就高血压的治疗、用药、饮食等问题进行专业解析

Elderly people can relax blood pressure control targets appropriately. New Beijing News Enterprise supply diagram Specialists in cardiovascular and cerebrovascular diseases in Dongcheng Hospital of traditional Chinese medicine answer questions about treatment and medication of hypertension. Hou Pi Hua Dongcheng Hospital of Traditional Chinese Medicine Chief Physician, Master's Tutor, graduated from the Master's Institute of Beijing University of Traditional Chinese Medicine, Beijing Sino-Japanese Hospital, Tokyo, Japan, North Li Institute of Research, as a visiting professor of the University of Japan's Guangqiu Hospital. He has been engaged in the clinical research of cardiovascular and cerebrovascular diseases for more than 30 years, and is good at the treatment of hypertension, coronary heart disease, diabetes, blood system diseases, hyperlipidemia and other complicated cardiovascular and cerebrovascular diseases. Visiting hours: Sunday morning According to the latest research data, 245 million adults over the age of 18 have hypertension, more than 40% of them have not been treated, and the control rate of hypertension is less than 10%. "In hypertension patients, most patients do not know how to cooperate with doctors to control their blood pressure, and the use of antihypertensive drugs is not reasonable." On the occasion of World Hypertension Day on October 8, Hou Pihua, an expert in cardiovascular and cerebrovascular Department of Dongcheng Hospital of Traditional Chinese Medicine, made a professional analysis on the treatment, medication and diet of hypertension.

5. 高血压知晓率不足五成	来源：新京报网	类别：高血压	态度：提倡	时间：03:05:14
Hypertension awareness of less than fifty percent	来源：新京报网	Category: hypertension	Attitude: advocate	Time: 03:05:14

高血压知晓率不足五成 新京报 创意图片/新京报记者 王远征 10月8日是世界高血压日，与高患病率相比，高血压知晓率、治疗率、控制率仍相对较低。据中国医学科学院阜外心血管病医院、国家心血管病中心高润林院士和王增武教授等在Circulation期刊最新发布的研究数据显示，我国18岁以上成年人高血压患者达2.45亿，高血压前期人数达到4.35亿，占41.3%。更严峻的是，高血压患者中只有不到一半的人知道自己这个问题，把血压控制好的患者更是只有15.3%！10月8日是世界高血压日，今年的主题为“知晓您的血压——血压测量进社区”。中国医学科学院阜外医院高血压中心主任蔡军指出，与较高患病率相比，高血压知晓率、治疗率和控制率偏低。为了早期发现高血压，正常血压者，尤其是35岁以上的人应动态测血压，人人都不可忽视自己的血压。忽视高血压 脏器官血管受损害 “高血压的危害不在于它引起的症状，而是不知不觉间对各个器官、全身血管的损害

The awareness rate of hypertension is less than 50%. New Beijing News Creative pictures / Beijing News reporter Wang Yuanzheng Oct. 8, World Hypertension Day, is still relatively low in awareness, treatment and control of hypertension compared with high prevalence. According to the latest research published in the Circulation journal by Fuwai Cardiovascular Hospital of Chinese Academy of Medical Sciences, Gao Runlin, academician of National Cardiovascular Disease Center and Professor Wang Zengwu, 245 million adults over 18 years old with hypertension and 435 million people with pre-hypertension account for 41.3%. What's more, fewer than half of the hypertensive patients know about their problem, and only 15.3% of the patients who control their blood pressure well. October 8, World Hypertension Day, this year's theme is "Know Your Blood Pressure - Blood Pressure Measurement into the Community". Cai Jun, director of the Hypertension Center of Fuwai Hospital, Chinese Academy of Medical Sciences, pointed out that the awareness rate, treatment rate and control rate of hypertension were lower than the higher prevalence rate. In order to detect hypertension early, people with normal blood pressure, especially those over the age of 35, should take frequent blood pressure measurements, and everyone should not ignore their own blood pressure. Neglect of blood vessels in hypertensive organs "The danger of hypertension is not the symptoms it causes, but the involuntary damage to the organs and blood vessels of the whole body.

6. 每五人就有一人高血压! 专家建议限盐减重动起来	来源：新浪新闻	类别：高血压	态度：提倡	时间：08:05:32
Every five people had had a high blood pressure! Experts recommend limiting salt move to lose weight	来源：新浪新闻	Category: hypertension	Attitude: advocate	Time: 08:05:32

原标题：每五人就有一人高血压！专家建议限盐减重动起来 新华社电 国家心血管病中心主任助理、中国医学科学院阜外医院副院长蒋立新介绍，目前我国高血压患病人数达2.7亿，高血压直接经济负担占我国卫生总费用的6.6%。国家心血管病中心发布的最新版国家基层高血压防治管理指南显示，高血压患者每人每日食盐摄入量不超过6克并注意咸菜、鸡精、酱油等食物中“隐性盐”的摄入，可以让收缩压下降2 - 8毫米汞柱；体重超标的高血压患者每减重10千克可以让收缩压下降5 - 20毫米汞柱。根据这份指南，对确诊高血压的患者，应立即启动并长期坚持生活方式干预，即“健康生活方式六部曲”：限盐减重多运动，戒烟限酒心态平。

Original title: every five people have one hypertension! Experts recommend salt restriction and weight reduction. Xinhua News Agency (Xinhua) Assistant Director of the National Cardiovascular Disease Center and Deputy Dean of Fuwai Hospital, Chinese Academy of Medical Sciences Jiang Lixin said that the number of hypertension patients in China is 270 million, and the direct economic burden of hypertension accounts for 6.6% of the total health expenditure in China. According to the latest edition of the guidelines issued by the National Cardiovascular Disease Center for the prevention and control of hypertension at the grassroots level, the daily intake of salt per person with hypertension is not more than 6 grams and attention to the intake of "hidden salt" in vegetables, chicken essence, soy sauce and other foods can reduce systolic blood pressure by 2-8 mm Hg column. Weighing 10 kilograms can reduce systolic pressure by 5-20 mmHg. According to the guidelines, patients with confirmed hypertension should be promptly initiated and long-term adherence to lifestyle interventions, namely the "healthy lifestyle hexalogy": limiting salt and weight loss more exercise, quit smoking and limit alcohol mentality.

7. 天津日报数字报刊平台: 患有高血压 测量治疗要规范(图)	来源：天津日报	类别：高血压	态度：提倡	时间：10:05:47
Tianjin daily digital newspaper platform - people with high blood pressure measurement treatment to specification (figure)	来源：天津日报	Category: hypertension	Attitude: advocate	Time: 10:05:47

如何治疗高血压？如何预防高血压？10月8日是第21个全国高血压日，主题是“知晓您的血压”。昨天，我市各大医院、市疾病预防控制中心均举行了形式多样的高血压义诊和健康教育活动。据了解，目前我国高血压患病人群已经超过3.3亿，每4到5人中就有一位高血压患者。高血压的总体情况是患病率高，18岁以上成年人患病率为18.8%；知晓率低，为30.2%；治疗率尚可，达到81.8%，但控制率极低，仅为24.4%。今年全国高血压日之前，2018年中国高血压防治指南修订版（征求意见稿）发布，新版指南再次强调了血压知晓率对于血压控制、脑卒中等心脑血管疾病防治的重要性

How to treat hypertension? How to prevent hypertension? October 8th is the twenty-first National Hypertension Day. The theme is "know your blood pressure". Yesterday, the city's major hospitals, the city's Center for Disease Control and Prevention have held a variety of high blood pressure free diagnosis and health education activities. It is understood that the prevalence of hypertension in China has exceeded 330 million people, every 4 to 5 people have a high blood pressure patients. The overall prevalence of hypertension was high, with 18.8% of adults over 18 years old, 30.2% with low awareness rate and 81.8% with treatment rate, but the control rate was very low, only 24.4%. Before this year's National Hypertension Day, the revised edition of the China Hypertension Prevention and Treatment Guidelines (Draft for Consultation) was released in 2018. The new edition of the guidelines again emphasized the importance of blood pressure awareness rate for the prevention and treatment of cardiovascular and cerebrovascular diseases such as blood pressure control and stroke.

8. 长期吃外卖 易患高血压	来源：三秦网	类别：高血压	态度：提倡	时间：09:05:54
Long-term eating take-away are predisposed to high blood pressure	来源：三秦网	Category: hypertension	Attitude: advocate	Time: 09:05:54

三秦都市报—三秦网讯 昨日是“全国高血压日”，目前高血压患者越来越呈年轻化趋势。记者在西安医学院第二附属医院心血管内科门诊了解到，超过1/3的人所患疾病都与高血压相关，其中，部分患者年龄在20岁-30岁之间。专家提醒，高血压在一定程度上与生活饮食习惯密切相关，长期吃外卖的年轻人更易患上高血压。外卖高盐高油危害大 据西安医学院第二附属医院心血管内科副主

任医师李粉侠介绍，近年来，20至30岁患高血压的人越来越多。之所以会出现这种情况，与不健康的生活饮食习惯密不可分，最普遍的因素之一就是盐摄入过量，比如很多年轻人因各种原因经常叫外卖，或在外就餐，这种习惯看似便利，实则不值得提倡

Sanqin Metropolitan Daily - Sanqin Net News yesterday was the "National Hypertension Day", the current trend of hypertension patients is becoming younger and younger. Reporters in the Second Affiliated Hospital of Xi'an Medical College Cardiovascular Medicine Clinic learned that more than one third of the people suffering from diseases are related to hypertension, of which some patients are between 20 and 30 years old. Experts warn that high blood pressure to a certain extent is closely related to lifestyle eating habits, long-term takeout of young people are more likely to suffer from hypertension.Takeaway high salt and high oil harm.According to Li Fanxia, deputy director of cardiovascular medicine in the Second Affiliated Hospital of Xi'an Medical College, in recent years, more and more people aged 20 to 30 suffer from hypertension. One of the most common causes of this is excessive salt intake. For example, many young people often order takeout or eat out for various reasons. This seems convenient, but it is not worth promoting.

9. 血压高达200不吃药还熬夜 30岁男子突发脑出血偏瘫	来源：扬州网	类别：高血压	态度：提倡	时间：08:05:56
Blood pressure as high as 200 do not take medicine also stay up 30 - year - old man sudden cerebral hemorrhage hemiparalysis	来源：扬州网	Category: hypertension	Attitude: advocate	Time: 08:05:56

扬州网讯 昨天是全国高血压日。根据数据统计，目前我国高血压患病人数已达2.7亿，几乎每4个人中就有1个患有高血压。扬州有一小伙血压高达200mmHg，却不肯服用降压药，加上有熬夜习惯，突发脑出血导致偏瘫。专家提醒，高血压是心脑血管疾病的重要危险因素之一，食盐过多、压力大、不运动、长期熬夜等都是诱发高血压的因素，定期监测血压和保持健康的生活方式，是最有效的预防措施。小伙血压高达200mmHg 不吃药还熬夜 脑出血致偏瘫

Yangzhou Internet news yesterday was the National Hypertension Day. According to statistics, the number of hypertensive patients in China has reached 270 million, almost every four people have one with hypertension. A young man in Yangzhou has a high blood pressure of 200 mmHg, but refuses to take antihypertensive drugs, plus the habit of staying up late, sudden cerebral hemorrhage leading to hemiplegia. Experts remind that hypertension is one of the important risk factors of cardiovascular and cerebrovascular diseases, salt excess, stress, no exercise, long-term stay up late and other factors are induced hypertension, regular monitoring of blood pressure and maintain a healthy lifestyle is the most effective preventive measures.Guy's blood pressure is as high as 200mmHgDo not take medicine, stay up late, cerebral hemorrhage cause hemiplegia

10. 您懂得如何正确知晓血压吗？“最佳讲师”来教你	来源：中国网	类别：高血压	态度：提倡	时间：11:07:57
You know how to know correctly the blood pressure?"The best lecturer" to teach you	来源：中国网	Category: hypertension	Attitude: advocate	Time: 11:07:57

您懂得如何正确知晓血压吗？全国高血压日“最佳讲师”教你如何预防高血压 10月8日是第21个“全国高血压日”，今年的主题是“知晓您的血压”。为了普及高血压知识，培养全国各地的部分优秀医生成为基层高血压治疗的“带头人”，国家心血管病中心、国家基层高血压管理办公室主导的基层高血压管理“雄鹰计划”至今已举办了很多期。在今年8月20日至24日的“雄鹰计划”骨干培训班上，柳州市柳南区潭西街道社区卫生服务中心公卫科科长陈庆艳获得了“最佳讲师”的称号。陈庆艳表示，知晓高血压不仅仅是清楚自己的血压数值，还包括知晓如何正确地测量血压、知晓血压数值背后所说明的问题，如何预防高血压及高血压的危害等，这样才能切实提高高血压的知晓率、治疗率和控制率。 1 诊断需测量非同日三次血压 “对于高血压的诊断，老百姓和一些基层医疗机构存在误区和操作不当的地方

Do you know how to know blood pressure correctly?National best hypertension instructor teaches you how to prevent hypertensionOctober 8th is the twenty-first "National Hypertension Day". This year's theme is "know your blood pressure". In order to popularize the knowledge of hypertension and train some excellent doctors from all over the country to become "leaders" in the treatment of primary hypertension, the National Cardiovascular Disease Center and the National Grass-roots Hypertension Management Office have been leading the grassroots hypertension management "eagle program" for many times. Chen Qingyan, director of Public Health Department of Tanxi Street Community Health Service Center of Liuzhou Liunan District, was awarded the title of "Best Lecturer" in the backbone training course of "Eagle Plan" from August 20 to 24 this year.Knowing hypertension is not only about knowing your own blood pressure, but also about knowing how to measure it correctly, what's behind it, and how to prevent the dangers of high blood pressure and hypertension, Chen said, in order to effectively improve the awareness, treatment and control rates of hypertension.OneThree blood pressure should be measured on the same day."There are misunderstandings and improper practices in the diagnosis of hypertension among the general public and some primary medical institutions.

11. 测量184万人次 其中16万疑似高血压	来源：浙江在线	类别：高血压	态度：提倡	时间：09:08:08
Measuring 1.84 million person-time Of which 160000 suspected of having high blood pressure	来源：浙江在线	Category: hypertension	Attitude: advocate	Time: 09:08:08

每年10月8日是中国高血压日。昨天，市疾控中心公布最新数据：今年上半年，我市184万人次测量高血压，发现疑似患者16万人次。杭州在管高血压病人近80万 目前，我市35岁以上居民首诊测血压，已经开展了近15个年头，已覆盖全市所有的医疗机构，首诊测压率达到96%以上。仅今年上半年就已测量184万人次，发现疑似高血压16万人次，对于高血压的早期发现提供了巨大支持。高血压患者如何管理？我市主要开展的是以社区卫生服务机构随访为主体，基层和上级医院间的相互转诊为桥梁的分级管理体系

October 8th is China's Hypertension Day every year. Yesterday, the city CDC announced the latest data: in the first half of this year, 1.84 million people in our city measured hypertension, found 160,000 suspected patients.Nearly 800 thousand of hypertension patients in Hangzhou are in charge.At present, the first blood pressure test for residents over 35 years of age in our city has been carried out for nearly 15 years, covering all medical institutions in the city, and the first blood pressure test rate has reached over 96%. In the first half of this year alone, 1.84 million people have been measured and 160,000 people have been found suspected of hypertension, which provides tremendous support for the early detection of hypertension.How to manage patients with hypertension? Our city mainly carries out a hierarchical management system with the follow-up of community health service institutions as the main body and the mutual referral between primary and higher hospitals as the bridge.

12. 浙江高校教职工高血压患病率达25% 但只有三成患者知道自己得病了	来源：浙江在线	类别：高血压	态度：提倡	时间：10:08:17
Zhejiang university faculty hypertension prevalence rate of 25% but only thirty.percent of patients know they've got	来源：浙江在线	Category: hypertension	Attitude: advocate	Time: 10:08:17

每年的10月8日是全国高血压日，昨天上午，浙江省心脑血管病防治宣传月暨第21个“全国高血压日”宣传活动在杭州电子科技大学信息工程学院举行。这是我省首次在高校举行该宣传活动，旨在提高中青年人群的高血压防治知识，尤其是血压知晓率。浙江医院院长严静教授介绍，根据《中国心血管病报告》显示，全国高血压患者大约2.7亿，每年与高血压有关的死亡人数达200万例。“高血压不仅仅是一个数字，更是导致靶器官受损、诱发心脑血管疾病的关键病因。可以说，高血压本身不可怕，可怕的是你不知道，或者说你知道了还不管控

October 8 is National Hypertension Day every year. Yesterday morning, the propaganda month of prevention and treatment of cardiovascular and cerebrovascular diseases and the propaganda activity of the 21st National Hypertension Day were held in the Information Engineering College of Hangzhou University of Electronic Science and Technology. This is the first time that this publicity campaign has been held in Colleges and universities in our province, aiming at improving the knowledge of prevention and treatment of hypertension among young and middle-aged people, especially the awareness rate of blood pressure.Professor Yan Jing, President of Zhejiang Hospital, said that according to the China Cardiovascular Disease Report, there are about 270 million patients with hypertension in China, and 2 million deaths related to hypertension each year. "Hypertension is not only a number, but also a key cause of target organ damage and cardiovascular and cerebrovascular diseases. It can be said that high blood pressure itself is not terrible, terrible is that you do not know, or that you know and do not control it.

13. 成年居民高血压患病率达20.9%	来源：深圳新闻网	类别：高血压	态度：提倡	时间：11:08:18
Adult residents hypertension prevalence rate of 20.9%	来源：深圳新闻网	Category: hypertension	Attitude: advocate	Time: 11:08:18

原标题：全市慢性病流行病学调查显示 成年居民高血压患病率达20.9% 深圳新闻网讯 10月8日是第21届全国高血压日。记者从由深圳市卫计委、广东省预防医学会主办，市慢性病防治中心承办的全国高血压日主题宣传活动中获悉，根据最近一次全市慢性病流行病学调查显示，深圳人高血压发病情况不容乐观，18岁以上的成年居民高血压患病率达20.9%，总体患者近200万人次。 四成患者不知自己有高血压 据了解，今年全国高血压日的宣传主题是：知晓您的血压。然而，根据调查，深圳市民的血压知晓率仅为60%，虽然好于全国其他大城市的水平，但是还有四成高血压患者不知道自己血压，不知道自己患有高血压，这种情况非常危险，不少患者很容易在不知情的情况下，突然出现脑卒中、心肌梗死等。 近年来，为了加强高血压的综合防控能力，深圳采取了一系列措施加强对高血压的防控

Original title: the city's chronic disease epidemiological survey showsThe prevalence rate of hypertension among adults is 20.9%.Shenzhen news network October 8th is the twenty-first National Hypertension Day. According to the latest epidemiological survey of chronic diseases in Shenzhen, the incidence of hypertension in Shenzhen is not optimistic, and the prevalence of hypertension in adults over 18 years old is high. 20.9%, the total number of patients is nearly 2 million.40% patients do not know that they have hypertension.It is understood that the theme of this year's National Hypertension Day is: know your blood pressure. However, according to the survey, the blood pressure awareness rate of Shenzhen residents is only 60%, although better than the level of other big cities in the country, but there are still 40% of hypertension patients do not know their own blood pressure, do not know that they have hypertension, this situation is very dangerous, many patients are easily unaware of the situation, sudden stroke, heart Muscle infarction.In recent years, in order to strengthen the comprehensive prevention and control of hypertension, Shenzhen has taken a series of measures to strengthen the prevention and control of hypertension.

14. 【健康微课堂】本期话题:如何预防和控制高血压?	来源：澎湃新闻	类别：高血压	态度：提倡	时间：09:08:36
Healthy micro class 】 【 this topic: how to prevent and control high blood pressure?	来源：澎湃新闻	Category: hypertension	Attitude: advocate	Time: 09:08:36

高血压是最常见的慢性病之一，也是心脑血管疾病的主要危险因素。目前，中国成人高血压患病率达25.2%，患者人数约2.7亿，每年200万人死亡与高血压有关。高血压是心脏病、脑卒中、肾脏病发病和死亡的最重要的危险因素，我国因心脑血管病导致的死亡占国民总死亡的40%以上，约70%的脑卒中死亡和约50%心肌梗死与高血压密切相关。我们测量血压需要一个安静的状态，建议不饮浓茶、不憋尿、不谈话，取平卧位或者比较舒适的体位。非同日三次血压测量，血压>140/90mmHg，即可诊断为高血压

Hypertension is one of the most common chronic diseases, and it is also a major risk factor for heart, brain and kidney diseases. At present, the prevalence of hypertension in Chinese adults is 25.2%, and the number of patients is about 270 million. Two million deaths are related to hypertension every year. Hypertension is the most important risk factor for heart disease, stroke, kidney disease and death. Cardiovascular and cerebrovascular diseases account for more than 40% of the total death in China. About 70% of stroke deaths

and about 50% of myocardial infarction are closely related to hypertension. We need a quiet state when we measure blood pressure. We recommend not drinking strong tea, not urinating, not talking, taking a recumbent position or a more comfortable position. Three times of blood pressure measurement on the same day, blood pressure >140/90mmHg, can be diagnosed as hypertension.

15. 宜昌市现有高血压患者近16万 专家提醒:高血压可防可控 定期监测很...	来源: 三峡宜昌网	类别: 高血压	态度: 提倡	时间: 08:08:37
Yichang existing nearly 160000 hypertension patients experts remind: high blood pressure is regularly monitored by preventable and controllable...	来源: 三峡宜昌网	Category: hypertension	Attitude: advocate	Time: 08:08:37

10月8日是“全国高血压日”。当天上午，市中心医院在门诊开展义诊活动。该院心肾血管内科、老年病科、内分泌科、神经内科、急诊内科的专家为200余市民免费义诊，测量血压，发放健康资料。(通讯员 吴辉 摄)

10月8日是第21个“全国高血压日”，今年宣传主题是“知晓您的血压”。记者从市疾控中心获悉，中国成人高血压患病率达25.2%，宜昌城区网格人口有77万，按此推算，宜昌市目前共有高血压患者近16万。疾控专家提醒市民，高血压可防可控，知晓并监测自己的血压尤其重要，不能用保健品、保健理疗或食疗替代降压药物治疗。

October 8th is "National Hypertension Day". On the morning of that day, the Central Hospital launched free clinic activities in the outpatient clinic. The specialists in cardiovascular medicine, geriatrics, endocrinology, neurology and emergency medicine of the hospital provided free blood pressure measurement services for more than 200 citizens. Blood pressure was measured and health information was distributed. (Photo by correspondent Wu Hui) October 8th is the twenty-first National Hypertension Day. The theme of this year's publicity is "know your blood pressure". The reporter learned from the city CDC that the prevalence rate of hypertension in adults in China is 25.2%, and the population in Yichang is 770,000. According to this calculation, there are nearly 160,000 hypertension patients in Yichang. Disease control experts remind the public that hypertension can be prevented and controlled, and it is particularly important to know and monitor your own blood pressure. Health care products, health care physiotherapy or dietary therapy should not be used instead of antihypertensive drugs.

16. 正确看待高血压避免陷入降压误区	来源: 滨海时报	类别: 高血压	态度: 提倡	时间: 09:08:38
Avoid decompression traps correctly treat high blood pressure	来源: 滨海时报	Category: hypertension	Attitude: advocate	Time: 09:08:38

天津市滨海新区大港医院田廷臣主任医师介绍,“知晓你的血压”其目的是提升公众对高血压的知晓率,知晓血压是至关重要的一步。因为只有知晓自己的血压有多高,才会关注自己的健康,才会改善生活方式,进行盐盐及控制其他危险因素,并用药物治疗。“高血压是最常见的慢性病,但是市民还是存在很大误区,知晓率、治疗率、控制率都很低。很多人不知道有高血压、知道有高血压不用药、用药规律却不达标,且普遍存在按需用药、只关注控制血压因素等误区,导致心脑血管血管等疾病发生率上升。”义诊现场,泰达医院肾内科主任兼高血压门诊主治李青告诉记者,高血压患者约八成以上都是原发性高血压,且年轻人越来越多,主要原因就是遗传因素和不良生活习惯的共同作用导致

Tian Tingchen, chief physician of Dagang Hospital in Tianjin Binhai New Area, said, "Knowing your blood pressure" is aimed at raising the awareness rate of hypertension among the public. Knowing blood pressure is a crucial first step. Because only knowing how high your blood pressure is can you focus on your health, improve your lifestyle, control salt and other risk factors, and treat with medication. "Hypertension is the most common chronic disease, but there are still great misunderstandings among the public, the awareness rate, treatment rate, control rate is very low. Many people do not know that there is hypertension, know that hypertension does not use drugs, medication law is not up to standard, and there are widespread on-demand medication, only focus on controlling life factors and other errors, leading to cardiovascular and cerebrovascular diseases and other incidence increased year by year. On the spot of free clinic, Li Qing, director of Nephrology and director of hypertension clinic of Teda Hospital, told reporters that more than 80% of hypertension patients are primary hypertension, and more and more young people are suffering from it. The main reason is the combination of genetic factors and bad living habits.

17. 慢起 午休 泡脚 可有效防范高血压	来源: 沈阳网	类别: 高血压	态度: 提倡	时间: 07:08:41
Slow up lunch break to soak the foot Can effectively prevent high blood pressure	来源: 沈阳网	Category: hypertension	Attitude: advocate	Time: 07:08:41

慢起 午休 泡脚 可有效防范高血压 10月8日是第21个全国高血压日，今年的主题是“知晓您的血压”。沈阳市健康教育中心专家李涵表示，高血压是一种常见病，在日常生活中可以通过养成良好饮食习惯，保持适量运动以及通过合理作息控制血压。要养成良好的饮食习惯，少食盐是必须的，因为高钠饮食可导致血压升高。多补钾，黄豆、番茄酱、菠菜、马铃薯、比目鱼和小扁豆等富含钾的食物可降低血压。

Taking a slow lunch break can effectively prevent hypertension. October 8th is the twenty-first National Hypertension Day. This year's theme is "know your blood pressure". Shenyang Health Education Center expert Li Han said hypertension is a common disease, in daily life through the formation of good eating habits, maintain moderate exercise and through reasonable rest and control of blood pressure. Develop good eating habits. It is necessary to eat less salt, because a high sodium diet can lead to higher blood pressure. Potassium-rich foods such as soybeans, ketchup, spinach, potatoes, flatfish and lentils can lower blood pressure.

18. <u>对症下药很重要 每5个嘉兴成人中有1人患高血压</u>	来源: 浙江在线	类别: 高血压	态度: 提倡	时间: 09:08:51
<u>It is important to suit the remedy to the case One in every five jiaxing adults suffer from high blood pressure</u>	来源: 浙江在线	Category: hypertension	Attitude: advocate	Time: 09:08:51

嘉兴日报讯 10月8日是我国第21个“全国高血压日”，今年的主题是“知晓您的血压”，旨在进一步提高公众对高血压的认识，提高知晓率、治疗率和控制率。记者从市疾控中心了解到，根据浙江省成年人高血压患病率（26.7%）计算，嘉兴常住人口中高血压的患者数96万人左右，几乎每个5个嘉兴人里就有1人患有高血压。“你的情况，已经属于典型的高血压范围了。”8日上午在华庭街庭广场举行的慢性病防治宣传义诊活动中，来自嘉兴市第一医院、第二医院的两名医生正耐心向市民进行健康宣教，以提高大家对高血压疾病的主动防控意识。市疾控中心的一组统计数据显示，目前嘉兴登记发现的 hypertension 患者数为52.3万人，在社区管理的高血压患者数为46.7万人，高血压的防控形势依然严峻。

Jiaxing Daily News Oct. 8 is the 21st National Hypertension Day in China. This year's theme is "Knowing Your Blood Pressure", aiming at further raising public awareness of hypertension, raising awareness, treatment and control rates. According to the prevalence of hypertension among adults (26.7%) in Zhejiang Province, the number of hypertensive patients in the resident population of Jiaxing is about 960,000, and almost one in five Jiaxing residents has hypertension. "Your condition is already typical of the range of hypertension." Several doctors from Jiaxing No. 1 Hospital and No. 2 Hospital are patiently conducting health education to the public at the free clinic site of the propaganda campaign on chronic diseases prevention and control held in Huating Street Atrium Square on the morning of the 8th to raise people's awareness of active prevention and control of hypertension. According to a group of statistics from the city CDC, 523,000 people are registered with hypertension and 467,000 are managed in the community. The situation of prevention and control of hypertension is still grim.

19. 全国高血压日:知晓自己血压 控饮食多运动	来源: 台州在线	类别: 高血压	态度: 提倡	时间: 10:09:28
The national high blood pressure: know yourself more exercise blood pressure control diet	来源: 台州在线	Category: hypertension	Attitude: advocate	Time: 10:09:28

今天是第21个“全国高血压日”，高血压是最常见的慢性病之一，医学专家介绍，高血压可防可控，知晓并监测自己的血压尤其重要。73岁杨大爷患有高血压症，10多年来，老人每天服用降压药，血压一直保持稳定。患者 杨大爷：“油的食物尽量少吃点，肥的猪肉盐 咸的也尽量少吃，多嚼口水。”医生介绍，如果一个人非同三次血压测量， $\text{血压} \geq 140/90\text{mmHg}$ (高压140毫米汞柱，低压90毫米汞柱)，便可诊断为高血压，目前，我市各个医院收治年轻化高血压患者不在少数。台州市中心医院心血管内科副主任 陈婉英：“以前我们高血压都是五六十岁的病人才会得现在嘛，年轻人20岁，三四十岁的患高血压的很多，那么主要跟现在的一个生活方式改变有关系，肉类这些，海鲜吃得比较多，蔬菜水果吃得比较少，还有呢缺乏运动

Today is the 21st National Hypertension Day. Hypertension is one of the most common chronic diseases. Medical experts say hypertension can be prevented and controlled. It is especially important to know and monitor your own blood pressure. Uncle Yang, 73, suffered from hypertension. For more than 10 years, the elderly took antihypertensive drugs every day and their blood pressure remained normal. Patient Yang: "Oil food as little as possible to eat, fat pork salt as little as possible to eat, drink more boiled water." Doctors introduced that if a person's blood pressure measurement three times a day, blood pressure ($> 140/90$ mmHg) high pressure 140 mm mercury column, low pressure 90 mm mercury column, can be diagnosed as hypertension, at present, our city's hospitals administered young patients with hypertension are not a minority. Chen Wanfei, deputy director of cardiovascular medicine, Taizhou Central Hospital, said: "We used to have high blood pressure in patients in their 50s and 60s. Now, young people in their 20s and 30s and 40s suffer from a lot of high blood pressure. So it is mainly related to a change in lifestyle. We eat more meat and seafood. Less fruits and vegetables, and lack of exercise."

20. 安徽近3成年居民患有高血压 专家:高血压可防可控	来源: 新浪安徽站	类别: 高血压	态度: 提倡	时间: 08:09:29
Anhui nearly 3 adult residents have high blood pressure expert: high blood pressure can be controlled	来源: 新浪安徽站	Category: hypertension	Attitude: advocate	Time: 08:09:29

星报讯 调查显示,我省18岁及以上居民高血压患病率为29.5%,无论男女,患病率均随年龄增加而升高。昨日是第21个“全国高血压日”,合肥市疾控中心专家提醒,高血压可防可控,知晓并监测自己的血压尤其重要:不要盲目相信小广告或伪科学宣传,不能用保健品、保健理疗或食疗替代降压药物治疗。据安徽省慢性病及其危险因素调查数据(2013年)显示,我省18岁及以上居民高血压患病率为29.5%,无论男女,患病率均随年龄增加而升高,城镇高于乡村。患者中有41.2%的人知道自己患高血压,已经知晓为高血压并采取药物治疗率为32.9%,血压控制率为10.5%。据合肥市疾控中心专家介绍,高血压是可防可控的,知晓并监测自己的血压尤其重要

Star News survey shows that the prevalence rate of hypertension in our province is 29.5%, regardless of men and women, the prevalence rate increases with age. Yesterday was the 21st National Hypertension Day. Experts from Hefei CDC warned that hypertension can be prevented and controlled, and it is particularly important to know and monitor one's own blood pressure. According to the survey data of chronic diseases and their risk factors (2013) in Anhui Province, the prevalence rate of hypertension in residents aged 18 and over is 29.5%. The prevalence rate of hypertension in urban areas is higher than that in rural areas. 41.2% of the patients knew that they had hypertension. The rate of knowing hypertension and taking medicine was 32.9% and the rate of controlling blood pressure was 10.5%. According to experts from Hefei CDC, hypertension is preventable and controllable, and it is particularly important to know and monitor your own blood pressure.

21. 全国高血压日,我们在行动	来源: 大众网	类别: 高血压	态度: 提倡	时间: 11:09:30
The national high blood pressure, we are in action	来源: 大众网	Category: hypertension	Attitude: advocate	Time: 11:09:30

大众网日照10月8日讯（记者 马坤鹏 见习记者 杨丹）我国是高血压负担大国，最新的高血压患病人数已达2亿以上，今年10月8日是第二十一个全国高血压日，主题是：知晓您的血压。为了提高广大群众对高血压危害健康严重性的认识，10月8日，日照市中心医院内科专家开展全国高血压日宣传活动，为广大市民普及高血压防治知识，增强自我保健意识。上午在日照市中心医院阳光

厅, 来自心内科的 6 位专家为前来咨询的市民进行免费血压测量、听心肺等检查, 并进行健康咨询, 建议血压高的市民合理饮食、戒烟限酒、适当锻炼、保持心理平衡、管理清晨血压, 提倡家庭自测血压管理高血压等。不仅如此, 心内科医护人员还为到场市民发放高血压知识宣传资料, 帮助其知晓高血压知识。活动共为市民免费量血压100余人, 发放健康宣传资料300余份, 医务人员认真细致的服务态度, 赢得了大家的好评

Sun Zhao, October 8 (Reporter Ma Kunpeng trainee reporter Yang Dan) China is a big burden of hypertension, the latest number of hypertension patients has reached more than 200 million, October 8 this year is the 21st National Hypertension Day, the theme is: Know your blood pressure. In order to raise the public's awareness of the seriousness of the health hazards of hypertension, on October 8, cardiologists from Rizhao Central Hospital launched a National Hypertension Day publicity campaign to popularize the knowledge of hypertension prevention and control and enhance the awareness of self-care.In the Sunshine Hall of Rizhao Central Hospital in the morning, six experts from the Department of Cardiology carried out free blood pressure measurements, cardiopulmonary examination and health counseling for the citizens who came to the hospital for consultation. They advised the citizens with high blood pressure to eat reasonably, stop smoking and drink, exercise properly, maintain psychological balance, manage their blood pressure in the morning, and advocated family self-test. Blood pressure management, hypertension and so on. In addition, the medical staff of the Department of Cardiology also distribute publicity materials on hypertension knowledge to the public to help them know about hypertension. More than 100 people took blood pressure measurements free of charge for the public, and more than 300 health publicity materials were distributed. The medical staff earnestly and meticulously served the people and won praise from everyone.

22. 防控高血压做到“知信行” “Nobuyuki to control high blood pressure do”	来源: 大河网	类别: 高血压	态度: 提倡	时间: 06:10:56
	来源: 大河网	Category: hypertension	Attitude: advocate	Time: 06:10:56

本报讯 (记者王平) 10月8日是第21个“全国高血压日”, 今年活动主题再次聚焦“知晓您的血压”。省会多家医院举行了大型义诊活动及科普讲座, 为公众普及高血压防治知识。高血压是导致心、脑、肾以及大血管等部位重大疾病的主要因素。数据显示, 在我省15岁至74岁人群中, 每4人中就有1人为高血压。遗憾的是, 有一半人却不知晓自己的血压状况

This newspaper news (Reporter Wang Ping) October 8 is the 21st "National Hypertension Day", the theme of this year's event again focused on "know your blood pressure". Several hospitals in the provincial capital held large-scale free clinic activities and popular science lectures for the public to popularize knowledge of hypertension prevention and treatment.Hypertension is a major cause of major diseases such as heart, brain, kidney and large vessels. Data show that in our province, 15 to 74 years old, 1 of every 4 people are hypertension. Unfortunately, half of them do not know their blood pressure.

23. 济宁市:嘉祥县老僧堂镇卫生院开展“全国高血压日”宣传活动 Jiaxiang jining city: the old monk don township health centers to carry out the "national hypertension day" campaign	来源: 中国科学网	类别: 高血压	态度: 提倡	时间: 20:04
	来源: 中国科学网	Category: hypertension	Attitude: advocate	Time: 20:04

10月8日是全国第21个“全国高血压日”。为进一步加大减盐防控高血压项目宣传力度, 提高群众的健康意识和自我保健能力, 嘉祥县老僧堂镇卫生院于10月8日上午, 在瑞祥社区、学校、饭店等地开展了以高血压健康知识讲座的现场宣传咨询活动。活动现场, 卫生院医务人员以日常生活健康管理为切入点, 重点向群众介绍了知晓自身血压的重要性、高血压预防和治疗中遇到的常见问题; 其次采取发放盐勺三件套、防控高血压健康知识手册、彩色折页等方式向群众宣传了高血压的相关知识; 最后以讲座的形式为大家讲解“如何确认高血压”、“食盐摄入量标准”、“做菜减盐小窍门”等健康常识。通过此次宣传活动, 使“控制高血压 保护心脑血管”的理念进一步深入人心, 在一定程度上提高了群众对高血压的认知水平和防治意识, 增强了自我保健意识, 形成主动测量并定期监测血压的健康理念, 对促进该县的高血压病规范化管理, 预防高血压的发生、减少高血压的并发症, 维护全镇居民的身心健康起到积极的作用。

October 8th is the twenty-first National Hypertension Day in China. In order to further strengthen the propaganda of salt reduction, prevention and control of hypertension and improve the health awareness and self-care ability of the people, the Health Center of Laoshengtang Town in Jiaxiang County carried out on-the-spot propaganda and consultation activities in Ruixiang community, schools and restaurants on the morning of October 8.On the spot of the activity, the medical staff in the hospital took the daily life health management as the breakthrough point, and introduced the importance of knowing their own blood pressure, the common problems encountered in the prevention and treatment of hypertension to the masses; secondly, they propagated to the masses by issuing a three-piece set of salt spoons, A Handbook of health knowledge on prevention and control of hypertension, and color folding pages. At last, we will give a lecture on how to confirm hypertension, salt intake standards, cooking salt reduction tips and other health knowledge.Through this publicity campaign, the concept of "controlling hypertension and protecting the heart, brain and kidney" has been deeply rooted in the hearts of the people. To a certain extent, the people's awareness of hypertension and prevention and treatment has been improved, their awareness of self-health care has been enhanced, and a healthy concept of active blood pressure measurement and regular blood pressure monitoring has been formed, which will promote the regulation of hypertension in this county. Standardized management plays an active role in preventing the occurrence of hypertension, reducing the complications of hypertension, and maintaining the physical and mental health of the whole town residents.

24. 网络餐饮服务需要公示食品安全信息 - 株洲传媒网 - 株洲第一视听... Network catering service needs of the public food safety information - zhuzhou media network - zhuzhou first audio-visual...	来源: 株洲传媒网	类别: 健康中心	态度: 提倡	时间: 17:12
	来源: 株洲传媒网	Category: health and wellness centers	Attitude: advocate	Time: 17:12

株洲传媒网10月09日讯 (新闻综合频道记者 廖嫻)新修订的《餐饮服务食品安全操作规范》10月1日起施行。规范针对网络餐饮服务提出要求, 第三方平台提供者和入网餐饮服务提供者应在网上公示餐饮服务提供者的名称、地址、餐饮服务食品安全等级信息、食品经营许可证。这一新规适用于餐饮服务提供者包括餐饮服务经营者和单位食堂等主体的餐饮服务经营活动。规范的提出, 鼓励餐饮服务提供者明示餐食的主要原料信息, 餐食数量和质量, 开展减油、减盐、减糖行动, 为消费者提供健康营养的餐食, 降低一次性餐饮具的使用量, 提示消费者开展光盘行动, 减少浪费。

Zhuzhou Media Network October 09 (news channel reporter Liao Shan) the newly revised "Food and Beverage Service Food Safety Operational Standards" on October 1. The third-party platform providers and online catering service providers should publicize the name, address, food safety level information and food business license of the catering service providers. This new regulation applies to catering service providers including catering service operators and unit canteens and other main catering service business activities.The proposed norms encourage catering service providers to make clear the main ingredients of meals, the quantity and quality of meals, carry out actions to reduce oil, salt and sugar, provide consumers with healthy and nutritious meals, reduce the use of disposable tableware, prompt consumers to carry out CD-ROM action to reduce waste.

25. 每五人就有一人高血压!专家建议限盐减重动起来 Every five people had had a high blood pressure!Experts recommend limiting salt move to lose weight	来源: 健康界	类别: 高血压	态度: 提倡	时间: 16:59
	来源: 健康界	Category: hypertension	Attitude: advocate	Time: 16:59

心血管疾病专家认为, 对高血压患者应在生活方式干预同时启动药物治疗, 正确的生活方式干预也是合理有效的治疗手段。10月8日是第21个全国高血压日, 各地开展宣传活动提高人们对高血压危害性的认识和防治意识。心血管疾病专家认为, 对高血压患者应在生活方式干预同时启动药物治疗, 正确的生活方式干预也是合理有效的治疗手段。国家心血管病中心主任助理、中国医学科学院阜外医院副院长蒋立新介绍, 目前我国高血压患病人数达2.7亿, 高血压直接经济负担占我国卫生总费用的6.6%。包括脑卒中、冠心病、心力衰竭、肾脏疾病在内的高血压严重并发症致残和致死率高, 给患者家庭和社会带来沉重负担

Cardiovascular disease experts believe that hypertension patients should be lifestyle intervention and start drug treatment, the correct lifestyle intervention is also a reasonable and effective treatment.Oct. 8 is the 21st National Hypertension Day. Publicity campaigns have been carried out to raise people's awareness of the dangers and prevention of hypertension. Cardiovascular disease experts believe that hypertension patients should be lifestyle intervention and start drug treatment, the correct lifestyle intervention is also a reasonable and effective treatment.Jiang Lixin, assistant director of the National Cardiovascular Disease Center and vice president of Fuwai Hospital, Chinese Academy of Medical Sciences, said that the number of hypertension patients in China is 270 million, and the direct economic burden of hypertension accounts for 6.6% of the total health expenditure in China. Severe complications of hypertension, including stroke, coronary heart disease, heart failure, and kidney disease, have high disability and mortality rates, placing a heavy burden on families and society.

26. 什么?1180斤的“小胖墩”15岁就查出高血压 What?1180 jins "little overweight at the age of 15 is found to high blood pressure	来源: 江苏网络广播电视台	类别: 高血压	态度: 提倡	时间: 15:40
	来源: 江苏网络广播电视台	Category: hypertension	Attitude: advocate	Time: 15:40

15岁初三男孩乐乐 (化名) 最近半年来总感觉头晕, 去医院一查血压竟高达170/110mmHg。家族中没有高血压病史, 如此年纪怎么会高血压找上门? 原来都是肥胖惹的祸。10月8日是全国高血压日, 东南大学附属中大医院心血管内科戴启明主任医师指出, 近年来, 号称“无形杀手”的高血压呈现高发率且年轻化趋势, 这个趋势和生活方式不健康、自身健康意识不足有关。案例: 15岁男孩体重180斤 初三学生乐乐今年15岁, 身高1米7, 体重却有180斤。半年前, 乐乐出现头晕不适的感觉, 家人一直以为是课业负担重, 孩子熬夜、劳累所致, 并未太在意

The 15-year-old boy Lele (not his real name) has been feeling dizzy in the last six months. He went to the hospital to check his blood pressure up to 170/110 mmHg. There is no history of hypertension in the family. How can you get high blood pressure at such an age? It turned out to be obesity.October 8 is National Hypertension Day. Dai Qiming, chief physician of Cardiovascular Medicine, Zhongda Hospital Affiliated to Southeast University, pointed out that in recent years, the so-called "invisible killer" of hypertension has shown a high incidence and younger trend, which is related to unhealthy lifestyle and lack of health awareness.Case: 15 year old boy weighing 180 JinLele, a 15 year old student, is 1 M 7 tall and weighed 180 Jin. Half a year ago, Lele had a feeling of dizziness and discomfort. His family always thought it was the heavy burden of schoolwork and the children stayed up late and tired. They didn't pay much attention to it.

27. 淄博市中西医结合医院开展“全国高血压日”义诊活动 Zibo city combine traditional Chinese and western medicine hospital to carry out the "national high blood pressure," yizhen activities	来源: 山东卫生新闻网	类别: 高血压	态度: 提倡	时间: 15:48
	来源: 山东卫生新闻网	Category: hypertension	Attitude: advocate	Time: 15:48

淄博市中西医结合医院开展“全国高血压日”义诊活动 山东卫生新闻网讯 10月8日是第二十一一个“全国高血压日”, 主题为“知晓您的血压”。为有效预防和控制高血压, 提高广大群众对高血压病的认识和重视, 淄博市中西医结合医院心血管病科在医院大门口组织开展了“全国高血压日”义诊活动, 为前来就诊的广大患者进行免费测量血压, 发放高血压有关资料, 宣传高血压的危险因素和早期症状, 进一步提高了居民的高血压防治意识, 培养健康的生活方式。医护人员携带听诊器、血压计、小型治疗仪等常用医疗器械, 现场为过往的群众测量血压、宣传健康知识、发放健康宣传手册。义诊现场, 医务人员热情接诊并回答群众提出的各种健康问题, 耐心细致地讲解医疗科普知识, 为群众听诊、测量血压。市民刘大爷对本次义诊活动赞不绝口, 他说义诊活动能拉近医患距离, 专家医生亲临现场为患者解答相关疑问, 为患者就医提供了很大方便

Zibo City Integrated Traditional Chinese and Western medicine hospitals carry out "National Hypertension Day" free clinic activitiesShandong Health News Network News October

8 is the 21st "National Hypertension Day", the theme is "Know Your Blood Pressure".In order to effectively prevent and control hypertension and raise the public's awareness and attention to hypertension, the Department of Cardiovascular Diseases of Zibo Integrated Traditional Chinese and Western Medicine Hospital organized a "National Hypertension Day" free clinic at the entrance to the hospital, which provided free blood pressure measurements for the vast number of patients who came to see the doctor and disseminated relevant information on hypertension. Risk factors and early symptoms of transmission of hypertension, further improve the awareness of prevention and treatment of hypertension in residents, and cultivate a healthy lifestyle.Medical staff carry stethoscope, sphygmomanometer, small therapeutic apparatus and other commonly used medical devices, on-site for the past people to measure blood pressure, publicize health knowledge, health brochures. On the spot of free clinic, medical staff enthusiastically receive and answer various health questions raised by the masses, patiently and meticulously explain the knowledge of medical science popularization, auscultate and measure blood pressure for the masses.Uncle Liu, a citizen, praised the free clinic. He said the free clinic could shorten the distance between doctors and patients. Experts and doctors came to the scene to answer relevant questions for patients, which provided great convenience for patients to seek medical advice.

28. 第21个“全国高血压日”——“知晓您的血压” 闽东医院在行动	来源：东南网	类别：高血压	态度：提倡	时间：15:36
A "national high blood pressure," 21 "know your blood pressure" mindong hospital in action	来源：东南网	Category: hypertension	Attitude: advocate	Time: 15:36

宁德卫视网10月9日讯(通讯员 高琳菁)10月8日是第21个“全国高血压日”，主题为“知晓您的血压”。宁德市高血压病医疗质量控制中心、宁德市闽东医院联合在福安市阳头街道社区卫生服务中心开展以“知晓您的血压——血压测量进社区”为主题的义诊活动，为280名社区群众提供测量血压、健康指导、健康咨询等服务。义诊现场，专家们认真细致地给社区居民诊治疾病，进行健康宣教，给予健康指导。医务人员向社区居民发放高血压健康知识手册，并进行血压和体质指数检测。据统计，我国高血压患者人数已突破3.5亿，随着生活水平的提高，工作压力的增加，运动减少，肥胖增加，饮食习惯的改变，高血压的患病呈现年轻化的趋势

Ningde Health Network October 9 (correspondent Gao Linjing) October 8 is the 21st "National Hypertension Day", the theme is "Know your blood pressure". Ningde Medical Quality Control Center for Hypertension and Ningde Mindong Hospital jointly launched a voluntary clinic on the theme of "Knowing Your Blood Pressure - Blood Pressure Measurement into the Community" in Yangtou Street Community Health Service Center of Fuan City, providing 280 community residents with services such as blood pressure measurement, health guidance and health counseling.On the spot of free clinic, experts carefully diagnose and treat diseases for community residents, conduct health education and give health guidance. Medical staff distribute health knowledge Handbooks on hypertension to community residents and conduct blood pressure and body mass index tests.According to statistics, the number of hypertensive patients in China has exceeded 350 million. With the improvement of living standards, the increase of work pressure, the decrease of exercise, the increase of obesity, the change of dietary habits, the prevalence of hypertensive blood shows a younger trend.

29. 镇江成年居民高血压患病率达28.24% 患者需定期量血压	来源：中国江苏网	类别：高血压	态度：提倡	时间：15:45
Zhenjiang adult residents of hypertension prevalence rate of 28.24% patients need regular blood pressure	来源：中国江苏网	Category: hypertension	Attitude: advocate	Time: 15:45

昨天是第21个“全国高血压日”，今年的主题是“知晓您的血压”。根据有关数据统计，当前，镇江市18岁及以上居民高血压患病率达28.24%。昨天上午，镇江市卫生计生部门在江滨新村开展高血压防治科普宣传活动，提高市民对高血压有关知识的知晓率。成人非同日三次血压测量，血压>140/90mmHg，即可诊断为高血压。根据“2017年镇江市慢性病及其危险因素监测”数据显示，我市18岁及以上居民高血压患者人群，从城乡分布来看，城市高血压患病率为23.83%，农村为34.11%

Yesterday was the twenty-first "National Hypertension Day". This year's theme is "know your blood pressure". According to statistics, the prevalence rate of hypertension among residents aged 18 and above in Zhenjiang is 28.24%. Yesterday morning, Zhenjiang Health and Family Planning Department launched a science popularization campaign in Jiangbin New Village to raise the awareness rate of the public about hypertension.Adult blood pressure is measured three times on the same day. Blood pressure >140/90mmHg can be diagnosed as hypertension. According to the data of chronic diseases and their risk factors surveillance in Zhenjiang City in 2017, the prevalence of hypertension in urban and rural areas is 23.83% and 34.11% respectively.

30. 浓茶、腌菜、腊肉、吃太咸.....别让这些坏习惯，偷走你的钙	来源：人民网	类别：食物中的钠	态度：提倡	时间：21:13:32
Strong tea, pickles, bacon, eat too salty...Don't let these bad habits steal your calcium	来源：人民网	Category: sodium in food	Attitude: advocate	Time: 21:13:32

您相信抬腿、抖被子、坐公交车颠簸，甚至走路时都会发生骨折吗？中山大学附属第三医院骨科主治医师庞卯表示，这些情况在严重骨质疏松的老年人群中并不少见。A、别让这些贼偷走你的钙庞卯介绍，老年人容易发生骨质疏松，主要是因为体内性激素水平降低，尤其是雌激素对骨骼的影响更为明显，因而老年女性更易患病。以及钙的摄入量减少、维生素D不足、身体运动量减少，和不良饮食习惯有关。“餐桌上的小偷”：庞卯介绍，高盐饮食、腌制食物，如榨菜、腊味食品、罐头食品等，可加重骨骼中钙质的流失，应当尽量少吃这些食物，同时避免嗜烟、酗酒、过量摄入咖啡因和高磷饮料。可适量进食蛋白质及含钙丰富的食物、蔬菜和水果，如牛奶、鱼、豆制品；以橙、柑、柚、猕猴桃等富含维生素C的水果为主；“懒出来的小偷”：很多骨质疏松的老人都有各种各样的疼痛问题，越是痛就越不想动

Do you believe in leg lifting, shaking the quilt, bumping by bus, or even walking when you walk? Pang Mao, an orthopaedic doctor in the Third Affiliated Hospital of Sun Yat-sen University, said these conditions were not uncommon among elderly people with severe osteoporosis.A, don't let these thieves steal your calcium.Pang Mao introduced that the elderly are prone to osteoporosis, mainly because the level of sex hormones in the body is reduced, especially estrogen on the bone is more obvious, so the elderly women are more vulnerable to disease. And decreased calcium intake, vitamin D deficiency, reduced physical activity, and poor dietary habits."Thieves on the table": Pang Mao introduced that high-salt diet, pickled food, such as mustard, wax food, canned food, etc., can aggravate the loss of calcium in the bones, should try to eat less of these foods, while avoiding smoking, alcoholism, excessive intake of caffeine and high phosphorus drinks.Can eat protein and calcium-rich foods, vegetables and fruits, such as milk, fish, soybean products; orange, citrus, grapefruit, kiwifruit and other fruits rich in vitamin C mainly;"Lazy Thieves": Many elderly people with osteoporosis have a variety of pain problems, the more pain they feel, the less they want to move

31. “吃货们”需注意，别让高血压盯上你！	来源：新华网广东频道	类别：高血压	态度：提倡	时间：02:29:07
"Version" note, don't let the high blood pressure on you!	来源：新华网广东频道	Category: hypertension	Attitude: advocate	Time: 02:29:07

“吃货们”需注意，别让高血压盯上你！10月8日，又一个全国高血压日来啦！你以为高血压只“偏爱”老年人，和年轻人没啥关系吗？当然不是。专家提醒，高血压低龄化趋势明显，18岁就患病的不在少数，因此，青年人需养成科学健康的生活习惯，警惕高血压。什么是高血压？高血压是指以收缩压≥140mmHg、舒张压≥90mmHg为主要特征的慢性、非传染性疾病。患者早期常无症状，或仅有头晕、头痛、心悸、耳鸣等症状。表面上看，它是一种独立的疾病，实际上是引发心、脑血管和肾病变的一个重要危险因素，如果控制不当就会病变，引发脑中风、心梗和肾功能衰竭等病症，严重时可能会猝死

"Eat goods" should pay attention, do not let hypertension catch your eye!In October 8th, another national hypertension day came! Do you think that hypertension only favors the elderly and has nothing to do with young people? Of course not. Experts remind that the trend of Low-aged hypertension is obvious, 18-year-old illness in a few, therefore, young people need to develop a scientific and healthy lifestyle, vigilant against hypertension.What is hypertension?Hypertension is a chronic, non-infectious disease characterized by systolic blood pressure (> 140 mmHg) and diastolic blood pressure (> 90 mmHg). Patients often have no symptoms at the early stage, or only have dizziness, headache, palpitation, tinnitus and so on. Superficially, it is an independent disease and is actually an important risk factor for cardiac, cerebrovascular and nephropathy. If it is not properly controlled, it will lead to pathological changes, stroke, myocardial infarction and kidney failure, and may lead to sudden death in severe cases.

内容分类

Classification of Content

食物中的钠 Sodium in food				
1. 浓茶、腌菜、腊肉、吃太咸.....别让这些坏习惯，偷走你的钙	来源：人民网	类别：食物中的钠	态度：提倡	时间：21:13:32
Strong tea, pickles, bacon, eat too salty...Don't let these bad habits steal your calcium	来源：人民网	Category: sodium in food	Attitude: advocate	Time: 21:13:32

您相信抬腿、抖被子、坐公交车颠簸，甚至走路时都会发生骨折吗？中山大学附属第三医院骨科主治医师庞卯表示，这些情况在严重骨质疏松的老年人群中并不少见。A、别让这些贼偷走你的钙庞卯介绍，老年人容易发生骨质疏松，主要是因为体内性激素水平降低，尤其是雌激素对骨骼的影响更为明显，因而老年女性更易患病。以及钙的摄入量减少、维生素D不足、身体运动量减少，和不良饮食习惯有关。“餐桌上的小偷”：庞卯介绍，高盐饮食、腌制食物，如榨菜、腊味食品、罐头食品等，可加重骨骼中钙质的流失，应当尽量少吃这些食物，同时避免嗜烟、酗酒、过量摄入咖啡因和高磷饮料。可适量进食蛋白质及含钙丰富的食物、蔬菜和水果，如牛奶、鱼、豆制品；以橙、柑、柚、猕猴桃等富含维生素C的水果为主；“懒出来的小偷”：很多骨质疏松的老人都有各种各样的疼痛问题，越是痛就越不想动

Do you believe in leg lifting, shaking the quilt, bumping by bus, or even walking when you walk? Pang Mao, an orthopaedic doctor in the Third Affiliated Hospital of Sun Yat-sen University, said these conditions were not uncommon among elderly people with severe osteoporosis.A, don't let these thieves steal your calcium.Pang Mao introduced that the elderly are prone to osteoporosis, mainly because the level of sex hormones in the body is reduced, especially estrogen on the bone is more obvious, so the elderly women are more vulnerable to disease. And decreased calcium intake, vitamin D deficiency, reduced physical activity, and poor dietary habits."Thieves on the table": Pang Mao introduced that high-salt diet, pickled food, such as mustard, wax food, canned food, etc., can aggravate the loss of calcium in the bones, should try to eat less of these foods, while avoiding smoking, alcoholism, excessive intake of caffeine and high phosphorus drinks.Can eat protein and calcium-rich foods, vegetables and fruits, such as milk, fish, soybean products; orange, citrus, grapefruit, kiwifruit and other fruits rich in vitamin C mainly;"Lazy Thieves": Many elderly people with osteoporosis have a variety of pain problems, the more pain they feel, the less they want to move

高血压 Hypertension				
1. 我省三成多高血压患者不知情	来源：河北日报	类别：高血压	态度：提倡	时间：08:04:09

I save more than thirty percent of the patients with high blood pressure来源：河北日报Category: hypertensionAttitude: advocateTime: 08:04:09

本报讯（记者张淑会）10月8日是全国高血压日，宣传主题是“知晓您的血压”。记者从省疾控中心获悉，根据有关调查，我省居民高血压的知晓率、治疗率、控制率分别为68.4%、47.8%、31.3%。高血压是最常见的慢性病之一，也是导致心脑血管疾病的主要危险因素。目前，我国成人高血压患病率达25.2%，每年200万人死亡与高血压有关。省疾控中心慢性病防治所所长张新亮介绍，提高人群的高血压防治水平，提高知晓率、治疗率和控制率是一个十分紧迫的任务

Our news (reporter Zhang Shuhui) October 8 is the National Hypertension Day, the publicity theme is "know your blood pressure". The reporter learned from the provincial CDC that according to the relevant survey, the awareness rate, treatment rate and control rate of hypertension in our province residents were 68.4%, 47.8% and 31.3% respectively.Hypertension is one of the most common chronic diseases, and it is also a major risk factor for heart, brain and kidney diseases. At present, the prevalence rate of hypertension in China is 25.2%, and 2 million deaths each year are related to hypertension. Zhang Xinliang, Director of the Institute of Chronic Disease Prevention and Control of the Provincial CDC, introduced that it is a very urgent task to improve the prevention and treatment level of hypertension among the population and raise the awareness rate, treatment rate and control rate.

2. 3个成年男性就有1个是高血压患者来源：新浪新闻类别：高血压态度：提倡时间： 07:04:093 one adult male in patients with high blood pressure来源：新浪新闻Category: hypertensionAttitude: advocateTime: 07:04:09

昨天是全国高血压日，最新数据显示：江苏每3个成年男性就有一个是高血压患者。农谚道：“吃了寒露饭，单衣汉少见。”专家提醒广大读者朋友，尤其是高血压患者一定要注意防寒保健，以防疾病缠身。3个成年男性就有1个高血压患者 据省疾控中心2016年最新统计显示，我省18岁及以上人群高血压患病率28.9%，其中男性34%，女性24.7%；此外，城市患病率为34.8%，而农村只有25.3%。这意味着，3个成年男性就有1个患高血压

Yesterday was National Hypertension Day, and the latest data show that one in three adult men in Jiangsu Province is suffering from hypertension. The peasant proverb said: "eating cold dew rice, single clothing Han rare." Experts remind readers of friends, especially hypertension patients must pay attention to cold care, in order to prevent disease entanglement.There are 1 hypertensive patients in 3 adult men.According to the latest statistics of the provincial CDC in 2016, the prevalence rate of hypertension in people aged 18 years and over is 28.9%, 34% in men and 24.7% in women, 34.8% in urban areas and 25.3% in rural areas. This means that 1 out of 3 adult men suffer from hypertension.

3. 老年人可适当放宽血压控制目标来源：新京报网类别：高血压态度：提倡时间： 03:04:46The elderly can relax appropriately control target blood pressure来源：新京报网Category: hypertensionAttitude: advocateTime: 03:04:46

老年人可适当放宽血压控制目标 新京报 企业供图 东城中医医院心脑血管科专家解答高血压的治疗、用药等问题 侯不华 东城中医医院主任医师，硕士研究生导师，毕业于北京中医药大学硕士研究生，曾任职于北京中日医院，在日本东京北里研究所研修，任日本大学附属光丘医院客座教授。从事心脑血管疾病临床研究工作30余年，擅长运用中西医结合疗法治疗，高血压、冠心病、糖尿病、血液系统疾病、高脂血症等心脑血管方面疑难杂症。 出诊时间：周日上午 最新研究数据显示，我国18岁以上成年人高血压患者达2.45亿，超过40%的人未得到治疗，高血压的控制率低于10%。“在高血压就诊人群中，大多数病人并不知道如何配合医生控制好 自己的血压，降压药物的使用并不合理。”在10月8日世界高血压日到来之际，东城中医医院心脑血管科专家侯不华就高血压的治疗、用药、饮食等问题进行专业解析

Elderly people can relax blood pressure control targets appropriately.New Beijing NewsEnterprise supply diagramSpecialists in cardiovascular and cerebrovascular diseases in Dongcheng Hospital of traditional Chinese medicine answer questions about treatment and medication of hypertension.Hou Pi Hua Dongcheng Hospital of Traditional Chinese Medicine Chief Physician, Master's Tutor, graduated from the Master's Institute of Beijing University of Traditional Chinese Medicine, Beijing Sino-Japanese Hospital, Tokyo, Japan, North Li Institute of Research, as a visiting professor of the University of Japan's Guangqiu Hospital. He has been engaged in the clinical research of cardiovascular and cerebrovascular diseases for more than 30 years, and is good at the treatment of hypertension, coronary heart disease, diabetes, blood system diseases, hyperlipidemia and other complicated cardiovascular and cerebrovascular diseases.Visiting hours: Sunday morningAccording to the latest research data, 245 million adults over the age of 18 have hypertension, more than 40% of them have not been treated, and the control rate of hypertension is less than 10%. "In hypertension patients, most patients do not know how to cooperate with doctors to control their blood pressure, and the use of antihypertensive drugs is not reasonable." On the occasion of World Hypertension Day on October 8, Hou Pihua, an expert in cardiovascular and cerebrovascular Department of Dongcheng Hospital of Traditional Chinese Medicine, made a professional analysis on the treatment, medication and diet of hypertension.

4. 高血压知晓率不足五成来源：新京报网类别：高血压态度：提倡时间： 03:05:14Hypertension awareness of less than fifty percent来源：新京报网Category: hypertensionAttitude: advocateTime: 03:05:14

高血压知晓率不足五成 新京报 创意图片/新京报记者 王远征 10月8日是世界高血压日，与高患病率相比，高血压知晓率、治疗率、控制率仍相对较低 据中国医学科学院阜外心血管病医院、国家心血管病中心高润林院士和王增武教授等在Circulation期刊最新发布的研究数据显示，我国18岁以上成年人高血压患者达2.45亿，高血压前期人数达到4.35亿，占41.3%。更严峻的是，高血压患者中只有不到一半的人知道自己这个问题，把血压控制好 的患者更是只有15.3%！10月8日是世界高血压日，今年的主题为“知晓您的血压——血压测量进社区”。中国医学科学院阜外医院高血压中心主任蔡军指出，与较高患病率相比，高血压知晓率、治疗率和控制率偏低。为了早期发现高血压，正常血压者，尤其是35岁以上的人应勤测血压，人人都不可忽视自己的血压。忽视高血压 脏器血管受损害 “高血压的危害不在于它引起的症状，而是不知不觉间对各个器官、全身血管的损害

The awareness rate of hypertension is less than 50%.New Beijing NewsCreative pictures / Beijing News reporter Wang YuanzhengOct. 8, World Hypertension Day, is still relatively low in awareness, treatment and control of hypertension compared with high prevalenceAccording to the latest research published in the Circulation journal by Fuwai Cardiovascular Hospital of Chinese Academy of Medical Sciences, Gao Runlin, academician of National Cardiovascular Disease Center and Professor Wang Zengwu, 245 million adults over 18 years old with hypertension and 435 million people with pre-hypertension account for 41.3%. What's more, fewer than half of the hypertensive patients know about their problem, and only 15.3% of the patients who control their blood pressure well.October 8, World Hypertension Day, this year's theme is "Know Your Blood Pressure - Blood Pressure Measurement into the Community". Cai Jun, director of the Hypertension Center of Fuwai Hospital, Chinese Academy of Medical Sciences, pointed out that the awareness rate, treatment rate and control rate of hypertension were lower than the higher prevalence rate. In order to detect hypertension early, people with normal blood pressure, especially those over the age of 35, should take frequent blood pressure measurements, and everyone should not ignore their own blood pressure.Neglect of blood vessels in hypertensive organs"The danger of hypertension is not the symptoms it causes, but the involuntary damage to the organs and blood vessels of the whole body.

5. 每五人就有一人高血压! 专家建议限盐减重动起来来源：新浪新闻类别：高血压态度：提倡时间： 08:05:32Every five people had had a high blood pressure!Experts recommend limiting salt move to lose weight来源：新浪新闻Category: hypertensionAttitude: advocateTime: 08:05:32

原标题：每五人就有一人高血压！ 专家建议限盐减重动起来 新华社电 国家心血管病中心主任助理、中国医学科学院阜外医院副院长蒋立新介绍，目前我国高血压患病人数达2.7亿，高血压直接经济负担占我国卫生总费用的6.6%。 国家心血管病中心发布的最新版国家基层高血压防治管理指南显示，高血压患者每人每日食盐摄入量不超过6克并注意咸菜、鸡精、酱油等食物中“隐性盐”的摄入，可以让收缩压下降2 - 8毫米汞柱；体重超标的高血压患者每减重10千克可以让收缩压下降5 - 20毫米汞柱。根据这份指南，对确诊高血压的患者，应立即启动并长期坚持生活方式干预，即“健康生活方式六部曲”：限盐减重多运动，戒烟限酒心态平。

Original title: every five people have one hypertension! Experts recommend salt restriction and weight reduction.Xinhua News Agency (Xinhua) Assistant Director of the National Cardiovascular Disease Center and Deputy Dean of Fuwai Hospital, Chinese Academy of Medical Sciences Jiang Lixin said that the number of hypertension patients in China is 270 million, and the direct economic burden of hypertension accounts for 6.6% of the total health expenditure in China.According to the latest edition of the guidelines issued by the National Cardiovascular Disease Center for the prevention and control of hypertension at the grassroots level, the daily intake of salt per person with hypertension is not more than 6 grams and attention to the intake of "hidden salt" in vegetables, chicken essence, soy sauce and other foods can reduce systolic blood pressure by 2-8 mm Hg column. Weighing 10 kilograms can reduce systolic pressure by 5-20 mmHg. According to the guidelines, patients with confirmed hypertension should be promptly initiated and long-term adherence to lifestyle interventions, namely the "healthy lifestyle hexalogy": limiting salt and weight loss more exercise, quit smoking and limit alcohol mentality.

6. 天津日报数字报刊平台:患有高血压 测量治疗要规范(图)来源：天津日报类别：高血压态度：提倡时间： 10:05:47Tianjin daily digital newspaper platform - people with high blood pressure measurement treatment to specification (figure)来源：天津日报Category: hypertensionAttitude: advocateTime: 10:05:47

如何治疗高血压？ 如何预防高血压？ 10月8日是第21个全国高血压日，主题是“知晓您的血压”。昨天，我市各大医院、疾病预防控制中心均举行了形式多样的高血压义诊和健康教育活动。据了解，目前我国高血压患病人群已经超过3.3亿，每4到5人中就有一位高血压患者。高血压的总体情况是患病率高，18岁以上成年人患病率为18.8%；知晓率低，为30.2%；治疗率尚可，达到81.8%，但控制率极低，仅为24.4%。今年全国高血压日之前，2018年中国高血压防治指南修订版（征求意见稿）发布，新版指南再次强调了血压知晓率对于血压控制、脑卒中等心脑血管疾病防治的重要性

How to treat hypertension?How to prevent hypertension?October 8th is the twenty-first National Hypertension Day. The theme is "know your blood pressure". Yesterday, the city's major hospitals, the city's Center for Disease Control and Prevention have held a variety of high blood pressure free diagnosis and health education activities. It is understood that the prevalence of hypertension in China has exceeded 330 million people, every 4 to 5 people have a high blood pressure patients. The overall prevalence of hypertension was high, with 18.8% of adults over 18 years old, 30.2% with low awareness rate and 81.8% with treatment rate, but the control rate was very low, only 24.4%. Before this year's National Hypertension Day, the revised edition of the China Hypertension Prevention and Treatment Guidelines (Draft for Consultation) was released in 2018. The new edition of the guidelines again emphasized the importance of blood pressure awareness rate for the prevention and treatment of cardiovascular and cerebrovascular diseases such as blood pressure control and stroke.

7. 东营区积极开展“全国高血压日”宣传活动Dongying district actively carry out "national hypertension day" campaign来源：东营大众网类别：高血压态度：提倡时间： 09:05:50来源：东营大众网Category: hypertensionAttitude: advocateTime: 09:05:50

大众网东营10月9日讯（见习记者 刘子瑜）10月8日是第21个“全国高血压日”，宣传主题是“知晓您的血压”，旨在提高广大群众对高血压危害的认识，动员全社会都来参与高血压预防和控制工作。普及高血压防治知识。8日上午，东营区卫计局、东营区疾控中心、东营区人民医院及史口中心卫生院在史口镇大集开展高血压日集中宣传活动，辖区内其他医疗机构在各自辖区内开展宣传活动。活动现场，医务人员向群众讲解保健养生及如何控制高血压的方法等知识，提高高血压患者的知晓率、治疗率及控制率，从而减少心脑血管疾病的发生率和死亡率。东营区人民医院急诊专家向大家讲解了急救知识，现场演练心肺复苏和人工呼吸操作技术。

Dongying, October 9 (Internship Reporter Liu Ziyu) October 8 is the 21st "National Hypertension Day", the publicity theme is "Know Your Blood Pressure", aimed at raising the public awareness of the dangers of hypertension, mobilizing the whole society to participate in the prevention and control of hypertension, and popularizing knowledge of hypertension prevention and control. On the morning of the 8th, the Dongying District Health and Planning Bureau, the Dongying District CDC, the Dongying District People's Hospital and the Shikou Central Health Hospital launched a centralized publicity campaign on the Day of Hypertension in Daji, Shikou Town. Other medical institutions in their respective jurisdictions carried out publicity activities.At the event site, medical staff explained to the public health care and how to control hypertension and other knowledge, improve the awareness rate of patients with blood pressure, treatment rate and control rate, thereby reducing the incidence of cardiovascular disease and mortality. Emergency experts from Dongying People's Hospital explained the first aid knowledge to everyone and drilled the techniques of CPR and artificial respiration on the spot.

8. 长期吃外卖 易患高血压	来源：三秦网	类别：高血压	态度：提倡	时间：09:05:54
Long-term eating take-away are predisposed to high blood pressure	来源：三秦网	Category: hypertension	Attitude: advocate	Time: 09:05:54

三秦都市报—三秦网讯 昨日是“全国高血压日”，目前高血压患者越来越呈年轻化趋势。记者在西安医学院第二附属医院心血管内科门诊了解到，超过1/3的人所患疾病都与高血压相关，其中，部分患者年龄在20岁-30岁之间。专家提醒，高血压在一定程度上与生活饮食习惯密切相关，长期吃外卖的年轻人更易患上高血压。 外卖高盐高油危害大 据西安医学院第二附属医院心血管内科副主任医师李粉侠介绍，近年来，20至30岁患高血压的人越来越多。之所以会出现这种情况，与不健康的生活饮食习惯密不可分，最普遍的因素之一就是盐摄入量过多，比如很多年轻人因各种原因经常叫外卖，或在外就餐，这种习惯看似便利，实则不值得提倡

Sanqin Metropolitan Daily - Sanqin Net News yesterday was the "National Hypertension Day", the current trend of hypertension patients is becoming younger and younger. Reporters in the Second Affiliated Hospital of Xi'an Medical College Cardiovascular Medicine Clinic learned that more than one third of the people suffering from diseases are related to hypertension, of which some patients are between 20 and 30 years old. Experts warn that high blood pressure to a certain extent is closely related to lifestyle eating habits, long-term takeout of young people are more likely to suffer from hypertension.Takeaway high salt and high oil harm.According to Li Fanxia, deputy director of cardiovascular medicine in the Second Affiliated Hospital of Xi'an Medical College, in recent years, more and more people aged 20 to 30 suffer from hypertension. One of the most common causes of this is excessive salt intake. For example, many young people often order takeout or eat out for various reasons. This seems convenient, but it is not worth promoting.

9. 血压高达200不吃药还熬夜 30岁男子突发脑出血偏瘫	来源：扬州网	类别：高血压	态度：提倡	时间：08:05:56
Blood pressure as high as 200 do not take medicine also stay up 30 - year - old man sudden cerebral hemorrhage hemiparalysis	来源：扬州网	Category: hypertension	Attitude: advocate	Time: 08:05:56

扬州网讯 昨天是全国高血压日。根据数据统计，目前我国高血压患病人数已达2.7亿，几乎每4个人中就有1个患有高血压。扬州有一小伙血压高达200mmHg，却不肯服用降压药，加上有熬夜习惯，突发脑出血导致偏瘫。专家提醒，高血压是心脑血管疾病的重要危险因素之一，食盐过多、压力大、不运动、长期熬夜等都是诱发高血压的因素，定期监测血压和保持健康的生活方式，是最有效的预防措施。 小伙血压高达200mmHg 不吃药还熬夜 脑出血致偏瘫

Yangzhou Internet news yesterday was the National Hypertension Day. According to statistics, the number of hypertensive patients in China has reached 270 million, almost every four people have one with hypertension. A young man in Yangzhou has a high blood pressure of 200 mmHg, but refuses to take antihypertensive drugs, plus the habit of staying up late, sudden cerebral hemorrhage leading to hemiplegia. Experts remind that hypertension is one of the important risk factors of cardiovascular and cerebrovascular diseases, salt excess, stress, no exercise, long-term stay up late and other factors are induced hypertension, regular monitoring of blood pressure and maintain a healthy lifestyle is the most effective preventive measures.Guy's blood pressure is as high as 200mmHgDo not take medicine, stay up late, cerebral hemorrhage cause hemiplegia

10. 您懂得如何正确知晓血压吗？“最佳讲师”来教你	来源：中国网	类别：高血压	态度：提倡	时间：11:07:57
You know how to know correctly the blood pressure?"The best lecturer" to teach you	来源：中国网	Category: hypertension	Attitude: advocate	Time: 11:07:57

您懂得如何正确知晓血压吗？全国高血压日“最佳讲师”教你如何预防高血压 10月8日是第21个“全国高血压日”，今年的主题是“知晓您的血压”。为了普及高血压知识，培养全国各地的部分优秀医生成为基层高血压治疗的“带头人”，国家心血管病中心、国家基层高血压管理办公室主导的基层高血压管理“雄鹰计划”至今已举办了很多期。在今年8月20日至24日的“雄鹰计划”骨干培训班上，柳州市柳南区潭西街道社区卫生服务中心公卫科科长陈庆艳获得了“最佳讲师”的称号。 陈庆艳表示，知晓高血压不仅仅是清楚自己的血压数值，还包括知晓如何正确地测量血压、知晓血压数值背后所说明的问题，如何预防高血压及高血压的危害等，这样才能切实提高高血压的知晓率、治疗率和控制率。 1 诊断需测量非同日三次血压 “对于高血压的诊断，老百姓和一些基层医疗机构存在误区和操作不当的地方

Do you know how to know blood pressure correctly?National best hypertension instructor teaches you how to prevent hypertensionOctober 8th is the twenty-first "National Hypertension Day". This year's theme is "know your blood pressure". In order to popularize the knowledge of hypertension and train some excellent doctors from all over the country to become "leaders" in the treatment of primary hypertension, the National Cardiovascular Disease Center and the National Grass-roots Hypertension Management Office have been leading the grassroots hypertension management "eagle program" for many times. Chen Qingyan, director of Public Health Department of Tanxi Street Community Health Service Center of Liuzhou Lunan District, was awarded the title of "Best Lecturer" in the backbone training course of "Eagle Plan" from August 20 to 24 this year.Knowing hypertension is not only about knowing your own blood pressure, but also about knowing how to measure it correctly, what's behind it, and how to prevent the dangers of high blood pressure and hypertension, Chen said, in order to effectively improve the awareness, treatment and control rates of hypertension.OneThree blood pressure should be measured on the same day."There are misunderstandings and improper practices in the diagnosis of hypertension among the general public and some primary medical institutions.

11. 测量184万人次 其中16万疑似高血压	来源：浙江在线	类别：高血压	态度：提倡	时间：09:08:08
Measuring 1.84 million person-time Of which 160000 suspected of having high blood pressure	来源：浙江在线	Category: hypertension	Attitude: advocate	Time: 09:08:08

每年10月8日是中国高血压日。昨天，市疾控中心公布最新数据：今年上半年，我市184万人次测量高血压，发现疑似患者16万人次。 杭州在管高血压病人近80万 目前，我市35岁以上居民首诊测血压，已经开展了近15个年头，已覆盖全市所有的医疗机构，首诊测压率达到96%以上。仅今年上半年就已测量184万人次，发现疑似高血压16万人次，对于高血压的早期发现提供了巨大支持。 高血压患者如何管理？ 我市主要开展的是以社区卫生服务机构随访为主体，基层和上级医院间的相互转诊为桥梁的分级管理体系

October 8th is China's Hypertension Day every year. Yesterday, the city CDC announced the latest data: in the first half of this year, 1.84 million people in our city measured hypertension, found 160,000 suspected patients.Nearly 800 thousand of hypertension patients in Hangzhou are in charge.At present, the first blood pressure test for residents over 35 years of age in our city has been carried out for nearly 15 years, covering all medical institutions in the city, and the first blood pressure test rate has reached over 96%. In the first half of this year alone, 1.84 million people have been measured and 160,000 people have been found suspected of hypertension, which provides tremendous support for the early detection of hypertension.How to manage patients with hypertension? Our city mainly carries out a hierarchical management system with the follow-up of community health service institutions as the main body and the mutual referral between primary and higher hospitals as the bridge.

12. 浙江高校教职工高血压患病率达25% 但只有三成患者知道自己得病了	来源：浙江在线	类别：高血压	态度：提倡	时间：10:08:17
Zhejiang university faculty hypertension prevalence rate of 25% but only thirty percent of patients know they've got	来源：浙江在线	Category: hypertension	Attitude: advocate	Time: 10:08:17

每年的10月8日是全国高血压日，昨天上午，浙江省心脑血管病防治宣传月暨第21个“全国高血压日”宣传活动在杭州电子科技大学信息工程学院举行。这是我省首次在高校举行该宣传活动，旨在提高中青年人群的高血压防治知识，尤其是血压知晓率。浙江医院院长严静教授介绍，根据《中国心血管病报告》显示，全国高血压患者大约2.7亿，每年与高血压有关的死亡人数达200万例。“高血压不仅仅是一个数字，更是导致靶器官受损、诱发心脑血管疾病的关键病因。可以说，高血压本身并不可怕，可怕的是你不知道，或者说你知道了还不管控

October 8 is National Hypertension Day every year. Yesterday morning, the propaganda month of prevention and treatment of cardiovascular and cerebrovascular diseases and the propaganda activity of the 21st National Hypertension Day were held in the Information Engineering College of Hangzhou University of Electronic Science and Technology. This is the first time that this publicity campaign has been held in Colleges and universities in our province, aiming at improving the knowledge of prevention and treatment of hypertension among young and middle-aged people, especially the awareness rate of blood pressure.Professor Yan Jing, President of Zhejiang Hospital, said that according to the China Cardiovascular Disease Report, there are about 270 million patients with hypertension in China, and 2 million deaths related to hypertension each year. "Hypertension is not only a number, but also a key cause of target organ damage and cardiovascular and cerebrovascular diseases. It can be said that high blood pressure itself is not terrible, terrible is that you do not know, or that you know and do not control it.

13. 成年居民高血压患病率达20.9%	来源：深圳新闻网	类别：高血压	态度：提倡	时间：11:08:18
Adult residents hypertension prevalence rate of 20.9%	来源：深圳新闻网	Category: hypertension	Attitude: advocate	Time: 11:08:18

原标题：全市慢性病流行病学调查显示 成年居民高血压患病率达20.9% 深圳新闻网讯 10月8日是第21届全国高血压日。记者从由深圳市卫计委、广东省预防医学会主办，市慢性病防治中心承办的全国高血压日主题宣传活动中获悉，根据最近一次全市慢性病流行病学调查显示，深圳人高血压发病情况不容乐观，18岁以上的成年居民高血压患病率达20.9%，总体患者近200万人次。 四成患者不知自己有高血压 据了解，今年全国高血压日的宣传主题是：知晓您的血压。然而，根据调查，深圳市民的血压知晓率仅为60%，虽然好于全国其他大城市的水平，但是还有四成高血压患者不知自己血压，不知自己患有高血压，这种情况非常危险，不少患者很容易在不知情的情况下，突然出现脑卒中、心肌梗死等。 近年来，为了加强高血压的综合防控能力，深圳采取了一系列措施加强对高血压的防控

Original title: the city's chronic disease epidemiological survey showsThe prevalence rate of hypertension among adults is 20.9%.Shenzhen news network October 8th is the twenty-first National Hypertension Day. According to the latest epidemiological survey of chronic diseases in Shenzhen, the incidence of hypertension in Shenzhen is not optimistic, and the prevalence of hypertension in adults over 18 years old is high. 20.9%, the total number of patients is nearly 2 million.40% patients do not know that they have hypertension.It is understood that the theme of this year's National Hypertension Day is: know your blood pressure. However, according to the survey, the blood pressure awareness rate of Shenzhen residents is only 60%, although better than the level of other big cities in the country, but there are still 40% of hypertension patients do not know their own blood pressure, do not know that they have hypertension, this situation is very dangerous, many patients are easily unaware of the situation, sudden stroke, heart Muscle infarction.In

recent years, in order to strengthen the comprehensive prevention and control of hypertension, Shenzhen has taken a series of measures to strengthen the prevention and control of hypertension.				
14. 【健康微课堂】本期话题:如何预防和控制高血压? Healthy micro class 】【 this topic: how to prevent and control high blood pressure?】	来源: 澎湃新闻	类别: 高血压	态度: 提倡	时间: 09:08:36
	来源: 澎湃新闻	Category: hypertension	Attitude: advocate	Time: 09:08:36
高血压是最常见的慢性病之一，也是心脑血管疾病的主要危险因素。目前，中国成人高血压患病率达25.2%，患者人数约2.7亿，每年200万人死亡与高血压有关。高血压是心脏病、脑卒中、肾脏病发病和死亡的最重要的危险因素，我国因心脑血管病导致的死亡占国民总死亡的40%以上，约70%的脑卒中死亡和约50%心肌梗死与高血压密切相关。我们测量血压需要一个安静的状态，建议不饮浓茶、不憋尿、不谈话，取平卧位或者比较舒适的体位。非同日三次血压测量，血压>140/90mmllg，即可诊断为高血压				
Hypertension is one of the most common chronic diseases, and it is also a major risk factor for heart, brain and kidney diseases. At present, the prevalence of hypertension in Chinese adults is 25.2%, and the number of patients is about 270 million. Two million deaths are related to hypertension every year. Hypertension is the most important risk factor for heart disease, stroke, kidney disease and death. Cardiovascular and cerebrovascular diseases account for more than 40% of the total death in China. About 70% of stroke deaths and about 50% of myocardial infarction are closely related to hypertension. We need a quiet state when we measure blood pressure. We recommend not drinking strong tea, not urinating, not talking, taking a recumbent position or a more comfortable position. Three times of blood pressure measurement on the same day, blood pressure >140/90mmllg, can be diagnosed as hypertension.				
15. 宜昌市现有高血压患者近16万 专家提醒:高血压可防可控 定期监测很... Yichang existing nearly 160000 hypertension patients experts remind: high blood pressure is regularly monitored by preventable and controllable...	来源: 三峡宜昌网	类别: 高血压	态度: 提倡	时间: 08:08:37
	来源: 三峡宜昌网	Category: hypertension	Attitude: advocate	Time: 08:08:37
10月8日是“全国高血压日”，当天上午，市中心医院在门诊开展义诊活动。该院心血管内科、老年病科、内分泌科、神经内科、急诊内科的专家为200余位市民免费义诊，测量血压，发放健康资料。（通讯员 吴辉 摄）10月8日是第21个“全国高血压日”，今年宣传主题是“知晓您的血压”。记者从市疾控中心获悉，中国成人高血压患病率达25.2%，宜昌城区网格人口有77万，按此推算，宜昌市目前共有高血压患者近16万。疾控专家提醒市民，高血压可防可控，知晓并监测自己的血压尤其重要，不能用保健品、保健理疗或食疗替代降压药治疗				
October 8th is "National Hypertension Day". On the morning of that day, the Central Hospital launched free clinic activities in the outpatient clinic. The specialists in cardiovascular medicine, geriatrics, endocrinology, neurology and emergency medicine of the hospital provided free free free free free free clinics for more than 200 citizens. Blood pressure was measured and health information was distributed. (Photo by correspondent Wu Hui)October 8th is the twenty-first National Hypertension Day. The theme of this year's publicity is "know your blood pressure". The reporter learned from the city CDC that the prevalence rate of hypertension in adults in China is 25.2%, and the population in Yichang is 770,000. According to this calculation, there are nearly 160,000 hypertension patients in Yichang. Disease control experts remind the public that hypertension can be prevented and controlled, and it is particularly important to know and monitor your own blood pressure. Health care products, health care physiotherapy or dietary therapy should not be used instead of antihypertensive drugs.				
16. 正确看待高血压避免陷入降压误区 Avoid decompression traps correctly treat high blood pressure	来源: 滨海时报	类别: 高血压	态度: 提倡	时间: 09:08:38
	来源: 滨海时报	Category: hypertension	Attitude: advocate	Time: 09:08:38
天津市滨海新区大港医院田廷臣主任医师介绍，“知晓你的血压”其目的是提升公众对高血压的知晓率，知晓血压是至关重要的第一步。因为只有知晓自己的血压有多高，才会关注自己的健康，才会改善生活方式，进行控盐及控制其他危险因素，并用药治疗。“高血压是最常见的慢性病，但是市民还是存在很大误区，知晓率、治疗率、控制率都很低。很多人不知道有高血压、知道有高血压不用药、用药规律却不达标，且普遍存在按需用药、只关注控制生活因素等误区，导致心脑血管病等发病率逐年上升。”义诊现场，泰达医院肾内科主任兼高血压门诊主任李青告诉记者，高血压患者约八成以上都是原发性高血压，且年轻人越来越多，主要成因就是遗传因素和不良生活习惯的共同作用导致				
Tian Tingchen, chief physician of Dagang Hospital in Tianjin Binhai New Area, said, "Knowing your blood pressure" is aimed at raising the awareness rate of hypertension among the public. Knowing blood pressure is a crucial first step. Because only knowing how high your blood pressure is can you focus on your health, improve your lifestyle, control salt and other risk factors, and treat with medication."Hypertension is the most common chronic disease, but there are still great misunderstandings among the public, the awareness rate, treatment rate, control rate is very low. Many people do not know that there is hypertension, know that hypertension does not use drugs, medication law is not up to standard, and there are widespread on-demand medication, only focus on controlling life factors and other errors, leading to cardiovascular and cerebrovascular diseases and other incidence increased year by year. On the spot of free clinic, Li Qing, director of Nephrology and director of hypertension clinic of Teda Hospital, told reporters that more than 80% of hypertension patients are primary hypertension, and more and more young people are suffering from it. The main reason is the combination of genetic factors and bad living habits.				
17. 慢起 午休 泡脚 可有效防范高血压 Slow up lunch break to soak the foot Can effectively prevent high blood pressure	来源: 沈阳网	类别: 高血压	态度: 提倡	时间: 07:08:41
	来源: 沈阳网	Category: hypertension	Attitude: advocate	Time: 07:08:41
慢起 午休 泡脚 可有效防范高血压 10月8日是第21个全国高血压日，今年的主题是“知晓您的血压”。沈阳市健康教育中心专家李涵表示，高血压是一种常见病，在日常生活中可以通过养成良好的饮食习惯，保持适量运动以及通过合理作息控制血压。 要养成良好的饮食习惯。少吃盐是必须的，因为高钠饮食可导致血压升高。多补钾，黄豆、番茄酱、菠菜、马铃薯、比目鱼和小扁豆等富含钾的食物可降低血压				
Taking a slow lunch break can effectively prevent hypertension.October 8th is the twenty-first National Hypertension Day. This year's theme is "know your blood pressure". Shenyang Health Education Center expert Li Han said hypertension is a common disease, in daily life through the formation of good eating habits, maintain moderate exercise and through reasonable rest and control of blood pressure.Develop good eating habits. It is necessary to eat less salt, because a high sodium diet can lead to higher blood pressure. Potassium-rich foods such as soybeans, ketchup, spinach, potatoes, flatfish and lentils can lower blood pressure				
18. 对症下药很重要 每5个嘉兴成人中有1人患高血压 It is important to suit the remedy to the case One in every five jiaxing adults suffer from high blood pressure	来源: 浙江在线	类别: 高血压	态度: 提倡	时间: 09:08:51
	来源: 浙江在线	Category: hypertension	Attitude: advocate	Time: 09:08:51
嘉兴日报讯 10月8日是我国第21个“全国高血压日”，今年的主题是“知晓您的血压”，旨在进一步提高公众对高血压的认识，提高知晓率、治疗率和控制率。记者从市疾控中心了解到，根据浙江省成年人高血压患病率（26.7%）计算，嘉兴常住人口中高血压的患者数96万人左右，几乎每5个嘉兴人里就有1人患有高血压。“你的情况，已经属于典型的高血压范围了。”8日上午在华庭街中庭广场举行的慢性病防治宣传活动的义诊现场，来自嘉兴市第一医院、第二医院的几名医生正耐心向市民进行健康宣教，以提高大家对高血压疾病的主动防控意识。市疾控中心的一组统计数据显示，目前嘉兴登记发现的高血压患者数为52.3万人，在社区管理的高血压患者数为46.7万人，高血压的防控形势依然严峻				
Jiaxing Daily News Oct. 8 is the 21st National Hypertension Day in China. This year's theme is "Knowing Your Blood Pressure", aiming at further raising public awareness of hypertension, raising awareness, treatment and control rates. According to the prevalence of hypertension among adults (26.7%) in Zhejiang Province, the number of hypertensive patients in the resident population of Jiaxing is about 960,000, and almost one in five Jiaxing residents has hypertension."Your condition is already typical of the range of hypertension." Several doctors from Jiaxing No. 1 Hospital and No. 2 Hospital are patiently conducting health education to the public at the free clinic site of the propaganda campaign on chronic diseases prevention and control held in Huating Street Atrium Square on the morning of the 8th to raise people's awareness of active prevention and control of hypertension. According to a group of statistics from the city CDC, 523,000 people are registered with hypertension and 467,000 are managed in the community. The situation of prevention and control of hypertension is still grim.				
19. 承德高新区开展全国高血压日宣传活动 Chengde high-tech zone to carry out the national hypertension day campaign	来源: 中国网滨海高新	类别: 高血压	态度: 提倡	时间: 11:09:26
	来源: 中国网滨海高新	Category: hypertension	Attitude: advocate	Time: 11:09:26
10月8日是第21个“全国高血压日”，为推进高血压防治工作，进一步提升全民健康素养和健康水平，根据国家卫健委文件要求，承德高新区社会事务管理局联合社区办及两镇卫生院，在梨花社区所辖的桃李苑及两镇卫生院院区开展了以“知晓您的血压”为主题的宣传活动。活动现场为居民测量血压100余人次，健康咨询100余人次，悬挂主题宣传横幅2条，发放定量盐壶50套、高血压防治知识宣传单页300份、三减三健知识宣传单页300份、居民健康素养折页300份。此次宣传活动，普及了高血压的防治知识，强化了居民的防病意识，提高了社会对高血压的科学认知水平，倡导了健康生活方式，营造了高血压防治的社会氛围，切实提升了居民健康素养水平。				
October 8 is the 21st National Hypertension Day. In order to promote the prevention and treatment of hypertension and further enhance the health literacy and health level of the whole people, according to the documents of the State Health and Health Commission, the Chengde High-tech Zone Social Affairs Administration Bureau jointly operates the community and the two towns'health centers, which are located in Taoli Yuan and the two towns' health centers under the jurisdiction of Lihua Community. A publicity campaign featuring "knowing your blood pressure" has been launched. More than 100 people took blood pressure measurements, more than 100 health counseling, 2 banners were hung up, 50 sets of quantitative salt pots, 300 pages of hypertension prevention and control, 300 pages of three-minus three-health knowledge, and 300 folders of residents'health literacy were issued.The publicity campaign popularized the knowledge of prevention and treatment of hypertension, strengthened residents'awareness of disease prevention, improved the scientific level of social awareness of hypertension, advocated a healthy lifestyle, created a social atmosphere for the prevention and treatment of hypertension, and effectively improved the level of residents' health literacy.				
20. 全国高血压日:知晓自己血压 控饮食多运动 The national high blood pressure: know yourself more exercise blood pressure control diet	来源: 台州在线	类别: 高血压	态度: 提倡	时间: 10:09:28
	来源: 台州在线	Category: hypertension	Attitude: advocate	Time: 10:09:28
今天是第21个“全国高血压日”，高血压是最常见的慢性病之一，医学专家介绍，高血压可防可控，知晓并监测自己的血压尤其重要。 73岁杨大爷患有高血压症，10多年来，老人每天服用降压药，血压一直保持正常。患者 杨大爷：“油的食物尽量少吃点，肥的猪肉盐 咸的也尽量少吃，多喝开水。” 医生介绍，如果一个人非同日三次血压测量，血压≥140/90mmHg(高压140毫米汞				

柱，低压90毫米汞柱），便可诊断为高血压，目前，我市各个医院收治年轻化高血压患者不在少数。台州市中心医院心血管内科副主任医师 陈婉斐：“以前我们高血压都是五六十岁的病人才会得，现在嘛，年轻人20几岁，三四十岁的患高血压的很多，那么主要跟现在的一个生活方式改变有关系，肉类这些、海鲜吃得比较多，蔬菜水果吃得比较少，还有呢缺乏运动

Today is the 21st National Hypertension Day. Hypertension is one of the most common chronic diseases. Medical experts say hypertension can be prevented and controlled. It is especially important to know and monitor your own blood pressure.Uncle Yang, 73, suffered from hypertension. For more than 10 years, the elderly took antihypertensive drugs every day and their blood pressure remained normal.Patient Yang: "Oil food as little as possible to eat, fat pork salt as little as possible to eat, drink more boiled water."Doctors introduced that if a person's blood pressure measurement three times a day, blood pressure (> 140/90 mmHg) high pressure 140 mm mercury column, low pressure 90 mm mercury column, can be diagnosed as hypertension, at present, our city's hospitals administered young patients with hypertension are not a minority.Chen Wanfei, deputy director of cardiovascular medicine, Taizhou Central Hospital, said: "We used to have high blood pressure in patients in their 50s and 60s. Now, young people in their 20s and 30s and 40s suffer from a lot of high blood pressure. So it is mainly related to a change in lifestyle. We eat more meat and seafood. Less fruits and vegetables, and lack of exercise.

21. 安徽近3成成年居民患有高血压 专家:高血压可防可控	来源： 新浪安徽站	类别： 高血压	态度： 提倡	时间： 08:09:29
Anhui nearly 3 adult residents have high blood pressure expert: high blood pressure can be controlled	来源： 新浪安徽站	Category: hypertension	Attitude: advocate	Time: 08:09:29

星报讯 调查显示，我省18岁及以上居民高血压患病率为29.5%，无论男女，患病率均随年龄增加而升高。昨日是第21个“全国高血压日”，合肥市疾控中心专家提醒，高血压可防可控，知晓并监测自己的血压尤其重要；不要盲目相信小广告或伪科学宣传，不能用保健品、保健理疗或食疗替代降压药治疗。据安徽省慢性病及其危险因素调查数据（2013年）显示，我省18岁及以上居民高血压患病率为29.5%，无论男女，患病率均随年龄增加而升高，城镇高于乡村。患者中有41.2%的人知道自己患高血压，已经知晓为高血压并采取药物治疗率为32.9%，血压控制率为10.5%。据合肥市疾控中心专家介绍，高血压是可防可控的，知晓并监测自己的血压尤其重要

Star News survey shows that the prevalence rate of hypertension in our province is 29.5%, regardless of men and women, the prevalence rate increases with age. Yesterday was the 21st National Hypertension Day. Experts from Hefei CDC warned that hypertension can be prevented and controlled, and it is particularly important to know and monitor one's own blood pressure.According to the survey data of chronic diseases and their risk factors (2013) in Anhui Province, the prevalence rate of hypertension in residents aged 18 and over is 29.5%. The prevalence rate of hypertension in urban areas is higher than that in rural areas. 41.2% of the patients knew that they had hypertension. The rate of knowing hypertension and taking medicine was 32.9% and the rate of controlling blood pressure was 10.5%.According to experts from Hefei CDC, hypertension is preventable and controllable, and it is particularly important to know and monitor your own blood pressure.

22. 全国高血压日,我们在行动	来源： 大众网	类别： 高血压	态度： 提倡	时间： 11:09:30
The national high blood pressure, we are in action	来源： 大众网	Category: hypertension	Attitude: advocate	Time: 11:09:30

大众网日照10月8日讯（记者 马坤鹏 见习记者 杨丹）我国是高血压负担大国，最新的高血压患病人数已达2亿以上，今年10月8日是第二十一个全国高血压日，主题是：知晓您的血压。为了提高广大群众对高血压危害健康严重性的认识，10月8日，日照市中心医院心内科专家开展全国高血压日宣传活动，为广大市民普及高血压防治知识，增强自我保健意识。上午在日照市中心医院阳光大厅，来自心内科的6位专家为前来咨询的市民进行免费血压测量、听心肺等检查，并进行健康咨询，建议血压高的市民合理饮食、戒烟限酒、适当锻炼、保持心理平衡、管理清晨血压，提倡家庭自测血压管理高血压等。不仅如此，心内科医护人员还到场为市民发放高血压知识宣传资料，帮助其知晓高血压知识。活动共为市民免费量血压100余人，发放健康宣传资料300余份，医务人员认真细致的服务态度，赢得了大家的好评

Sun Zhao, October 8 (Reporter Ma Kunpeng trainee reporter Yang Dan) China is a big burden of hypertension, the latest number of hypertension patients has reached more than 200 million, October 8 this year is the 21st National Hypertension Day, the theme is: Know your blood pressure. In order to raise the public's awareness of the seriousness of the health hazards of hypertension, on October 8, cardiologists from Rizhao Central Hospital launched a National Hypertension Day publicity campaign to popularize the knowledge of hypertension prevention and control and enhance the awareness of self-care.In the Sunshine Hall of Rizhao Central Hospital in the morning, six experts from the Department of Cardiology carried out free blood pressure measurements, cardiopulmonary examination and health counseling for the citizens who came to the hospital for consultation. They advised the citizens with high blood pressure to eat reasonably, stop smoking and drink, exercise properly, maintain psychological balance, manage their blood pressure in the morning, and advocated family self-test. Blood pressure management, hypertension and so on. In addition, the medical staff of the Department of Cardiology also distribute publicity materials on hypertension knowledge to the public to help them know about hypertension. More than 100 people took blood pressure measurements free of charge for the public, and more than 300 health publicity materials were distributed. The medical staff earnestly and meticulously served the people and won praise from everyone.

23. 防控高血压做到“知行合一”	来源： 大河网	类别： 高血压	态度： 提倡	时间： 06:10:56
"Nobuyuki to control high blood pressure do"	来源： 大河网	Category: hypertension	Attitude: advocate	Time: 06:10:56

本报讯（记者王平）10月8日是第21个“全国高血压日”，今年活动主题再次聚焦“知晓您的血压”。省会多家医院举行了大型义诊活动及科普讲座，为公众普及高血压防治知识。高血压是导致心、脑、肾以及大血管等部位重大疾病的主要因素。数据显示，在我省15岁至74岁人群中，每4人中就有1人为高血压。遗憾的是，有一半人却不知晓自己的血压状况

This newspaper news (Reporter Wang Ping) October 8 is the 21st "National Hypertension Day", the theme of this year's event again focused on "know your blood pressure". Several hospitals in the provincial capital held large-scale free clinic activities and popular science lectures for the public to popularize knowledge of hypertension prevention and treatment.Hypertension is a major cause of major diseases such as heart, brain, kidney and large vessels. Data show that in our province, 15 to 74 years old, 1 of every 4 people are hypertension. Unfortunately, half of them do not know their blood pressure.

24. 西岗中心卫生院举行“全国高血压日”主题义诊活动 - 滕州市西岗镇	来源： 中国滕州网	类别： 高血压	态度： 提倡	时间： 15:28
Xi-gang central hospitals "national hypertension day" theme yizhen activities - su xi-gang town	来源： 中国滕州网	Category: hypertension	Attitude: advocate	Time: 15:28

2018年10月8日是我国第21个“全国高血压日”，主题是“知晓您的血压”。为有效预防和控制高血压，提高群众对高血压病的认识，10月8日，西岗中心卫生院组织医务人员在公共卫生服务站门前开展了“全国高血压日”主题义诊活动。活动中，该院通过悬挂宣传横幅、发放宣传资料和减盐限油套件、测量血压、健康咨询等形式进行宣传。医护人员耐心向过往群众讲解了高血压疾病的防控措施，并呼吁群众积极参加“H型高血压”筛查，重视自己的血压水平，形成主动测量并定期监测血压的健康理念，医务人员建议群众合理饮食、戒烟限酒、适当锻炼、保持心理平衡、管理清晨血压，提倡家庭自测血压、管理高血压等对防治高血压具有重要意义。西岗中心卫生院“H型高血压”管理办公室负责人介绍，如今，高血压已经成为危害人类健康的最主要的慢性疾病，它涉及面广，危害性重

October 8, 2018 is the twenty-first National Hypertension Day in China. The theme is "know your blood pressure". In order to effectively prevent and control hypertension and raise people's awareness of hypertension, on October 8, Xigang Central Hospital of Health organized medical staff to carry out the "National Hypertension Day" theme free clinic activities in front of public health service stations.During the activities, the hospital carried out propaganda by hanging propaganda banners, distributing propaganda materials, reducing salt and limiting oil kits, measuring blood pressure, health counseling and other forms. The medical staff patiently explained the prevention and control measures of hypertension to the past masses, and appealed to the masses to actively participate in the "H-type hypertension" screening, pay attention to their own blood pressure level, and form a healthy concept of active measurement and regular monitoring of blood pressure. The medical staff suggested the masses to eat reasonably, stop smoking and alcohol restriction, exercise properly, and maintain psychology. Balance, management of early morning blood pressure, advocating self-test blood pressure at home, management of hypertension are of great significance to the prevention and treatment of hypertension.The person in charge of the "H-type hypertension" Management Office of Xigang Central Health Hospital said that hypertension has become the most important chronic disease endangering human health, which involves a wide range of hazards.

25. 济宁市:嘉祥县老僧堂镇卫生院开展“全国高血压日”宣传活动	来源： 中国科学网	类别： 高血压	态度： 提倡	时间： 20:04
Jiaxiang jining city: the old monk don township health centers to carry out the "national hypertension day" campaign	来源： 中国科学网	Category: hypertension	Attitude: advocate	Time: 20:04

10月8日是全国第21个“全国高血压日”。为进一步加大减盐防控高血压项目宣传力度，提高群众的健康意识和自我保健能力，嘉祥县老僧堂镇卫生院于10月8日上午，在瑞祥社区、学校、饭店等地开展了以高血压知识讲座的现场宣传咨询活动。活动现场，卫生院医务人员以日常生活健康管理为切入点，重点向群众介绍了知晓自身血压的重要性、高血压预防和治疗中遇到的常见问题；其次采取发放盐勺三件套、防控高血压健康知识手册、彩色折页等方式向群众宣传了高血压的相关知识；最后以讲座的形式为大家讲解“如何确认高血压”、“食盐摄入标准”、“做菜减盐小窍门”等健康常识。通过此次宣传活动，使“控制高血压 保护心脑血管”的理念进一步深入人心，在一定程度上提高了群众对高血压的认知水平和防治意识，增强了自我保健意识，形成主动测量并定期监测血压的健康理念，对促进该县的高血压病规范化管理，预防高血压的发生、减少高血压的并发症，维护全镇居民的身心健康起到积极的作用。

October 8th is the twenty-first National Hypertension Day in China. In order to further strengthen the propaganda of salt reduction, prevention and control of hypertension and improve the health awareness and self-care ability of the people, the Health Center of Laoshengtang Town in Jiaxiang County carried out on-the-spot propaganda and consultation activities in Ruixiang community, schools and restaurants on the morning of October 8.On the spot of the activity, the medical staff in the hospital took the daily life health management as the breakthrough point, and introduced the importance of knowing their own blood pressure, the common problems encountered in the prevention and treatment of hypertension to the masses; secondly, they propagated to the masses by issuing a three-piece set of salt spoons, A Handbook of health knowledge on prevention and control of hypertension, and color folding pages. At last, we will give a lecture on how to confirm hypertension, salt intake standards, cooking salt reduction tips and other health knowledge.Through this publicity campaign, the concept of "controlling hypertension and protecting the heart, brain and kidney" has been deeply rooted in the hearts of the people. To a certain extent, the people's awareness of hypertension and prevention and treatment has been improved, their awareness of self-health care has been enhanced, and a healthy concept of active blood pressure measurement and regular blood pressure monitoring has been formed, which will promote the regulation of hypertension in this county. Standardized management plays an active role in preventing the occurrence of hypertension, reducing the complications of hypertension, and maintaining the physical and mental health of the whole town residents.

26. 温江区涌泉街道社区卫生服务中心开展“全国高血压日”宣传	来源： 四川新闻网	类别： 高血压	态度： 提倡	时间： 16:14
Salween area yongquan street community health service center to carry out the "national hypertension day" propaganda	来源： 四川新闻网	Category: hypertension	Attitude: advocate	Time: 16:14

四川新闻网成都10月9日讯 10月8日是第21个“全国高血压日”，为提高人民群众对于高血压的知晓率、治疗率及控制率，逐步普及高血压防治知识，10月8日上午，温江区涌泉街道社区卫生服务中心

中心联合涌泉街办共耕社区在该社区开展了主题为“知晓您的血压”的高血压日宣传活动。 活动当天，涌泉街道社区卫生服务中心家庭医生服务团队积极为群众讲解高血压的防治知识，特别是从高血压的病因、早期症状、治疗措施等方面向大家做了详细的宣传，告诉他们高血压是可防可控的。同时要养成早睡早起、适当运动、戒烟限酒、减盐少油饮食、多吃蔬菜水果等健康的生活方式，对已确诊为高血压患者要按照医嘱要求规律服用降压药，并定期复查。 本次活动共接受高血压知识咨询、义诊100余人，提供免费测量血压80人、发放健康教育宣传材料100份，现场签约家庭医生服务协议80份，取得了良好的社会效果。（陈凡坪）

Sichuan News Network, Chengdu, October 9 - October 8 is the 21st "National Hypertension Day", in order to improve the people's awareness of hypertension, treatment rate and control rate, and gradually popularize the knowledge of hypertension prevention and control, on the morning of October 8, Wenjiang District, Yongquan Street Community Health Service Center, Yongquan Street, joint Yongquan Street co-farming community in the community A publicity campaign for hypertension on the theme of "knowing your blood pressure" has been launched.On the day of the activity, the family doctor service team of Yongquan Street Community Health Service Center actively explained the prevention and treatment of hypertension to the masses, especially from the causes of hypertension, early symptoms, treatment measures to do a detailed publicity, told them that hypertension is preventable and controllable. At the same time, to develop a healthy lifestyle, such as early to bed and early to rise, appropriate exercise, smoking and alcohol restriction, less salt and oil diet, eat more vegetables and fruits, to have been diagnosed with hypertension patients should be regularly taken antihypertensive drugs, and regular review.The event received more than 100 hypertension knowledge consultation, free clinic, 80 free blood pressure measurements, 100 health education materials, 80 on-site family doctor service agreements signed, and achieved good social results. (Chen Fanping)

27. 每五人就有一人高血压!专家建议限盐减重动起来	来源：健康界	类别：高血压	态度：提倡	时间：16:59
Every five people had had a high blood pressure!Experts recommend limiting salt move to lose weight	来源：健康界	Category: hypertension	Attitude: advocate	Time: 16:59

心血管病专家认为，对高血压患者应在生活方式干预同时启动药物治疗，正确的生活方式干预也是合理有效的治疗手段。 10月8日是第21个全国高血压日，各地开展宣传活动提高人们对高血压危害性的认识和防治意识。心血管病专家认为，对高血压患者应在生活方式干预同时启动药物治疗，正确的生活方式干预也是合理有效的治疗手段。 国家心血管病中心主任助理、中国医学科学院阜外医院副院长蒋立新介绍，目前我国高血压患病人数达2.7亿，高血压直接经济负担占我国卫生总费用的6.6%。包括脑卒中、冠心病、心力衰竭、肾脏疾病在内的高血压严重并发症致残和致死率高，给患者家庭和社会带来沉重负担

Cardiovascular disease experts believe that hypertension patients should be lifestyle intervention and start drug treatment, the correct lifestyle intervention is also a reasonable and effective treatment.Oct. 8 is the 21st National Hypertension Day. Publicity campaigns have been carried out to raise people's awareness of the dangers and prevention of hypertension. Cardiovascular disease experts believe that hypertension patients should be lifestyle intervention and start drug treatment, the correct lifestyle intervention is also a reasonable and effective treatment.Jiang Lixin, assistant director of the National Cardiovascular Disease Center and vice president of Fuwai Hospital, Chinese Academy of Medical Sciences, said that the number of hypertension patients in China is 270 million, and the direct economic burden of hypertension accounts for 6.6% of the total health expenditure in China. Severe complications of hypertension, including stroke, coronary heart disease, heart failure, and kidney disease, have high disability and mortality rates, placing a heavy burden on families and society.

28. 旌阳区开展“全国高血压日”宣传活动	来源：四川新闻网	类别：高血压	态度：提倡	时间：19:43
Jingyang to carry out the "national hypertension day" campaign	来源：四川新闻网	Category: hypertension	Attitude: advocate	Time: 19:43

四川新闻网德阳10月9日讯（旌卫宣 孙巧） 10月8日是全国第21个“全国高血压日”，为进一步普及高血压防治科学知识，提高公众高血压病防控的意识，旌阳区疾控中心联合辖区部分医疗机构在102生活广场开展了以“知晓您的血压”为主题的宣传活动。 活动通过悬挂横幅，摆放展板，现场咨询，义检义诊，血压血糖免费测量等方式向广大群众宣传了高血压防治知识。 此次宣传活动旨在提高公众主动防控高血压、提升人群高血压的知晓率，普及高血压防治知识，增强居民的自我保健意识，改变不良生活习惯，远离高血压等慢性病的困扰。 活动共计发放了高血压防治知识宣传单2400余张，发放限盐勺、计步器等宣传用品800余个，并对220人进行了现场测量血压，对120余人开展了健康服务指导。 此次高血压日宣传旨在让更多居民了解到高血压的危害和防治知识，强化了居民主动防控心脑血管疾病意识，形成主动测量并定期监测血压的健康理念，提升了相关人群对高血压的知晓率，为做到高血压的早发现、早诊断、早治疗，提高居民的健康素质起到了重要的意义

Deyang, Sichuan News Network, October 9 (Peiwei Xuan Sun Qiao) October 8 is the 21st National Hypertension Day in China. To further popularize scientific knowledge of hypertension prevention and control and enhance public awareness of hypertension prevention and control, some medical institutions in the joint jurisdiction of the Peiyang CDC launched the "Know You" in the 102 Living Square. Blood pressure "is the thematic publicity campaign.Through hanging banners, placing exhibition boards, on-site consultation, voluntary examination, free blood pressure and blood glucose measurements to the masses to publicize the prevention and treatment of hypertension knowledge. The publicity campaign aims to improve the public's initiative to prevent and control hypertension, raise the awareness rate of hypertension among the population, popularize the knowledge of hypertension prevention and control, enhance residents'awareness of self-care, change bad habits, and stay away from chronic diseases such as hypertension. More than 2,400 propaganda leaflets and 800 propaganda articles, such as salt-limiting spoons and pedometers, were issued for the prevention and treatment of hypertension. The blood pressure of 220 people was measured on the spot, and more than 120 people were given health service guidance.The propaganda aims to let more residents know about the dangers and prevention of hypertension, strengthen residents'awareness of active prevention and control of cardiovascular and cerebrovascular diseases, form a healthy concept of active measurement and regular monitoring of blood pressure, improve the awareness rate of hypertension among the relevant population, so as to achieve early detection, early diagnosis and early detection of hypertension. Treatment plays an important role in improving residents' health quality.

29. 海州区卫计局开展“知晓您的血压”主题宣传活动	来源：凤凰网江苏站	类别：高血压	态度：提倡	时间：15:46
Haizhou who plan bureau to carry out the "know your blood pressure" theme campaign	来源：凤凰网江苏站	Category: hypertension	Attitude: advocate	Time: 15:46

2018年10月8日是第21个“全国高血压日”，为推进高血压防治工作，提高公众主动防控高血压的意识，积极采取健康的生活方式，进一步提升全区居民健康素养水平，海州区疾病预防控制中心联合连云港市疾控中心、海州社区卫生服务中心围绕“知晓您的血压”主题在海州区鼓楼广场开展现场咨询活动。 现场设置咨询台、摆放宣传展板、摆设有主题横幅的拱门，工作人员为过往的市民和前来咨询的市民发放宣传折页、手册、控油壶、限盐勺、BMI、健康生活方式手提袋、计步器、腰围尺等健康支持工具，为前来咨询的市民讲解高血压预防的知识、免费测量血压，为高血压的高危人群进行生活方式的指导，对超标准血压测量者根据是否已确诊者给予规范治疗、社区管理、社区医院确诊及生活方式指导等建议。 本次宣传活动，共发放宣传折页、手册500余份、控油壶、限盐勺100余套、BMI尺、计步器、腰围尺各100余个、手提袋50余个，免费测量血压200余人。通过宣传让更多的市民了解自己的血压、了解高血压的诊断、危害、不同人群测量血压的频率、高血压的预防、治疗及可控制性和高血压患者的社区免费管理服务、家庭测血压、自我管理的重要性。使更多的人去关注自己的血压，增强市民预防和控制高血压的意识，活动受到社区居民的一致好评

October 8, 2018 is the 21st National Hypertension Day. In order to promote the prevention and control of hypertension, raise the public's awareness of initiative to prevent and control hypertension, actively adopt a healthy lifestyle, and further enhance the health literacy level of residents in the region, the Haizhou District Center for Disease Control and Prevention (CDC), Lianyungang CDC and Haizhou Community Health Health Service Center around the "know your blood pressure" theme in Haizhou District Drum Tower Plaza to carry out on-site consultation activities.A consulting desk, a display board and an arch with a theme banner are set up on the spot. Workers provide health support tools such as pamphlets, handbooks, oil kettles, salt spoons, BMI, healthy lifestyle handbags, pedometers, waistband rulers and so on to the public and those coming to consult. Knowledge of hypertension prevention, free measurement of blood pressure, lifestyle guidance for high-risk groups of hypertension, standardized treatment, community management, community hospital diagnosis and lifestyle guidance for those who exceed the standard blood pressure measurements according to whether they have been diagnosed.More than 500 pamphlets, handbooks, oil control kettles, salt spoons, more than 100 sets of BMI rulers, pedometers, waist circumference rulers, more than 50 handbags, more than 200 people free of charge to measure blood pressure. Through propaganda, more and more citizens can understand their own blood pressure, the diagnosis and harm of hypertension, the frequency of blood pressure measurements in different groups, the prevention and treatment of hypertension, the controllability of hypertension and the importance of free community management services, home blood pressure measurements and self-management for hypertension patients. To make more people to pay attention to their blood pressure, enhance public awareness of prevention and control of hypertension, activities by community residents unanimously praised

30. 蚌埠市人民政府	来源：中国蚌埠网	类别：高血压	态度：提倡	时间：15:07
People's government of bengbu	来源：中国蚌埠网	Category: hypertension	Attitude: advocate	Time: 15:07

怀远县开展全国第二十一个高血压日宣传活动 2018年10月8日是全国第二十个高血压日。今年的主题是“知晓您的血压-促进自我血压检测”。10月7日上午，怀远县疾控中心和县城关医院医务人员和县疾控中心南部预防门诊前开展全国高血压日宣传义诊活动。 活动现场，医务人员通过悬挂条幅、摆放宣传展板、发放宣传折页、限油壶、限盐勺、围裙等开展广泛宣传，用通俗易懂的语言为社区群众讲解了高血压的概念、危害、发病因素及预防治疗，耐心解答社区群众的各种咨询，并现场测量血压、对服药老人进行了详细的药物指导。 此次宣传义诊活动让更多群众了解了高血压防治的相关知识，进一步提高了群众对高血压病的防治意识，对培养群众健康的生活方式，降低高血压及其并发症的发生风险和危害具有积极的推动作用

Huaiyan County launched twenty-first publicity campaigns on Hypertension Day in ChinaOctober 8, 2018 is the twenty-first high blood pressure day in China. This year's theme is "know your blood pressure - promote your blood pressure test". On the morning of Oct. 7, medical staff of Huaiyan CDC and county Chengguan Hospital carried out the National Hypertension Day propaganda and free clinic activities before the Southern Preventive Clinic of the county CDC.At the scene of the event, medical staff carried out extensive publicity by hanging banners, placing publicity exhibition boards, issuing publicity folders, oil-limiting kettles, salt-limiting spoons, aprons, etc. They explained the concept, hazards, pathogenic factors, prevention and treatment of hypertension for the community masses in an easy-to-understand language, patiently answered various counseling of the community masses, and Blood pressure was measured in situ and detailed medication guidance was given to the elderly who took the medicine.The propaganda and free clinic helped more people to understand the relevant knowledge of prevention and treatment of hypertension, further improved the awareness of prevention and treatment of hypertension, and played a positive role in cultivating healthy lifestyle of the people, reducing the risk and harm of hypertension and its complications.

31. 做到6点稳住血压 姑苏区开展义诊咨询活动	来源：苏州新闻网	类别：高血压	态度：提倡	时间：14:17
Stabilize blood pressure do 6 gusu areas yizhen advisory activities	来源：苏州新闻网	Category: hypertension	Attitude: advocate	Time: 14:17

本报讯（记者 巴蒂）昨天是第21个全国高血压日，姑苏区疾控中心联合吴门桥社区卫生服务中心开展义诊咨询活动。预防高血压，姑苏区疾控中心建议做到六点，包括坚持运动、限制食盐摄入、多吃蔬菜水果、少吃快餐、限制饮酒和戒烟。 义诊现场，医护人员为居民免费测量血压，对居民所提出的健康问题予以一一解答，同时发放健康四件套、限盐勺和高血压防治宣传折页。 活动通过折页、现场展板和咨询，为数百居民科普了什么是高血压、高血压的危害以及如何在日常生活中通过健康生活方式防治高血压，全方位地强化居民通过低盐饮食预防高血压的健康意识。 据悉，通过姑苏区政府实事工程——居民慢病服务提升工程的建设，2017年辖区各社区卫生服务机构及部分邮政储蓄点共建成了20个健康自助检测点

Our news (Reporter Bati) yesterday is the 21st National Hypertension Day, the Gusu District CDC jointly Wumenqiao Community Health Service Center to carry out voluntary consultation activities. To prevent hypertension, the CDC of the Gusu District recommended six things, including exercising, restricting salt intake, eating more vegetables and fruits, eating less fast food, restricting drinking and quitting smoking. On the spot of free clinic, doctors and nurses took blood pressure measurements for residents free of charge, answered health questions raised by residents one by one, and issued four sets of health, salt spoons and pamphlets for the prevention and treatment of hypertension. Through folding pages, on-site exhibition boards and counseling, hundreds of residents have been exposed to what is the danger of hypertension and hypertension and how to prevent and control hypertension through a healthy lifestyle in daily life, and to strengthen residents' health awareness of preventing and controlling hypertension through low-salt diet in an all-round way. It is reported that through the construction of the practical project of the government of the Soviet Area - the promotion project of residents' chronic disease service, 20 health self-service testing sites were built in 2017 by the community health service institutions and some postal savings points in the area under the jurisdiction of the Soviet Union.

32. 什么?180斤的“小胖墩”15岁就查出高血压	来源：江苏网络广播电视台	类别：高血压	态度：提倡	时间：15:40
What?180 jins "little overweight at the age of 15 is found to high blood pressure	来源：江苏网络广播电视台	Category: hypertension	Attitude: advocate	Time: 15:40

15岁初三男孩乐乐（化名）最近半年来总感觉头晕，去医院一查血压竟高达170/110mmHg。家族中没有高血压病史，如此年纪怎么会高血压找上门？原来都是肥胖惹的祸。10月8日是全国高血压日，东南大学附属中大医院心血管内科戴启明主任医师指出，近年来，号称“无形杀手”的高血压呈现高发率且年轻化趋势，这个趋势和生活方式不健康、自身健康意识不足有关。案例：15岁男孩体重180斤 初三学生乐乐今年15岁，身高1米7，体重却有180斤。半年前，乐乐出现头晕不适的感觉，家人一直以为是课业负担重，孩子熬夜、劳累所致，并未太在意

The 15-year-old boy Lele (not his real name) has been feeling dizzy in the last six months. He went to the hospital to check his blood pressure up to 170/110 mmHg. There is no history of hypertension in the family. How can you get high blood pressure at such an age? It turned out to be obesity. October 8 is National Hypertension Day. Dai Qiming, chief physician of Cardiovascular Medicine, Zhongda Hospital Affiliated to Southeast University, pointed out that in recent years, the so-called "invisible killer" of hypertension has shown a high incidence and younger trend, which is related to unhealthy lifestyle and lack of health awareness. Case: 15 year old boy weighing 180 Jin. Lele, a 15 year old student, is 1 M 7 tall and weighed 180 Jin. Half a year ago, Lele had a feeling of dizziness and discomfort. His family always thought it was the heavy burden of schoolwork and the children stayed up late and tired. They didn't pay much attention to it.

33. 永修县疾控中心开展2018年“全国高血压日”宣传活动	来源：大江网	类别：高血压	态度：提倡	时间：17:02
Yong xiu county CDC in 2018 "national hypertension day" campaign	来源：大江网	Category: hypertension	Attitude: advocate	Time: 17:02

中国江西网讯 2018年10月8日是第21个全国高血压日，今年的宣传主题是“知晓您的血压”。为了提高人群知晓率是预防控制高血压的前提。为加强健康知识宣传教育工作，提高人民群众自我防护能力，营造人人参与维护健康血压的社会氛围，永修县疾控中心开展了一系列的宣传活动。在单位楼前摆放宣传板，在电子显示屏上播放宣传主题，向居民宣传关于防治高血压宣传知识，发放各种宣传材料，为居民免费测量血压。同时工作人员提醒广大居民：1、定期测量血压(正常成年人，建议至少每2年测量1次血压;35岁以上的首诊患者应测量血压;高血压易患人群，建议每半年测量1次血压;血压未达标或不稳定者，则增加自测血压的次数);2、积极预防高血压(坚持运动、限制食盐摄入、多吃蔬菜和水果、少吃快餐、限制饮酒、戒烟)

China Jiangxi Network News October 8, 2018 is the 21st National Hypertension Day, this year's publicity theme is "Know Your Blood Pressure". Because raising the awareness rate is the premise to prevent and control hypertension. In order to strengthen the propaganda and education of health knowledge, improve the people's ability of self-protection, and create a social atmosphere in which everyone participates in maintaining healthy blood pressure, Yongxiu CDC launched a series of publicity activities. Publicity boards are placed in front of the unit building, and publicity themes are displayed on the electronic display screen. Publicity knowledge on prevention and treatment of hypertension is disseminated to the residents, and various publicity materials are distributed to measure their blood pressure free of charge. At the same time, the staff reminded residents: 1. Regular measurement of blood pressure (normal adults, recommended at least every two years to measure blood pressure; 35 years of age and older patients should measure blood pressure; high blood pressure susceptible groups, suggested to measure blood pressure every six months; blood pressure did not meet the standard live unstable, increased the number of self-test blood pressure; (2) Active prevention of high blood pressure Blood pressure (exercise, salt restriction, more vegetables and fruits, less fast food, alcohol restriction, smoking cessation)

34. 淄博市中西医结合医院开展“全国高血压日”义诊活动	来源：山东卫生新闻网	类别：高血压	态度：提倡	时间：15:48
Zibo city combine traditional Chinese and western medicine hospital to carry out the "national high blood pressure," yizhen activities	来源：山东卫生新闻网	Category: hypertension	Attitude: advocate	Time: 15:48

淄博市中西医结合医院开展“全国高血压日”义诊活动 山东卫生新闻网讯 10月8日是第二十一一个“全国高血压日”，主题为“知晓您的血压”。为有效预防和控制高血压，提高广大群众对高血压病的认识和重视，淄博市中西医结合医院心血管病科在医院大门口组织开展了“全国高血压日”义诊活动，为前来就诊的广大患者进行免费测量血压，发放高血压有关资料，宣传高血压的危险因素和早期症状，进一步提高了居民的高血压防治意识，培养健康的生活方式。医护人员携带听诊器、血压计、小型治疗仪等常用医疗器械，现场为过往的群众测量血压、宣传健康知识、发放健康宣传手册。义诊现场，医务人员热情接诊并回答群众提出的各种健康问题，耐心细致地讲解医疗科普知识，为群众听诊、测量血压。市民刘大爷对本次义诊活动赞不绝口，他说义诊活动能拉近医患距离，专家医生亲临现场为患者解答相关疑问，为患者就医提供了很大方便

Zibo City Integrated Traditional Chinese and Western medicine hospitals carry out "National Hypertension Day" free clinic activities Shandong Health News Network News October 8 is the 21st "National Hypertension Day", the theme is "Know Your Blood Pressure". In order to effectively prevent and control hypertension and raise the public's awareness and attention to hypertension, the Department of Cardiovascular Diseases of Zibo Integrated Traditional Chinese and Western Medicine Hospital organized a "National Hypertension Day" free clinic at the entrance to the hospital, which provided free blood pressure measurements for the vast number of patients who came to see the doctor and disseminated relevant information on hypertension. Risk factors and early symptoms of transmission of hypertension, further improve the awareness of prevention and treatment of hypertension in residents, and cultivate a healthy lifestyle. Medical staff carry stethoscope, sphygmomanometer, small therapeutic apparatus and other commonly used medical devices, on-site for the past people to measure blood pressure, publicize health knowledge, health brochures. On the spot of free clinic, medical staff enthusiastically receive and answer various health questions raised by the masses, patiently and meticulously explain the knowledge of medical science popularization, auscultate and measure blood pressure for the masses. Uncle Liu, a citizen, praised the free clinic. He said the free clinic could shorten the distance between doctors and patients. Experts and doctors came to the scene to answer relevant questions for patients, which provided great convenience for patients to seek medical advice.

35. 第21个“全国高血压日”——“知晓您的血压”闽东医院在行动	来源：东南网	类别：高血压	态度：提倡	时间：15:36
A "national high blood pressure," 21 "know your blood pressure" mindong hospital in action	来源：东南网	Category: hypertension	Attitude: advocate	Time: 15:36

宁德卫计网10月9日讯(通讯员 高琳菁)10月8日是第21个“全国高血压日”，主题为“知晓您的血压”。宁德市高血压病医疗质量控制中心、宁德市闽东医院联合在福安市阳头街道社区卫生服务中心开展以“知晓您的血压——血压测量进社区”为主题的义诊活动，为280名社区群众提供测量血压、健康指导、健康咨询等服务。义诊现场，专家们认真细致地给社区居民诊治疾病，进行健康宣教，给予健康指导。医务人员向社区居民发放高血压健康知识手册，并进行血压和体质指数检测。据统计，我国高血压患者人数已突破3.5亿，随着生活水平的提高，工作压力的增加，运动减少，肥胖增加，饮食习惯的改变，高血压的患病呈现年轻化的趋势

Ningde Health Network October 9 (correspondent Gao Linjing) October 8 is the 21st "National Hypertension Day", the theme is "Know your blood pressure". Ningde Medical Quality Control Center for Hypertension and Ningde Mindong Hospital jointly launched a voluntary clinic on the theme of "Knowing Your Blood Pressure - Blood Pressure Measurement into the Community" in Yangtuo Street Community Health Service Center of Fuan City, providing 280 community residents with services such as blood pressure measurement, health guidance and health counseling. On the spot of free clinic, experts carefully diagnose and treat diseases for community residents, conduct health education and give health guidance. Medical staff distribute health knowledge Handbooks on hypertension to community residents and conduct blood pressure and body mass index tests. According to statistics, the number of hypertensive patients in China has exceeded 350 million. With the improvement of living standards, the increase of work pressure, the decrease of exercise, the increase of obesity, the change of dietary habits, the prevalence of hypertensive blood shows a younger trend.

36. 莱西市水集街道月湖街社区开展高血压日宣传活动	来源：大众网	类别：高血压	态度：提倡	时间：15:35
Lacey had Shuiji street moon lake street community to develop high blood pressure, the propaganda activities	来源：大众网	Category: hypertension	Attitude: advocate	Time: 15:35

莱西市水集街道月湖街社区开展高血压日宣传活动。大众网青岛10月9日讯（记者 王金玉 通讯员 谭洪云）10月8日是全国高血压日，为更好唤起社区居民对高血压防治的重视，提倡健康的生活方式，近日来，莱西市水集街道月湖街社区联合社区卫生服务中心在光华街小广场开展以“知晓您的血压”为主题宣传活动。活动开始，志愿者们来到辖区内居民家中及沿街店铺，将印有高血压防治知识的宣传彩页发放到居民手中，志愿者们耐心的为过往居民讲解高血压防治知识，并建议居民从控盐限油入手，培养科学合理饮食习惯，控制体重，减轻身体负担，定期监测血压。随后，卫生服务中心医务人员为大家讲解了如何识别高血压、高血压危害和高血压病人自我保健要点等知识，同时为社区居民免费测量血压、发放宣传资料、提供咨询等服务，为居民答疑解惑，指导居民定期监测关注自己的血压，降低心脑血管疾病的发生。本次活动累计发放宣传材料300余份，服务居民达100余人次

Laixi city water collection Street Yue Hu Street community to carry out Hypertension Day publicity activities. Qingdao, October 9 (Reporter Wang Jinyu correspondent Tan Hongyun) October 8 is the National Hypertension Day, in order to better arouse community residents to pay attention to the prevention and treatment of hypertension and promote a healthy lifestyle, recently, Laixi Shuiji Street Yuehu Street Community Union Community Health Service Center in Guanghua Street Plaza to carry out to "Know your blood pressure" is the thematic publicity campaign. At the beginning of the activity, the volunteers went to the residents' homes and shops along the street and distributed colorful pages printed with the knowledge of hypertension prevention and control to the residents. The volunteers patiently explained the knowledge of hypertension prevention and control to the past residents, and suggested that the residents should start with controlling salt and limiting oil, cultivate scientific and rational eating habits, control weight and reduce weight. Light body burden, regular monitoring of blood pressure. Subsequently, the medical staff of the health service center explained how to identify hypertension, the harm of hypertension and the key points of self-care of hypertension patients. Meanwhile, they also provided free blood pressure measurement, publicity materials and counseling services for community residents, answered questions and answered questions for residents, and instructed residents to monitor and pay attention to their blood regularly. Pressure can reduce the incidence of cardiovascular and cerebrovascular diseases. More than 300 promotional materials were distributed and more than 100 people were served.

37. 镇江成年居民高血压患病率达28.24% 患者需定期量血压	来源：中国江苏网	类别：高血压	态度：提倡	时间：15:45
Zhenjiang adult residents of hypertension prevalence rate of 28.24% patients	来源：中国江苏网	Category: hypertension	Attitude: advocate	Time: 15:45

need regular blood pressure

昨天是第21个“全国高血压日”，今年的主题是“知晓您的血压”。根据有关数据统计，当前，镇江市18岁及以上居民高血压患病率达28.24%。昨天上午，镇江市卫生计生部门在江滨新村开展高血压防治科普宣传活动，提高市民对高血压有关知识的知晓率。 成人非同日三次血压测量，血压>140/90mmHg，即可诊断为高血压。根据“2017年镇江市慢性病及其危险因素监测”数据显示，我市18岁及以上居民高血压患者人群，从城乡分布来看，城市高血压患病率为23.83%，农村为34.11%

Yesterday was the twenty-first "National Hypertension Day". This year's theme is "know your blood pressure". According to statistics, the prevalence rate of hypertension among residents aged 18 and above in Zhenjiang is 28.24%. Yesterday morning, Zhenjiang Health and Family Planning Department launched a science popularization campaign in Jiangbin New Village to raise the awareness rate of the public about hypertension.Adult blood pressure is measured three times on the same day. Blood pressure >140/90mmHg can be diagnosed as hypertension. According to the data of chronic diseases and their risk factors surveillance in Zhenjiang City in 2017, the prevalence of hypertension in urban and rural areas is 23.83% and 34.11% respectively.

38. “吃货们”需注意，别让高血压盯上你！	来源：新华网广东频道	类别：高血压	态度：提倡	时间：02:29:07
Version" note, don't let the high blood pressure on you!	来源：新华网广东频道	Category: hypertension	Attitude: advocate	Time: 02:29:07

“吃货们”需注意，别让高血压盯上你！ 10月8日，又一个全国高血压日来啦！你以为高血压只“偏爱”老年人，和年轻人没啥关系吗？当然不是。专家提醒，高血压低龄化趋势明显，18岁就患病的不在少数，因此，青年人需养成科学健康的生活习惯，警惕高血压。什么是高血压？高血压是指以收缩压≥140mmHg、舒张压≥90mmHg为主要特征的慢性、非传染性疾病。患者早期常无症状，或仅有头晕、头痛、心悸、耳鸣等症状。表面上看，它是一种独立的疾病，实际上是引发心、脑血管和肾病变的一个重要危险因素，如果控制不当就会病变，引发脑中风、心梗和肾功能衰竭等病症，严重时可能会猝死

"Eat goods" should pay attention, do not let hypertension catch your eye!In October 8th, another national hypertension day came! Do you think that hypertension only favors the elderly and has nothing to do with young people? Of course not. Experts remind that the trend of Low-aged hypertension is obvious, 18-year-old illness in a few, therefore, young people need to develop a scientific and healthy lifestyle, vigilant against hypertension.What is hypertension?Hypertension is a chronic, non-infectious disease characterized by systolic blood pressure (> 140 mmHg) and diastolic blood pressure (> 90 mmHg). Patients often have no symptoms at the early stage, or only have dizziness, headache, palpitation, tinnitus and so on. Superficially, it is an independent disease and is actually an important risk factor for cardiac, cerebrovascular and nephropathy. If it is not properly controlled, it will lead to pathological changes, stroke, myocardial infarction and kidney failure, and may lead to sudden death in severe cases.

心血管健康
Cardiovascular health

没有相关文章！

No such articles!

健康中心
Health and Wellness Centers

1. 传播健康知识 提升健康素质 新闻 电子报 惠州 惠州日报 东江时报...	来源：惠州日报	类别：健康中心	态度：提倡	时间：09:04:10
Spread of health knowledge To enhance the quality health news__e-paper__in huizhou huizhou journal dongjiang times...	来源：惠州日报	Category: health and wellness centers	Attitude: advocate	Time: 09:04:10

本报讯（记者欧阳德辉）日前，由区卫计局主办、区疾控中心承办的大亚湾区全民健康生活方式行动第二阶段启动仪式在澳头街道渔人码头举行。活动动员全社会共同关注“三减三健”专项行动，倡导“每个人是自己健康第一责任人”理念，广泛宣传健康生活方式相关知识，提高公众健康素养。“作为老年人，什么样的生活方式才是健康的？”“对老百姓而言，在日常生活中应注意哪些方面？”活动现场吸引了大量市民前来咨询。区疾控中心有关负责人介绍，近年来，该区坚持以推进健康中国建设为引领，以“三减三健，全民行动”为主题，以合理膳食和适量运动为重点，以健康教育和健康促进为手段，以减盐、减油、减糖、健康口腔、健康体重、健康骨骼活动为切入点，科学传播健康知识，不断提升全民健康素质，为建设健康大亚湾奠定了坚实基础。

Our news (reporter Ouyang Dehui) a few days ago, sponsored by the District Health and Accounting Bureau, the District CDC hosted the Daya Bay Area National Healthy Lifestyle Action Phase II launching ceremony was held at the fisherman's pier in Macau Street. The campaign mobilized the whole society to pay attention to the special activities of "Three Reductions and Three Health Care", advocated the concept of "everyone is the first person responsible for his or her own health", widely publicized the knowledge of healthy lifestyle, and improved public health literacy."As a senior citizen, what kind of life style is healthy?" "For ordinary people, what aspects should we pay attention to in daily life?" The scene attracted a large number of people to come to the consultation. A person in charge of the CDC said that in recent years, the region has adhered to the principle of promoting healthy China, with the theme of "Three Reductions and Three Health Care, National Action", with rational diet and proper exercise as the focus, health education and health promotion as the means to reduce salt, oil, sugar, healthy mouth, healthy weight and health Health skeleton activities as a starting point, scientific dissemination of health knowledge, and constantly improve the health quality of the people, laying a solid foundation for building a healthy Daya Bay.

2. 第一村医健康教育课堂进乡村	来源：齐鲁晚报网	类别：健康中心	态度：提倡	时间：06:04:17
No medical health education class into the country	来源：齐鲁晚报网	Category: health and wellness centers	Attitude: advocate	Time: 06:04:17

本报讯 近日,张店区第二人民医院第一村医李本国来到了一拖三覆盖村房镇东孙村,进行糖尿病慢性病随访,测量随机血糖,发放盐勺,发放宣传资料利用健康教育课堂,普及糖尿病健康知识。 为了提高村民健康生活指数,减少因病致贫,因病返贫事件的发生,通过简明扼要、通俗易懂的PPT课件,向各位农村糖友及健康人群介绍了糖尿病的病因,常见临床表现,常见并发症的危害,以及“教育,饮食,运动,药物,监测”等预防治疗手段在疾病发展进程中的重要意义。参与活动居民约20余人,发放减糖、减油、减盐宣传资料50余份,村民们在此次活动中获益匪浅。（张学堂）本稿件所含文字、图片和音视频资料，版权归属 齐鲁晚报 所有，任何媒体、网站或个人未经授权不得转载，违者将依法追究。

Recently, Li Guoguo, the first village doctor of Zhangdian Second People's Hospital, came to Dongsun Village, a village with three covers, to conduct a follow-up study of chronic diabetes mellitus, to measure blood sugar, to distribute salt spoons, to distribute propaganda materials, to use health education classrooms, and to popularize knowledge of diabetes health.In order to improve the healthy life index of villagers and reduce the incidence of poverty caused by illness and return to poverty caused by illness, this paper introduces the causes of diabetes, common clinical manifestations, hazards of common complications and preventive treatment such as "education, diet, exercise, medicine, monitoring" to all rural sugar pals and healthy people through a concise and easy-to-understand PT courseware. The importance of means in the course of disease development. About 20 residents participated in the activity, and more than 50 propaganda materials on reducing sugar, oil and salt were distributed. Villagers benefited greatly from the activity. (Zhang Xueying)The copyright of the text, pictures and audio-visual materials contained in this manuscript belongs to Qilu Evening News. No media, website or individual can reproduce them without authorization. Those who violate the law will be held responsible.

3. 嘉兴倡导全民健康生活方式	来源：嘉兴在线	类别：健康中心	态度：提倡	时间：01:04:21
Jiaxing advocating a healthy lifestyle	来源：嘉兴在线	Category: health and wellness centers	Attitude: advocate	Time: 01:04:21

为大力推进“三减三健”（减盐、减油、减糖、健康口腔、健康体重、健康骨骼）全民健康生活方式行动，传递健康生活方式理念，倡导“全民行动”，昨天上午，嘉兴市全民健康生活方式第二阶段启动仪式暨慢性病防治宣传活动在华庭街举行。“通过增加运动、控制饮食，我半年内体重从180多斤减到了目前的150多斤，体脂率也从之前的29%减到了26%，身体轻盈了，精神状态也好了很多！”启动仪式上，参加万步有约并获得“减重达人”称号的许洪明上台宣读了嘉兴市全民健康生活方式倡议书。“健康的生活方式其实并不难，大家只要有决心、有毅力、有正确的方法，一定都能做到。”听完许洪明的减肥心得，台下不少人露出了羡慕和佩服的神情

In order to vigorously promote the "Three Reductions and Three Health Care" (Salt, Oil, Sugar, Healthy Oral, Healthy Weight, Healthy Skeleton) nationwide healthy lifestyle action, pass on the concept of healthy lifestyle, and advocate the "action of the whole people", yesterday morning, Jiaxing City launched a ceremony for the second stage of the nationwide healthy lifestyle and publicity for the prevention and treatment of chronic diseases. The event was held at Hua Ting Street."By increasing exercise and diet control, my weight dropped from more than 180 kg to more than 150 kg in half a year, and my body fat rate dropped from 29% to 26%. The body is light, and the mental state is much better." At the launching ceremony, Xu Hongming, who participated in the Wanbu contract and was awarded the title of "Weight Loss Talent", took the stage to read out the proposal for a healthy lifestyle for all people in Jiaxing. "Healthy lifestyle is not difficult, as long as we have the determination, perseverance, the right way, we can certainly do it." After listening to Xu Hongming's weight loss experience, many people on the stage showed their admiration and admiration.

4. 网络餐饮服务需要公示食品安全信息 - 株洲传媒网 - 株洲第一视听...	来源：株洲传媒网	类别：健康中心	态度：提倡	时间：17:12
Network catering service needs of the public food safety information - zhuzhou media network - zhuzhou first audio-visual...	来源：株洲传媒网	Category: health and wellness centers	Attitude: advocate	Time: 17:12

株洲传媒网10月09日讯 (新闻综合频道记者 廖娜)新修订的《餐饮服务食品安全操作规范》10月1日起施行。规范针对网络餐饮服务提出要求，第三方平台提供者 and 入网餐饮服务提供者应在网上公示餐饮服务提供者的名称、地址、餐饮服务食品安全等级信息、食品经营许可证。这一新规适用于餐饮服务提供者包括餐饮服务经营者和单位食堂等主体的餐饮服务经营活动。规范的提出，鼓励餐饮服务提供者明示餐食的主要原料信息，餐食数量和质量，开展减油、减盐、减糖行动，为消费者提供健康营养的餐食，降低一次性餐具的使用量，提示消费者开展光盘行动，减少浪费。

Zhuzhou Media Network October 09 (news channel reporter Liao Shan) the newly revised "Food and Beverage Service Food Safety Operational Standards" on October 1. The third-party platform providers and online catering service providers should publicize the name, address, food safety level information and food business license of the catering service providers. This new regulation applies to catering service providers including catering service operators and unit canteens and other main catering service business activities.The proposed norms encourage catering service providers to make clear the main ingredients of meals, the quantity and quality of meals, carry out actions to reduce oil, salt and sugar, provide consumers with healthy and nutritious meals, reduce the use of disposable tableware, prompt consumers to carry out CD-ROM action to reduce waste.

5. 新化县疾控中心党支部开展“红心向党健康随行”讲基层主题党日活动	来源：娄底新闻网	类别：健康中心	态度：提倡	时间：05:07:35
Xinhua county CDC party branch to carry out the "red hearts to	来源：娄底新闻网	Category: health and wellness	Attitude: advocate	Time: 05:07:35

<p>(活动现场) 娄底新闻网讯(通讯员 刘英姿) 10月8日, 新化县疾控中心党支部部分党员到帮扶责任村奉家镇毛家村开展“红心向党, 健康随行”主题党日活动, 助力脱贫攻坚。活动现场, 县疾控中心党支部人员走访贫困户, 详细询问他们的生产、生活以及身体状况, 鼓励他们积极向上, 乐观面对生活, 在政府的帮助下早日脱贫。当天, 工作人员为贫困户免费发放宣传资料、控油壶和控盐勺等; 并免费测血糖、血压并做心电图等检查, 免费发放药品等, 倡导健康生活方式, 提高群众防病意识和能力。</p>	
<p>(activity site)Loudi News Network (correspondent Liu Yingzi) October 8, Xinhua County CDC Party branch of some members to help the responsible village Fengjia Town Maojia Village to carry out the theme of "Red Heart to the Party, Health Following" Party Day activities to help out poverty.On the spot of the activity, the staff of the Party branch of the county CDC visited the poor households and inquired about their production, life and physical condition in detail. They were encouraged to face life positively and optimistically and get rid of poverty as soon as possible with the help of the government. On the same day, the staff provided free publicity materials, oil kettles and salt spoons for poor households, and free blood glucose, blood pressure and electrocardiogram tests, free distribution of medicines, etc. to promote a healthy lifestyle and improve the awareness and ability of the masses to prevent disease.</p>	
<div> <div>决心工程</div> <div>Resolve To Save Lives</div> </div>	
<p>没有相关文章!</p>	
<p>No such articles!</p>	

减盐-微信 Salt Reduction - WeChat

2018-10-09, 共监测到608篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 608 WeChat public articles were monitored in 2018-10-09. This page shows the top five articles by repeat number today.

由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

Because wechat articles don't have certain urls, the titles link to the websites that shows the result that searching with the titles.

The original article is in Chinese only.



热门文章-前五 Popular Articles - Top 5

1. [全国高血压日 | 知晓您的血压, 让“隐形杀手”无所遁形](#)

重复数: 6

日期: 2018-10-09

Repeat Number: 6

Data: 2018-10-09

食盐的摄入量与高血压发病率、平均血压水平的关系密切。大家都知道, 盐的化学成分是氯化钠, 由钠离子和氯离子构成。当摄入过量的食盐后, 身体中的钠离子变多, 经过细胞内外压力的变化, 体液中的钠离子大量进入细胞体内, 于是细胞变得肿胀起来。当动脉周围的细胞组织肿胀后, 血管就变窄了, 外周阻力加大, 血压升高, 所以少吃盐很重要。

The intake of salt is closely related to the incidence of hypertension and the average blood pressure. As we all know, the chemical composition of salt is sodium chloride, composed of sodium ions and chloride ions. When excessive salt intake, the body's sodium ions increased, through changes in intracellular and extracellular pressure, body fluid sodium ions into the cell body in large quantities, so that the cell becomes bloated. When the tissue around the artery swells, the blood vessels narrow, peripheral resistance increases, and blood pressure rises, so it's important to eat less salt.

2. [不咸≠没盐, 注意食物中的“隐形盐”](#)

重复数: 5

日期: 2018-10-09

Repeat Number: 5

Data: 2018-10-09

盐是生活中不可缺少的调味料, 但是盐一旦摄取过多, 对健康会产生影响。盐无处不在, 它藏在您喜欢的饭菜、添加的调料、购买的零食中。盐一旦摄取过多, 可能会招来骨质疏松、高血压, 甚至心血管疾病。

Although salt is an indispensable condiment in life, it will have an impact on health when it is overtaken. Salt is everywhere. It's hidden in your favorite meals, condiments and snacks. Excessive intake of salt may lead to osteoporosis, hypertension and even cardiovascular diseases.

3. [【涨姿势】不咸≠没盐, 注意食物中的“隐形盐”](#)

重复数: 5

日期: 2018-10-09

Repeat Number: 5

Data: 2018-10-09

世界卫生组织建议, 每人每日食盐摄入量应少于5克, 我国营养学会组织修订、国家卫生计生委发布的《中国居民膳食指南(2016)》中明确: 成人每天食盐不应超过6克。而调查显示, 我国居民盐摄入量远远高于推荐量, 平均量超过了10克。

The World Health Organization recommends that the daily salt intake per person should be less than 5 grams. The revised Dietary Guidelines for Chinese Residents (2016) issued by the National Institute of Nutrition and the National Health and Family Planning Commission clearly states that the daily salt intake for adults should not exceed 6 grams. According to the survey, the salt intake of residents in China is far higher than the recommended quantity, with an average of more than 10 grams.

4. [南方人比北方人更长寿的原因, 终于找到了, 没想到竟然是...](#)

重复数: 3

日期: 2018-10-09

Repeat Number: 3

Data: 2018-10-09

盐的摄入量与高血压的发生率成正比, 如果血液里的盐分过高, 需要更多的血液来冲淡, 血液容量过多会增加心脏负担, 血压也会随之升高。

Salt intake is directly proportional to the incidence of hypertension. If the salt in the blood is too high, more blood is needed to dilute it. Excessive blood volume increases the burden on the heart, and blood pressure also increases.

5. [这几样调料, 比吃肉还容易长胖, 做菜一定要少放!](#)

重复数: 3

日期: 2018-10-09

Repeat Number: 3

Data: 2018-10-09

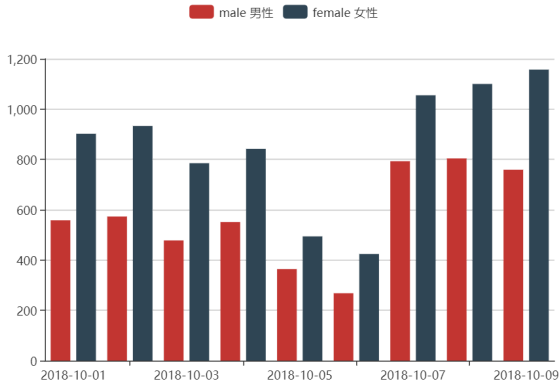
盐是所有调料中很神奇的一个存在, 盐是没有热量的, 即使是一吨盐, 它的热量也是0卡, 因为盐是无机物, 不会发生化学反应, 所以自然不会放出热量。但摄入过多的盐, 会刺激身体的胰岛素的分泌, 导致身体不断储存糖分, 进而堆积成脂肪藏在身体各个部位。如果因为缓解盐吃的过多引起的口渴而大量喝水, 就会造成浮肿、虚胖, 立竿见影。

Salt is a very magical existence in all condiments. Salt has no heat. Even a ton of salt has zero heat. Because salt is inorganic and does not react chemically. It does not emit heat. But eating too much salt stimulates the body's insulin production, causing the body to keep storing sugar, which in turn accumulates fat in all parts of the body. If you drink a lot of water to relieve thirst caused by excessive salt intake, it will cause swelling, fatness and immediate effect.

减盐-微博

Salt Reduction - Weibo

2018-10-09, 共检测到1916条与“减盐”相关的微博。
本页面只列出最多10条热度最高的原创微博、今日被转发最多的微博以及权威机构发布的微博。
点击微博内容可查看微博原文。
There are 1916 weibos about salt reduction monitored on 2018-10-09.
There are only the 10 hottest original weibos at most, The most widely reposted weibos and weibos from authorities.
Click the content of each weibo, and you can see the detail information.



最热原创微博-前10 Hottest original weibos - Top 10

1. 昵称: 宋剑sj3366 性别: 女 地区: 海外 生日: 无 认证: 个人

Nickname: 宋剑sj3366 Sex: female Area: America Birthday: None Identity: Person

时间: 2018-10-09 21:08 来自: svip366 转发数: 2 评论数: 0 点赞数: 9
Time: 2018-10-09 21:08 Source: svip366 Repost: 2 Comment: 0 Like: 9

不能吃与不可多吃的小零食: [1]烤羊肉串: 外焦易致癌, 里嫩可含弓形虫; [2]桂圆: 热性, 吃多可致流产; [3]咸肉、咸鸭蛋: 高盐易水肿; [4]膨化食品: 添加剂太多; [5]蜂王浆: 含激素; [6]山楂: 易致流产; [7]燕麦: 少吃, 因有滑肠作用, 会催产; [8]咖啡: #佟画夫妇结婚#@公众号: svip366网购5折券免费发放中, 比直接买便宜一半
TThe snacks that cannot eat and cannot eat too much: [1] roasted mutton kebab: the crisp food can cause cancer and the sauteed food may have Toxoplasma; [2] Logan: hot-natured, eating too much of it may cause abortion; [3] bacon and salted duck eggs: they have a large amount of salt which may cause edema; [4] puffed food: contains much additives; [5] Royal jelly: contains hormones; [6] hawthorn: may cause abortion; [7] oat: It's better to eat less, since it helps to digest, it would cause oxytocic; [8] coffee. #TongHuaCoupleMarrying#@public count: svip366 coupons with 50% off are offered in free, and it would be cheaper to buy with coupons.
2. 昵称: 北京平谷峪口健康教育 性别: 女 地区: 北京 生日: 0001-00-00 认证: 无

Nickname: 北京平谷峪口健康教育 Sex: female Area: Beijing Birthday: 0001-00-00 Identity: None

时间: 2018-10-09 12:32 来自: iPhone客户端 转发数: 3 评论数: 0 点赞数: 0
Time: 2018-10-09 12:32 Source: iPhone客户端 Repost: 3 Comment: 0 Like: 0

全民健康生活方式行动”倡导“三减三健”专项行动指: “减盐、减油、减糖”和“健康口腔、健康体重、健康骨骼”。●保持健康体重的关键就四个字: 吃动平衡! ●吃动平衡就是在健康饮食、规律运动的基础上, 保证食物摄入量和身体活动量的相对平衡, 使体重在一段时间之内维持在稳定水平, 从而促进身体健康。像祥子这种过度肥胖的人, 就应该管住嘴、迈开腿, 让体重恢复到健康范围, 否则心脏病、高血压、糖尿病、癌症等等病症就会手拉手来给他回好了。●健康体重, 说的就是过胖或过瘦都不行, 你再瘦下去, 贫血啊记忆力衰退啊骨质疏松啊也会组团来向你问好。所以呢, 你还是老老实实吃点好的, 锻炼身体, 增强体质, 顺便, 增加一下体重。●维持健康体重必须要坚持食物多样化, 再配合适量运动, 增强体内的肌肉含量, 才健康啊! 况且, 衡量健康体重的关键, 是每个人的BMI指数。●BMI是身体质量指数, 也就是用体重公斤数除以身高米数平方得出的数字, 中国人的正常范围是18.5到24, 在这个范围内才是健康体重的标准。特别是那些有慢性病的或者慢性病高危人群, 更要注意自己的BMI, 这可是判断自己健康的重要标准!
The National Healthy Lifestyle Initiative advocates "Three Reductions and Three Health Care" which refers to "Reducing Salt, Oil and Sugar" and "Healthy Mouth, Healthy Weight and Healthy Skeleton". The key to maintaining healthy weight is four words: eating and balancing! On the basis of healthy diet and regular exercise, eating and moving balance is to ensure the relationship of food intake and physical activity, so as to keep body weight at a stable level for a period of time, so as to promote physical health. People like Xiangzi who are overweight should keep their mouths shut and their legs open so that their weight can be restored to a healthy range. Otherwise, heart disease, hypertension, diabetes, cancer and so on will be greeted hand in hand. Healthy weight means you can't be too fat or too thin. Anemia, memory loss, osteoporosis, and you will be greeted by a group. So, you'd better eat something good honestly, exercise, build up your body, by the way, gain weight. Maintain a healthy weight must adhere to food diversification, and then with the appropriate amount of exercise, enhance the body's muscle content, in order to be healthy ah! Moreover, the key to measuring healthy weight is the BMI index of each person. The BMI is the body mass index (BMI), which is the number obtained by dividing the number of kilograms by the square of the height meter. The normal range for Chinese is 18.5 to 24, which is the standard for healthy weight. Especially those with chronic diseases or high-risk groups of chronic diseases, pay more attention to their BMI, which is an important criterion for judging their health!
3. 昵称: 胡凯文教授 性别: 男 地区: 北京 生日: 1964-08-31 认证: 个人

Nickname: 胡凯文教授 Sex: male Area: Beijing Birthday: 1964-08-31 Identity: Person

时间: 2018-10-09 14:56 来自: 微博 weibo.com 转发数: 1 评论数: 1 点赞数: 0
Time: 2018-10-09 14:56 Source: 微博 weibo.com Repost: 1 Comment: 1 Like: 0

【怎样把高血压“吃回去”? 】不要总说自己血压难控制, 世界上有多少高血压患者能拍着胸脯保证, 自己起居有常、饮食有节、适当锻炼、不爱生气? 慢性病要养, 高血压患者日常饮食需要注意四点: 1、控制油、盐的摄入, 最好多选择一些橄榄油等植物油食用。2、拒绝高胆固醇食物多吃淡水鱼、牛奶等胆固醇含量低且蛋白质丰富的饮食, 减少甜食摄入。3、多吃果蔬和粗粮, 补充膳食纤维的同时还能使血管保持弹性, 增强身体的免疫力, 顺便还能控制血脂。4、严格控制烟、酒无需赘述原因, 烟酒的危害对中老年尤其明显, 高血压患者最好戒烟酒, 实在忍不住就少量饮用红葡萄酒, 注意是少量。□高血压□养生
How to solve the problem of high blood pressure? Don't say that your blood pressure is difficult to control. How many patients in the world can ensure that they live regularly, eat well, exercise properly and are not easily provoked? Chronic diseases have to be treated in a long term, and hypertension patients need to pay attention to their daily diet in four points: 1. Control the intake of oil and salt. And it would be better to choose some olive oil and other vegetable oils. 2. Refuse to eat high cholesterol food and sugar, and have more freshwater fish, milk and other low cholesterol and protein-rich diet. 3. Eat more fruits, vegetables and coarse grains, which can supply more dietary fiber and keep blood vessels elastic. It would also enhance the body's immunity, and control blood lipids. 4. Strictly control the intake of tobacco and alcohol, which is not necessary to explain the reasons. The harm of tobacco and alcohol is particularly obvious for middle-aged and older people. Hypertensive patients should give up smoking and drinking. If they cannot help drinking, they could have a small amount of red wine. Be aware of the amount. Hypertension Health preservation
4. 昵称: 北京石景山健康教育 性别: 女 地区: 北京 生日: 0001-00-00 认证: 政务

5.	Nickname: 北京石景山健康教育	Sex: female	Area: Beijing	Birthday: 0001-00-00	Identity: Official
	时间: 2018-10-09 09:16	来自: 微博 weibo.com	转发数: 2	评论数: 0	点赞数: 0
	Time: 2018-10-09 09:16	Source: 微博 weibo.com	Repost: 2	Comment: 0	Like: 0
【高血压与饮食营养那点事儿——能量】 多数高血压患者合并有超重或肥胖。肥胖者体内的高胰岛素血症，可致钠水滞留，引起高血压，而限制能量摄取，增加活动量，使体重减轻后，可使胰岛素水平和去甲肾上腺素水平下降，血压就会有一定程度的降低。 (High blood pressure and dietary nutrition -- energy) Most hypertensive patients have problems of overweight or obesity. Hyperinsulinemia in obese people can lead to sodium and water retention and hypertension. Restricting energy intake and increasing exercises can reduce weight, insulin and norepinephrine levels, therefore it can lower a certain degree of blood pressure.					
6.	昵称: 营养师Lizzie宋思雨	性别: 女	地区: 河北	生日: 1992-10-12	认证: 个人
	Nickname: 营养师Lizzie宋思雨	Sex: female	Area: Hebei	Birthday: 1992-10-12	Identity: Person
	时间: 2018-10-09 21:47	来自: 做自己的营养管家超话	转发数: 1	评论数: 0	点赞数: 0
时间: 2018-10-09 21:47					
Source: 做自己的营养管家超话					
Repost: 1					
Comment: 0					
Like: 0					
做自己的营养管家 中国居民膳食指南10条原则: 1.食物多样, 谷类为主, 粗细搭配; 2.多吃蔬菜、水果和薯类; 3.每天吃奶类、豆类或其制品; 4.常吃适量的鱼、禽、蛋和瘦肉; 5.减少烹调油用量, 吃清淡少盐膳食; 6.食不过量, 天天运动, 保持健康体重; 7.三餐分配要合理, 零食要适当; 8.每人是量饮水, 合理选择饮料; 9.如饮酒, 应限量; 10.吃新鲜卫生的食物。 Do your own nutrition butler for Chinese residents in 10 principles: 1. Have a great diversity of food and it should be cereal-based; 2. Eat more vegetables, fruits and potatoes; 3. Have milk, beans or relative products every day; 4. Eat appropriate enough fish, poultry, eggs and lean meat; 5. Reduce the consumption of cooking oil. Have meals with less salt; 6. Don't eat too much, and exercise every day, in order to maintain a healthy weight; 7. Three meals distribution should be reasonable, and the amount of snacks should be appropriate; 8. Everyone needs to drink enough water, and choose reasonable beverages; 9. The amount of alcohol should be limited; 10. Eat fresh and healthy food.					
7.	昵称: 平湖卫生监督所	性别: 女	地区: 广东	生日: 0001-00-00	认证: 政务
	Nickname: 平湖卫生监督所	Sex: female	Area: Guangdong	Birthday: 0001-00-00	Identity: Official
	时间: 2018-10-09 17:30	来自: 微博 weibo.com	转发数: 1	评论数: 0	点赞数: 0
Time: 2018-10-09 17:30					
Source: 微博 weibo.com					
Repost: 1					
Comment: 0					
Like: 0					
【平湖预防保健所进社区开展“全国高血压防治日”宣传活动】 10月8日, 平湖预防保健所联合深圳华侨医院平湖社康中心及上木古社康中心在上木古社区开展全国高血压防治日宣传活动。主要有免费测量血糖、血压等义诊活动, 以及发放宣传资料、指导高血压药物治疗、倡导低盐饮食、适量运动、戒烟限酒等内容。此次活动接受咨询义诊、检测服务约300余人, 发放高血压防治宣传册800余份。@健康深圳@深圳卫生监督@龙岗卫生计生局@精彩平湖 On October 8th, Pinghu Preventive Health Institute, along with Pinghu Social Health Center of Shenzhen Overseas Chinese Hospital and Shangmu Gushe Health Center, has launched a publicity campaign for hypertension prevention and treatment day in Shangmugu community. There are some measurements for free including blood sugar, blood pressure and other voluntary diagnostic activities, as well as publicity materials, guidance of hypertension drug treatments, advocacy of low-salt diets, moderate exercises, smoking and alcohol restriction and other contents. About 300 people have received free consultation and testing services, and 800 brochures were issued for the prevention and treatment of hypertension. @健康深圳@深圳卫生监督@龙岗卫生计生局@精彩平湖					
8.	昵称: 北京大兴庞各庄健康教育	性别: 女	地区: 北京	生日: 0001-00-00	认证: 政务
	Nickname: 北京大兴庞各庄健康教育	Sex: female	Area: Beijing	Birthday: 0001-00-00	Identity: Official
	时间: 2018-10-09 08:11	来自: 360安全浏览器	转发数: 1	评论数: 0	点赞数: 0
Time: 2018-10-09 08:11					
Source: 360安全浏览器					
Repost: 1					
Comment: 0					
Like: 0					
高血压≠一定需要药物治疗 非药物治疗措施是治疗高血压、高血压病、临界性高血压的首选基础疗法, 目前的研究表明, 有效的非药物疗法有: 1. 控制体重; 2. 限盐摄入; 3. 戒烟; 4. 避免情绪波动; 5. 合理运动。 Hypertension therapy without drugs is the first choice for the treatment of hypertension, hypertension diseases and critical hypertension. Current studies have shown that effective non-drug therapy includes: 1. weight control; 2. salt restriction; 3. quitting smoking; 4. avoiding emotional fluctuations; 5. reasonable exercise.					
9.	昵称: 来比的快乐生活菊199711	性别: 女	地区: 甘肃	生日: 1986-08-18	认证: 无
	Nickname: 来比的快乐生活菊199711	Sex: female	Area: Gansu	Birthday: 1986-08-18	Identity: None
	时间: 2018-10-09 20:32	来自: 前后2000万 OPPO R11s	转发数: 0	评论数: 1	点赞数: 0
Time: 2018-10-09 20:32					
Source: 前后2000万 OPPO R11s					
Repost: 0					
Comment: 1					
Like: 0					
【酱油和鸡精、味精很鲜美, 怀孕还能吃吗?】 答: 酱油中含有18%的盐, 并含有防腐剂, 孕妈妈虽然不必完全忌食, 但还是少食为佳。味精和鸡精的主要成分是谷氨酸钠, 食入过多会导致体内缺锌, 而锌是胎儿生长发育的重要微量元素, 因此, 应尽量少食或不食鸡精、味精。 Soy sauce, chicken essence and MSG are delicious. But can you eat them when pregnant? The truth is that soy sauce contains 18% salt and preservatives. Pregnant mothers do not have to avoid food completely, but it is better to eat less. The main components of monosodium glutamate and chicken sperm are sodium glutamate. Excessive intake of monosodium glutamate will lead to zinc deficiency. Zinc is an important trace element in fetal growth and development. Therefore, it is necessary to eat less or no monosodium glutamate.					
10.	昵称: 小众生活life	性别: 男	地区: 河北	生日: 无	认证: 无
	Nickname: 小众生活life	Sex: male	Area: Hebei	Birthday: None	Identity: None
	时间: 2018-10-09 03:36	来自: 皮皮时光机	转发数: 0	评论数: 1	点赞数: 0
Time: 2018-10-09 03:36					
Source: 皮皮时光机					
Repost: 0					
Comment: 1					
Like: 0					
【运动后吃香蕉】 在运动的过程中身体会排出大量的汗液, 很多矿物质随着汗水排出体外, 特别是钾和钠。这两者中钠比较容易从食物中得到补充, 但钾元素在体内含量较少, 因此运动后补充含有丰富钾元素的食物非常必要。香蕉富含钾元素, 是补充钾最理想的选择。 (Eating bananas after exercising) During exercising, the body expels a lot of sweat, and many minerals are expelled from the body in sweat, especially potassium and sodium. Sodium is easier to obtain from the supplement, but potassium has a less content in body. So, after exercising, it is very necessary to eat food which rich in potassium. Bananas are rich in potassium, which is the best choice to supplement potassium.					
11.	昵称: 北京平谷峪口健康教育	性别: 女	地区: 北京	生日: 0001-00-00	认证: 无
	Nickname: 北京平谷峪口健康教育	Sex: female	Area: Beijing	Birthday: 0001-00-00	Identity: None
	时间: 2018-10-09 12:27	来自: iPhone客户端	转发数: 1	评论数: 0	点赞数: 0
Time: 2018-10-09 12:27					
Source: iPhone客户端					
Repost: 1					
Comment: 0					
Like: 0					
“三减三健 全民行动”。 坚持健康的生活方式, 就可以改善亚健康, 减少患病风险。在日常生活中, 最常见的就是开门六件事, 柴米油盐酱醋茶。我们提倡减盐、减油、减糖, 饮食上以清淡为宜, 就距离健康更近一步。 Three reductions of three health action for all. " Sticking to a healthy lifestyle can improve subhealth and reduce the risk of illness. In the daily life, the most common thing is to open the door for six things. We advocate reducing salt, reducing oil and reducing sugar. It is advisable to have a light diet and a step closer to health.					

今日被转发最多的微博

The most widely reposted weibos today

1.	昵称: 丁香医生	性别: 女	地区: 浙江	生日: 0001-00-00	认证: 机构	今日被转发数: 2
	Nickname: 丁香医生	Sex: female	Area: Zhejiang	Birthday: 0001-00-00	Identity: Institution	Repost Today: 2
	时间: 09月28日 10:13	来自: iPhone客户端	转发数: 4587	评论数: 2258	点赞数: 4233	
	Time: 09月28日 10:13	Source: iPhone客户端	Repost: 4587	Comment: 2258	Like: 4233	
	【歌手臧天朔因病去世】歌手臧天朔因肝癌去世, 享年 54 岁。一个提醒, 美国临床肿瘤学会 ASCO 明确指出: 酒精是重要的致癌因素。世卫最近的一篇报道: 2016 年有 300 多万人因有害使用酒精死亡。只要饮酒, 就有可能提升你的患癌风险。#臧天朔去世# Singer Zang Tianshuo died due to illness. Singer Zang Tianshuo died of liver cancer at the age of 54. A reminder that the American Society of clinical oncology ASCO clearly points out that alcohol is an important carcinogenic factor. A recent report by World Health Organization reported that about 3000000 people died of harmful use of alcohol in 2016. As long as you drink, you may increase your risk of cancer. #Zang Tianshuo died					
2.	昵称: 观察者网	性别: 男	地区: 上海	生日: 无	认证: 机构	今日被转发数: 1
	Nickname: 观察者网	Sex: male	Area: Shanghai	Birthday: None	Identity: Institution	Repost Today: 1

时间：10月08日 23:00
Time：10月08日 23:00

来自：微博 weibo.com
Source：微博 weibo.com

转发数：98
Repost：98

评论数：16
Comment：16

点赞数：74
Like：74

【3分钟看懂“无形杀手”高血压】高血压是最常见的慢性病，目前我国高血压患者已突破3.3亿，每3个成年人就有1个患高血压，它是心脑血管疾病最主要的危险因素。#节日谈#今天是全国高血压日，转发视频，了解这个可怕的“无形杀手”!!!新浪爱问医生秒拍视频
Hypertension is the most common chronic disease. At present, the number of hypertensive patients in China has exceeded 330 million. One in three adults suffers from hypertension, which is the most important risk factor of cardiovascular and cerebrovascular diseases. #Festival Talk # Today is the National Hypertension Day. Forward the video to learn about this horrible "invisible killer". L. Sina's secondhand video of asking a doctor

专业机构发布的微博
Weibos from Authorities

1. 昵称：长沙市中心医院 性别：女 地区：湖南 生日：0001-00-00 认证：政务

Nickname：长沙市中心医院 Sex：female Area：Hunan Birthday：0001-00-00 Identity：Official

时间：2018-10-09 19:28
Time：2018-10-09 19:28

来自：微博 weibo.com
Source：微博 weibo.com

转发数：0
Repost：0

评论数：0
Comment：0

点赞数：1
Like：1

高血压的预防1. 坚持运动：经常性的身体活动可预防和控制高血压，如快步走、太极拳、游泳、家务劳动、园艺劳动等。2. 限制食盐摄入：高盐饮食显著增加高血压患病风险，成人每天食盐摄入量应≤6克。3. 多吃蔬菜和水果。4. 少吃快餐：尽量在家中就餐，可利于控制脂肪、盐和糖的摄入量。5. 限制饮酒：倡导成年人理性饮酒。6. 戒烟：吸烟有害健康，吸烟者应尽早戒烟。 Prevention of hypertension 1. Exercise: Regular exercising can prevent and control hypertension, such as fast walking, taijiquan, swimming, house working, gardening and so on. 2. Restriction of salt intake: high salted diet significantly increases the risk of hypertension. Adults should eat less than 6 grams of salt per day. 3. Eat more vegetables and fruits. 4. Eat less fast food: try to eat at home, which helps control the intake of fat, salt and sugar. 5. Limit alcohol consumption: advocate rational drinking for adults. 6. Quit smoking: smoking is harmful to health. Smokers should quit smoking as soon as possible.

2. 昵称：苏州姑苏发布 性别：女 地区：江苏 生日：0001-00-00 认证：政务

Nickname：苏州姑苏发布 Sex：female Area：Jiangsu Birthday：0001-00-00 Identity：Official

时间：2018-10-09 15:00
Time：2018-10-09 15:00

来自：微博 weibo.com
Source：微博 weibo.com

转发数：0
Repost：0

评论数：0
Comment：0

点赞数：0
Like：0

【姑苏区开展义诊咨询活动】昨天是第21个全国高血压日，姑苏区疾控中心联合吴门桥社区卫生服务中心开展义诊咨询活动。义诊现场，医护人员为居民免费测量血压，对居民所提出的健康问题予以一一解答，同时发放健康四件套、眼压勺和高血压防治宣传折页。预防高血压，姑苏区疾控中心建议做到六点，包括坚持运动、限制食盐摄入、多吃蔬菜水果、少吃快餐、限制饮酒和戒烟。据悉，通过姑苏区政府实事工程——居民慢病服务提升工程的建设，2017年辖区各社区卫生服务机构及部分邮政储蓄点共建成了20个健康自助检测点。截至2018年上半年，已服务4.4万次。其中血压共检测人群人数为1.8万。高血压（收缩压≥140毫米汞柱和（或）舒张压≥90毫米汞柱）占45%。
[Gusu District carrying out voluntary consultation activities] Yesterday was the 21st National Hypertension Day, the Gusu District CDC joined Wumenqiao Community Health Service Center to carry out voluntary consultation activities. On the spot of free clinic, doctors and nurses took blood pressure measurements for residents for free, answered health questions raised by residents one by one, and issued four sets of health, salt spoons and pamphlets for the prevention and treatment of hypertension. To prevent hypertension, the CDC of the Gusu District recommended in six points, including exercising, restricting salt intake, eating more vegetables and fruits, eating less fast food, restricting drinking and quitting smoking. It is reported that through the construction of the practical project of the government of the Soviet Area, the residents' chronic diseases service upgrading project, 20 health self-service testing sites were built in 2017 by community health service institutions and some postal savings points. By the first half of 2008, 44,000 people had been served, of which 18,000 were tested for blood pressure, 45% were hypertension (systolic pressure (> 140 mm Hg) and (or) diastolic pressure (> 90 mm Hg).

3. 昵称：北京石景山健康教育 性别：女 地区：北京 生日：0001-00-00 认证：政务

Nickname：北京石景山健康教育 Sex：female Area：Beijing Birthday：0001-00-00 Identity：Official

时间：2018-10-09 09:16
Time：2018-10-09 09:16

来自：微博 weibo.com
Source：微博 weibo.com

转发数：2
Repost：2

评论数：0
Comment：0

点赞数：0
Like：0

【高血压与饮食营养那点事儿——能量】多数高血压患者合并有超重或肥胖。肥胖者体内的高胰岛素血症，可致钠水潴留，引起高血压，而限制能量摄取，增加活动量，使体重减轻后，可使胰岛素水平和去甲肾上腺素水平下降，血压就会有一定程度的降低。
[High blood pressure and dietary nutrition -- energy] Most hypertensive patients have problems of overweight or obesity. Hyperinsulinemia in obese people can lead to sodium and water retention and hypertension. Restricting energy intake and increasing exercises can reduce weight, insulin and norepinephrine levels, therefore it can lower a certain degree of blood pressure.

4. 昵称：佛山卫生计生 性别：男 地区：广东 生日：0001-00-00 认证：政务

Nickname：佛山卫生计生 Sex：male Area：Guangdong Birthday：0001-00-00 Identity：Official

时间：2018-10-09 20:48
Time：2018-10-09 20:48

来自：坚果手机 Pro
Source：坚果手机 Pro

转发数：0
Repost：0

评论数：0
Comment：0

点赞数：0
Like：0

高血压，是一种典型的生活方式病，引发高血压的危险因素包括高盐饮食、超重（肥胖）、过量饮酒、缺乏运动、吸烟、长期精神紧张和遗传等。如何预防和治疗高血压？佛山市五区提供高血压、糖尿病管理服务卫生机构一览表 戳O【便民】如何预防与治疗高血压？高血压、糖尿病管理服务戳这里
Hypertension is a typical lifestyle disorder. Risk factors for hypertension include high salt diet, overweight (obesity), excessive drinking, lack of exercise, smoking, chronic stress and heredity. How to prevent and treat hypertension? Hypertension and diabetes management services are poked here.

5. 昵称：佛山卫生计生 性别：男 地区：广东 生日：0001-00-00 认证：政务

Nickname：佛山卫生计生 Sex：male Area：Guangdong Birthday：0001-00-00 Identity：Official

时间：2018-10-09 20:48
Time：2018-10-09 20:48

来自：坚果手机 Pro
Source：坚果手机 Pro

转发数：0
Repost：0

评论数：0
Comment：0

点赞数：0
Like：0

高血压，是一种典型的生活方式病，引发高血压的危险因素包括高盐饮食、超重（肥胖）、过量饮酒、缺乏运动、吸烟、长期精神紧张和遗传等。如何预防和治疗高血压？佛山市五区提供高血压、糖尿病管理服务卫生机构一览表 戳O【便民】如何预防与治疗高血压？高血压、糖尿病管理服务戳这里
Hypertension is a typical lifestyle disorder. Risk factors for hypertension include high salt diet, overweight (obesity), excessive drinking, lack of exercising, smoking, chronic stress and heredity. How to prevent and treat hypertension? How to prevent and treat hypertension? Hypertension and diabetes management services are poked here.

6. 昵称：魅力托克托 性别：男 地区：其他 生日：0001-00-00 认证：政务

Nickname：魅力托克托 Sex：male Area：Other Birthday：0001-00-00 Identity：Official

时间：2018-10-09 17:32
Time：2018-10-09 17:32

来自：微博 weibo.com
Source：微博 weibo.com

转发数：0
Repost：0

评论数：0
Comment：0

点赞数：0
Like：0

托克托县委宣传部健康生活方式“三减三健”倡议书生命在于运动，幸福源于健康。为响应中国健康生活方式大会“三减三健”工作的号召和学校2016年秋季于部大会的部署，我们倡议全校教职员员工开展“三减三健”活动，即减盐、减油、减糖，健康口腔、健康体重、健康骨骼，倡导积极、阳光、健康、向上的生活方式，缓解教职工工作压力，提高工作效率，增强幸福感，远离亚健康。为此，特向广大教职工发出如下倡议：一、倡导健康生活。从我做起“三减”合理饮食是健康的基础。培养清淡饮食习惯。从我做起，动员家人或身边的人逐步减少糖、盐、油的摄入量。烹饪菜肴少放5%-10%盐量，少吃腌菜咸菜和酱制食物。不吃或少吃添加了重盐的加工食品和罐头食品；科学用油，控制总量，搭配多种植物油。选择合理的烹饪方法。少吃或不吃油炸食品；多喝白开水，不喝或少喝含糖饮料。二、全民参与健身。力争实现“三健”定期检查口腔，戒除吸烟酗酒等不良习惯；合理搭配膳食结构，规律用餐，保持营养平衡；减少久坐时间，保护颈椎腰椎；每天行走8000步、坚持锻炼一小时；每位教职工学会一项运动、参与一项运动、喜爱一项运动。加入一个体育协会；倡导“体育生活化、健身经常化”的理念，把体育锻炼作为每天生活的一部分，一种时尚追求。三、全校行动起来。唱响“三减三健”提升科学膳食服务水平。源头上做好“三减”；强化预防保健，为教职工提供规范化、专业化的健康检查，组织保健知识讲座；开展教职工体能健康档案；每月举办一项体育比赛，确立体育活动月、设立体育锻炼日；建设好群众体育社团，聚集更多有共同兴趣爱好的教职工参加锻炼，营造昂扬向上的氛围；学校运动场馆统筹安排时间，为教职工开展体育锻炼和文体活动提供方便。健康源自生活细节，运动贵在每天坚持，“三减三健”更需要全校上下参与其中，成为健康生活方式的实践者和受益者。让我们一起行动起来。从我做起，从现在做起。摒弃不良习惯。为健康生活方式代言。人人参与“三减”，努力实现“三健”，以健康的体魄、饱满的热情、乐观的心态，热爱生活，努力工作，充分展示“交大人”积极健康、昂扬向上的精神风貌，为建设世界一流大学作出新的贡献！
The Propaganda Department of Tokyo County Party Committee has proposed that life should be exercised and that happiness should come from health. In response to the call of the China Healthy Lifestyle Congress and the deployment of the school's Autumn Cadre Congress in 2016, we propose that the whole school's medical staff carry out the activities of reducing salt, oil, sugar, healthy mouth, healthy weight and healthy bones, and advocate positive, sunshine, healthy and positive attitude. The way of life, ease the pressure of teaching staff, improve work efficiency, enhance happiness, away from sub-health. To this end, special to the majority of staff and staff issued the following proposals: First, advocate a healthy life, from me to do "three subtractions" reasonable diet is the basis of health. Cultivate light eating habits, from me, mobilize family members or people around to gradually reduce the intake of sugar, salt, oil, cooking dishes with 5% - 10% less salt, eat less pickled mustard and pickled vegetables and soy sauce food, do not eat or eat less processed food and canned food with heavy salt; scientific use of oil, control the total amount, with a variety of vegetable oils. Choose a reasonable cooking method, eat less or not eat fried food; drink more water, do not drink or drink less sugary drinks, cooking dishes less sugar. Second, the whole people participate in fitness, strive to achieve the "three health" regular inspection of the mouth, give up smoking and alcoholism and other bad habits; reasonable dietary mix, regular meals, maintain nutritional balance; reduce sedentary time, protect the cervical spine and lumbar vertebrae; walk 8000 steps a day, adhere to one hour of exercise;

every staff and staff learn a sport, participate in With a sport, like a sport, join a sports association; advocate "sports life, fitness regularization" concept, physical exercise as a part of daily life, a fashion pursuit. 3. The whole school should take action to raise the level of scientific dietary service by singing "three subtractions and three health-care". At the source, we should do a good job of "three subtractions". We should strengthen preventive health care, provide standardized and professional health check-ups for teachers and staff, organize health knowledge lectures, carry out physical fitness tests, establish physical health records for teachers and staff, and hold a monthly meeting. Event sports competitions, establish sports activities month, set up sports days; build mass sports associations, gather more teachers and workers with common interests to participate in exercise, create a high-spirited atmosphere; school sports venues overall arrangement of time for teachers and staff to carry out sports and sports activities to provide convenience. Health comes from the details of life. Exercise is more important than sticking to it every day. It requires the participation of the whole school to become the practitioner and beneficiary of a healthy lifestyle. Let's take action together. From now on, we should abandon bad habits, speak for a healthy lifestyle, and everyone should take part in the "three subtractions", strive to achieve the "three health". With healthy physique, full of enthusiasm, optimistic attitude, love life, work hard to fully demonstrate the "Jiaotong University" positive health, good health, good health, good health. Spirited upward spirit makes new contributions to the construction of world class universities.

7. 昵称：青岛市第九人民医院

性别：女

地区：山东

生日：0001-00-00

认证：政务

Nickname：青岛市第九人民医院

Sex: female

Area: Shandong

Birthday: 0001-00-00

Identity: Official

时间：2018-10-09 08:36

来自：搜狗高速浏览器

转发数：0

评论数：0

点赞数：0

Time: 2018-10-09 08:36

Source: 搜狗高速浏览器

Repost: 0

Comment: 0

Like: 0

【高血压预防要做到这六件事】坚持运动：经常性的身体活动可预防和控制高血压，如快步走、太极拳、游泳、家务劳动、园艺劳动等。2. 限制食盐摄入：高盐饮食显著增加高血压患病风险，成人每天食盐摄入量应≤6克。3. 多吃蔬菜和水果。4. 少吃快餐：尽量在家中就餐，可利于控制脂肪、盐和糖的摄入量。5. 限制饮酒：倡导成年人理性饮酒。6. 戒烟：吸烟有害健康，吸烟者应尽早戒烟。
Prevention of hypertension 1. Exercise: Regular exercising can prevent and control hypertension, such as fast walking, taijiquan, swimming, house working, gardening and so on. 2. Restriction of salt intake: high salted diet significantly increases the risk of hypertension. Adults should eat less than 6 grams of salt per day. 3. Eat more vegetables and fruits. 4. Eat less fast food: try to eat at home, which helps control the intake of fat, salt and sugar. 5. Limit alcohol consumption: advocate rational drinking for adults. 6. Quit smoking: smoking is harmful to health. Smokers should quit smoking as soon as possible.

8. 昵称：北京大兴庞各庄健康教育

性别：女

地区：北京

生日：0001-00-00

认证：政务

Nickname：北京大兴庞各庄健康教育

Sex: female

Area: Beijing

Birthday: 0001-00-00

Identity: Official

时间：2018-10-09 08:11

来自：360安全浏览器

转发数：1

评论数：0

点赞数：0

Time: 2018-10-09 08:11

Source: 360安全浏览器

Repost: 1

Comment: 0

Like: 0

高血压≠一定需要药物治疗非药物治疗措施是治疗高血压、高血压病、临界性高血压的首选基础法。目前的研究表明，有效的非药物疗法有：1. 控制体重；2. 限盐摄入；3. 戒烟；4. 避免情绪波动；5. 合理运动。
Hypertension therapy without drugs is the first choice for the treatment of hypertension, hypertension diseases and critical hypertension. Current studies have shown that effective non-drug therapy includes: 1. weight control; 2. salt restriction; 3. quitting smoking; 4. avoiding emotional fluctuations; 5. reasonable exercise.

9. 昵称：彭州市疾病预防控制中心

性别：男

地区：四川

生日：无

认证：政务

Nickname：彭州市疾病预防控制中心

Sex: male

Area: Sichuan

Birthday: None

Identity: Official

时间：2018-10-09 09:41

来自：360安全浏览器

转发数：0

评论数：0

点赞数：0

Time: 2018-10-09 09:41

Source: 360安全浏览器

Repost: 0

Comment: 0

Like: 0

10月8日，彭州市疾控中心联合天彭社区卫生服务中心在天彭镇朝阳中路社区开展“全国高血压日”宣传咨询讲座活动。本次活动结合今年彭州市开展的“三减三健”--减盐行动，通过悬挂横幅、发放资料、义诊咨询、讲座等方式向群众传播高血压防治知识，现场为市民测量血压50余人次，健康咨询80余人次，发放各种宣传折页200余份，健康环保袋100余份。
On Oct. 8, Pengzhou CDC and Tianpeng Community Health Service Center jointly held a propaganda and consultation Seminar on National Hypertension Day in Chaoyang Middle Road Community of Tianpeng Town. This activity combines with the "Three Reductions and Three Health Care" - salt reduction campaign carried out in Pengzhou this year. Through hanging banners, distributing information, free clinic consultation, lectures and other means to disseminate knowledge of hypertension prevention and control to the masses, more than 50 people took blood pressure measurements for the public, more than 80 people took health consultation, more than 200 publicity folders and more than 100 healthy and environmental protection bags were distributed.

10. 昵称：平湖卫生监督分所

性别：女

地区：广东

生日：0001-00-00

认证：政务

Nickname：平湖卫生监督分所

Sex: female

Area: Guangdong

Birthday: 0001-00-00

Identity: Official

时间：2018-10-09 17:30

来自：微博 weibo.com

转发数：1

评论数：0

点赞数：0

Time: 2018-10-09 17:30

Source: 微博 weibo.com

Repost: 1

Comment: 0

Like: 0

【平湖预防保健所进社区开展“全国高血压防治日”宣传活动】10月8日，平湖预防保健所联合深圳华侨医院平湖社康中心及上木古社康中心在上木古社区开展全国高血压防治日宣传活动。主要有免费测量血糖、血压等义诊活动，以及发放宣传资料、指导高血压药物治疗，倡导低盐饮食、适量运动、戒烟限酒等内容。此次活动接受咨询义诊、检测服务约300余人，发放高血压防治宣传册800余份。@健康深圳@深圳卫生监督@龙岗卫生计生局@精彩平湖
On October 8th, Pinghu Preventive Health Institute, along with Pinghu Social Health Center of Shenzhen Overseas Chinese Hospital and Shangmu Gushe Health Center, has launched a publicity campaign for hypertension prevention and treatment day in Shangmugu community. There are some measurements for free including blood sugar, blood pressure and other voluntary diagnostic activities, as well as publicity materials, guidance of hypertension drug treatments, advocacy of low-salt diets, moderate exercises, smoking and alcohol restriction and other contents. About 300 people have received free consultation and testing services, and 800 brochures were issued for the prevention and treatment of hypertension. @健康深圳@深圳卫生监督@龙岗卫生计生局@精彩平湖

11. 昵称：彭州市利安社区卫生服务中心

性别：男

地区：四川

生日：无

认证：政务

Nickname：彭州市利安社区卫生服务中心

Sex: male

Area: Sichuan

Birthday: None

Identity: Official

时间：2018-10-09 16:10

来自：专业版微博

转发数：0

评论数：0

点赞数：0

Time: 2018-10-09 16:10

Source: 专业版微博

Repost: 0

Comment: 0

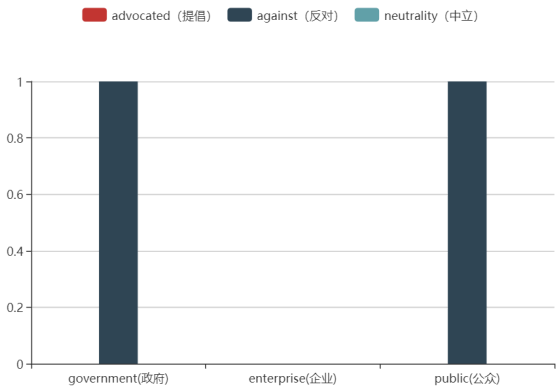
Like: 0

10月8日，彭州市利安社区卫生服务中心以“知晓您的血压”为主题在锦阳社区开展了“全国高血压日”主题宣传活动。以促进自我血压监测为重点，就高血压的症状、发病因素、怎样预防和控制血压、自我血压监测方法以及“减盐”等多个方面的知识进行了生动的宣传讲解。本次宣传活动悬挂宣传横幅1条，出动医务人员3名，现场咨询30余人，免费测量血压30余人，发放宣传资料200余份。
On October 8, Pengzhou Lian Community Health Service Center launched a promotional campaign on the theme of "Knowing Your Blood Pressure" in Jinyang Community. In order to promote self-monitoring of blood pressure as the focus, the symptoms of hypertension, pathogenic factors, how to prevent and control blood pressure, self-monitoring methods of blood pressure and "salt reduction" and other aspects of knowledge were vividly disseminated and explained. The publicity campaign hangs a banner, dispatched 3 medical staff, more than 30 on-site consultation, free blood pressure measurement of more than 30 people, more than 200 copies of publicity materials.

反式脂肪酸-新闻

Trans Fat - News

今日 (2018-10-09) 共监测到2条资讯。请点击标题查看原文。
There are 2 articles monitored today 2018-10-09. Please click the title to view full information.
The original article is in Chinese only.



新闻主体分类

Classification of news subject

政府 Government				
1. 市场监管总局抽检259批次婴幼儿配方食品样品全合格 Market supervision administration of random samples of 259 batches of infant formula all qualified	来源：中国质量报	类别：反式脂肪酸	态度：反对	时间： 08:33:51
	来源：中国质量报	Category: trans fat	Attitude: against	Time: 08:33:51

中国质量新闻网讯 10月9日，国家市场监督管理总局官网发布通报称，近期，国家市场监督管理总局组织抽检饼干、婴幼儿配方食品和食用农产品等3类食品554批次样品。根据食品安全国家标准检验和判定，其中抽样检验项目合格样品551批次、不合格样品3批次。本次抽检共涉及109家企业的259批次婴幼儿配方食品产品，合格259批次。抽检的婴幼儿配方食品主要包括乳基较大婴儿和幼儿配方食品、豆基较大婴儿和幼儿配方食品和乳基婴儿配方食品、豆基婴儿配方食品。本次抽检依据《食品安全国家标准 婴儿配方食品》（GB 10765—2010）、《食品安全国家标准 较大婴儿和幼儿配方食品》（GB 10767—2010）、《食品安全国家标准 食品中污染物限量》（GB 2762—2012，样品生产日期在2017年9月17日之前）、《食品安全国家标准 食品中污染物限量》（GB 2762—2017，样品生产日期在2017年9月17日（含）之后）、《食品安全国家标准 食品中真菌毒素限量》（GB 2761—2011，样品生产日期在2017年9月17日之前）、《食品安全国家标准 食品中真菌毒素限量》（GB 2761—2017，样品生产日期在2017年9月17日（含）之后）、《关于三聚氰胺在食品中的限量值的公告》（卫生部、工业和信息化部、农业部、工商总局、质检总局公告2011年第10号）等标准及产品明示质量的要求

On October 9, the State Administration of Market Supervision and Administration (SAMA) announced on its website that it had recently organized sampling of 554 batches of three types of food, including biscuits, infant formula foods and edible agricultural products. According to the national food safety standards, 551 batches of qualified samples and 3 batches of unqualified samples were sampled.The sampling survey involved 259 batches of infant formula food products from 109 enterprises, with 259 batches of qualified products. The infant formula food sampled mainly includes infant formula food with larger milk base, infant formula food with larger soybean base, infant formula food with milk base and infant formula food with soybean base.According to the National Food Safety Standards for Infant Formula Food (GB 10765-2010), National Food Safety Standards for Bigger Babies and Young Children Formula Food (GB 10767-2010), National Food Safety Standards for Contaminant Limits in Food (GB 2762-2012), the sample production date is before September 17, 2017 (GB 2762-2017, Sample Production Date after September 17, 2017), (GB 2761-2011, Sample Production Date before September 17, 2017), (Food Safety Standard Food Mycotoxin Limit) (GB 2761-2011, Sample Production Date before September 17, 2017), (Food Safety Standard Food) Mycotoxin Limit in Products (GB 2761-2017, Sample Production Date after Sept. 17, 2017), Notice on Melamine Limit Value in Food (Ministry of Health, Ministry of Industry and Information Technology, Ministry of Agriculture, General Administration of Industry and Commerce, General Administration of Quality Inspection and Quarantine Announcement No. 10, 2011) and other standards and product quality Requirement

企业
Industry

没有相关文章!

No such articles!

公众
Public

1. [寒露节气，做这早餐给家人喝，丝滑浓香，增强体质，少得病！](#)
[Cold dew throttle, do the breakfast for the family to drink, smooth aroma, enhanced physique, less illness!](#)

来源：搜狐

来源：搜狐

类别：反式脂肪酸

Category: trans fat

态度：反对

Attitude: against

时间： 11:33:50

Time: 11:33:50

原标题：寒露节气，做这早餐给家人喝，丝滑浓香，增强体质，少得病！ 过完十一长假，我们迎来了寒露，从凉爽到寒冷，冷热交替，我们的早餐也不能像夏天那样随意冷热食用了，每天早上喝一些热乎乎的早餐暖身又暖胃。 今天吾儿推荐一道营养健康的早餐，它是用核桃仁，栗子，花生米和燕麦搭配一起用料理机制作完成的。尤其适合秋冬季节食用。我把它叫做核桃板栗花生燕麦糊，核桃和栗子都用了生的，唯有花生米是熟的，我特意把花生衣去掉了，这样的口感会更顺滑一些。 做好之后打开盖子，一股浓郁的香味扑鼻而来，尝试了一下有一点点微微的甜味，原汁原味可好喝了，喜欢甜味一点的可以再加入白砂糖进去搅拌至溶化就可以了

Original title: Cold Dew solar terms, make this breakfast for family members to drink, silky fragrance, enhance physical fitness, less ill!After the eleventh long vacation, we ushered in the cold dew, from cool to cold, hot and cold alternate, our breakfast can not be as hot and cold as summer, every morning to drink some warm breakfast and warm stomach.Today Xianger recommends a healthy, nutritious breakfast made with walnuts, chestnuts, peanuts and oats. It is especially suitable for eating in autumn and winter. I call it walnut chestnut peanut oatmeal paste, walnuts and chestnuts are raw, only the peanuts are ripe, I deliberately removed the peanut coat, such a taste will be smoother.Open the lid, a strong fragrance came to the nose, try a little bit of sweet, the original juice is delicious, like a little sweet can add sugar into the mix to melt it.

内容分类

Classification of Content

反式脂肪酸 Trans fat				
1. 寒露节气，做这早餐给家人喝，丝滑浓香，增强体质，少得病！ Cold dew throttle, do the breakfast for the family to drink, smooth aroma, enhanced physique, less illness!	来源：搜狐	类别：反式脂肪酸	态度：反对	时间： 11:33:50
	来源：搜狐	Category: trans fat	Attitude: against	Time: 11:33:50
原标题：寒露节气，做这早餐给家人喝，丝滑浓香，增强体质，少得病！ 过完十一长假，我们迎来了寒露，从凉爽到寒冷，冷热交替，我们的早餐也不能像夏天那样随意冷热食用了，每天早上喝一些热乎乎的早餐暖身又暖胃。 今天吾儿推荐一道营养健康的早餐，它是用核桃仁，栗子，花生米和燕麦搭配一起用料理机制作完成的。尤其适合秋冬季节食用。我把它叫做核桃板栗花生燕麦糊，核桃和栗子都用了生的，唯有花生米是熟的，我特意把花生衣去掉了，这样的口感会更顺滑一些。 做好之后打开盖子，一股浓郁的香味扑鼻而来，尝试了一下有一点点微微的甜味，原汁原味可好喝了，喜欢甜味一点的可以再加入白砂糖进去搅拌至溶化就可以了				

Original title: Cold Dew solar terms, make this breakfast for family members to drink, silky fragrance, enhance physical fitness, less ill!After the eleventh long vacation, we ushered in the cold dew, from cool to cold, hot and cold alternate, our breakfast can not be as hot and cold as summer, every morning to drink some warm breakfast and warm stomach.Today Xianger recommends a healthy, nutritious breakfast made with walnuts, chestnuts, peanuts and oats. It is especially suitable for eating in autumn and winter. I call it walnut chestnut peanut oatmeal paste, walnuts and chestnuts are raw, only the peanuts are ripe, I deliberately removed the peanut coat, such a taste will be smoother.Open the lid, a strong fragrance came to the nose, try a little bit of sweet, the original juice is delicious, like a little sweet can add sugar into the mix to melt it.

2. 市场监管总局抽检259批次婴幼儿配方食品样品全合格	来源：中国质量报	类别：反式脂肪酸	态度：反对	时间：08:33:51
Market supervision administration of random samples of 259 batches of infant formula all qualified	来源：中国质量报	Category: trans fat	Attitude: against	Time: 08:33:51

中国质量新闻网讯 10月9日，国家市场监督管理总局官网发布通告称，近期，国家市场监督管理总局组织抽检饼干、婴幼儿配方食品和食用农产品等3类食品554批次样品。根据食品安全国家标准检验和判定，其中抽样检验项目合格样品551批次、不合格样品3批次。本次抽检共涉及109家企业的259批次婴幼儿配方食品产品，合格259批次。抽检的婴幼儿配方食品主要包括乳基较大婴儿和幼儿配方食品、豆基较大婴儿和幼儿配方食品和乳基婴儿配方食品、豆基婴儿配方食品。本次抽检依据《食品安全国家标准 婴儿配方食品》（GB 10765—2010）、《食品安全国家标准 较大婴儿和幼儿配方食品》（GB 10767—2010）、《食品安全国家标准 食品中污染物限量》（GB 2762—2012，样品生产日期在2017年9月17日之前）、《食品安全国家标准 食品中污染物限量》〔GB 2762—2017，样品生产日期在2017年9月17日（含）之后〕、《食品安全国家标准 食品中真菌毒素限量》（GB 2761—2011，样品生产日期在2017年9月17日之前）、《食品安全国家标准 食品中真菌毒素限量》〔GB 2761—2017，样品生产日期在2017年9月17日（含）之后〕、《关于三聚氰胺在食品中的限量值的公告》（卫生部、工业和信息化部、农业部、工商总局、质检总局公告2011年第10号）等标准及产品明示质量的要求

On October 9, the State Administration of Market Supervision and Administration (SAMA) announced on its website that it had recently organized sampling of 554 batches of three types of food, including biscuits, infant formula foods and edible agricultural products. According to the national food safety standards, 551 batches of qualified samples and 3 batches of unqualified samples were sampled.The sampling survey involved 259 batches of infant formula food products from 109 enterprises, with 259 batches of qualified products. The infant formula food sampled mainly includes infant formula food with larger milk base, infant formula food with larger soybean base, infant formula food with milk base and infant formula food with soybean base.According to the National Food Safety Standards for Infant Formula Food (GB 10765-2010), National Food Safety Standards for Bigger Babies and Young Children Formula Food (GB 10767-2010), National Food Safety Standards for Contaminant Limits in Food (GB 2762-2012), the sample production date is before September 17, 2017 (GB 2762-2017, Sample Production Date after September 17, 2017), (GB 2761-2011, Sample Production Date before September 17, 2017), (Food Safety Standard Food Mycotoxin Limit) (GB 2761-2011, Sample Production Date before September 17, 2017), (Food Safety Standard Food) Mycotoxin Limit in Products (GB 2761-2017, Sample Production Date after Sept. 17, 2017), Notice on Melamine Limit Value in Food (Ministry of Health, Ministry of Industry and Information Technology, Ministry of Agriculture, General Administration of Industry and Commerce, General Administration of Quality Inspection and Quarantine Announcement No. 10, 2011) and other standards and product quality Requirement

决心工程

Resolve To Save Lives

没有相关文章!

No such articles!

反式脂肪酸-微信 Transfat - WeChat

2018-10-09, 共监测到245篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 245 WeChat public articles were monitored in 2018-10-09. This page shows the top five articles by repeat number today.

由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

Because wechat articles don't have certain urls, the titles link to the websites that shows the result that searching with the titles.

The original article is in Chinese only.



热门文章-前五 Popular Articles - Top 5

- [1. 做好“三减三健”，筑牢健康基石](#)
[Do a good job of "three minus three healthy" and build a healthy foundation](#)

重复数: 3
Repeat Number: 3

日期: 2018-10-09
Data: 2018-10-09

限制反式脂肪酸摄入: 少吃含“部分氢化植物油”、“起酥油”、“奶精”、“植脂末”或“人造奶油”的预包装食品。建议每日反式脂肪酸摄入量不超过2克。

Limit trans fatty acid intake: Eat less pre-packaged foods containing "partially hydrogenated vegetable oil", "shortening", "cream", "vegetable fat powder" or "margarine". It is recommended that the daily intake of trans fatty acids should not exceed 2 grams.
- [2. 脱发可能是你吃出来的!「五吃五不吃」摆脱脱发的烦恼!](#)
[Alopecia may be caused by the food you eat. The habit of "eat five kinds of food and do not eat five kinds food" may help you get rid of the trouble of hair loss!](#)

重复数: 2
Repeat Number: 2

日期: 2018-10-09
Data: 2018-10-09

一些经过氧化反应的植物油, 过程中可能形成「反式脂肪」, 有可能会增加男性体内DHT浓度之外, 还会引起身体发炎反应, 不仅加速脱发, 根据研究也发现, 反式脂肪摄入过多会增加罹患心血管疾病风险。

Some hydrogenated vegetable oils may form trans fats, which may increase DHT levels in men and cause inflammation, not only accelerating hair loss, but also increasing the risk of cardiovascular disease, according to research.
- [3. 脸要穷养, 脚要富养; 心要穷养, 肺要富养, 养好身体才好](#)
[Keep your face poor, your feet rich, your heart poor, your lungs rich and your body will be healthy.](#)

重复数: 2
Repeat Number: 2

日期: 2018-10-09
Data: 2018-10-09

心脏的一大杀手是反式脂肪酸, 尤其是人造的煎炸食物、各种“酥”, 都要少吃。少吃人造食品多吃天然食品。配料表中出现: 氢化、精炼、人造等字眼时要提高警惕, 可能是反式脂肪。

One of the biggest killers of the heart is trans fatty acids, especially man-made fried foods and all kinds of "crisps," which should be eaten less. Eat less artificial foods and eat natural foods. Watch out for ingredients such as hydrogenated, refined, artificial and so on. It may be trans fat.
- [4. 吃素也要有技术含量, 吃的不对, 再素也白搭!](#)
[Eating plants also need some skills, or it will be bad for your health.](#)

重复数: 2
Repeat Number: 2

日期: 2018-10-09
Data: 2018-10-09

针对人们对素食和植物性食品的青睐, 一些产品甚至以使用“植物奶油”、“植物起酥油”等为宣传卖点, 而就对血脂的影响而言, 这类“素油”比动物油更糟糕。已经有多项研究证实, 这些产品中所含“反式脂肪酸”, 会大大增加人们罹患心血管疾病和糖尿病的风险, 还可能危害大脑的健康。

In response to the popularity of vegetarian and vegetable foods, some products even use "vegetable butter" and "vegetable shortening" as promotional selling points, and in terms of the impact on blood lipids, such "vegetable oil" is worse than animal oil. A number of studies have confirmed that trans fatty acids in these products can greatly increase the risk of cardiovascular disease and diabetes, and possibly harm the health of the brain.
- [5. 减脂遇到瓶颈了吗? 知道这些还不算晚](#)
[Is there any bottleneck in reducing fat? It's not too late to know.](#)

重复数: 2
Repeat Number: 2

日期: 2018-10-09
Data: 2018-10-09

反式脂肪酸, 一般常见于加工食品中, 常用词为氢化植物油、人造黄油等, 对心血管疾病是有很大威胁的。我们要做到: 拒绝反式脂肪酸, 控制饱和脂肪酸, 适量不饱和脂肪酸。

Trans fatty acids, commonly used in processed foods, are commonly used in terms of hydrogenated vegetable oil, margarine, etc., which is a great threat to cardiovascular disease. We must do so: reject trans fatty acids, control saturated fatty acids, and moderate unsaturated fatty acids.

反式脂肪酸-微博

Transfat - Weibo

2018-10-09，共检测到88条与“反式脂肪酸”相关的微博。

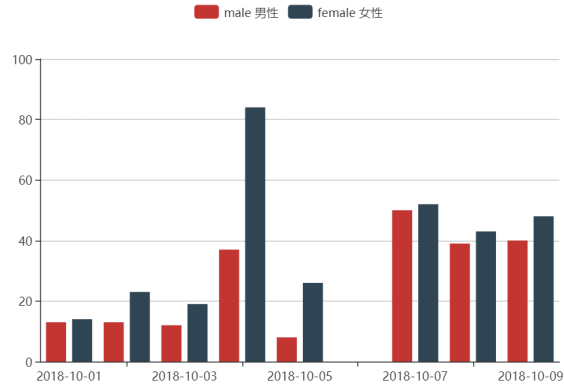
本页面只列出最多10条热度最高的原创微博、今日被转发最多的微博以及权威机构发布的微博。

点击微博内容可查看微博原文。

There are 88 weibos about transfat reduction monitored on 2018-10-09.

There are only the 10 hottest original weibos at most, The most widely reposted weibos and weibos from authorities.

Click the content of each weibo, and you can see the detail information.



最热原创微博-前10

Hottest original weibos - Top 10

1. 昵称: Vincent_Leung

性别: 男

地区: 香港

生日: 0001-00-00

认证: 个人
- Nickname: Vincent_Leung

Sex: male

Area: Hong Kong

Birthday: 0001-00-00

Identity: Person
- 时间: 2018-10-09 21:34

来自: 微博 weibo.com

转发数: 15

评论数: 0

点赞数: 2
- Time: 2018-10-09 21:34

Source: 微博 weibo.com

Repost: 15

Comment: 0

Like: 2
- 反式脂肪慢性损害孩子心血管 15款饼干含起酥油暗藏反式脂肪反式脂肪影响心脏健康，世卫已呼吁各国陆续杜绝含人造反式脂肪的食品。TOPick记者檢視市面123款饼干，发现15款饼干虽然在其食物标签标示反式脂肪含量为「0克」，但其成分用了起酥油（Shortening）或氢化植物油（hydrogenated vegetable oil）等，是反式脂肪的来源。医生提醒，反式脂肪慢性影响心血管健康，增加长大患病风险，儿童可免则免。根据现时本港的营养标签制度，每100克含少于0.3克反式脂肪的食品，可在标签上的反式脂肪部分标示为0克。食安中心数据显示，从食物摄取反式脂肪的主要来源是以氢化植物油制成的食物，植物油经过氢化过程后，会由液体转化为半固体或固体，而反式脂肪亦会同时形成。常见例子有起酥油和人造牛油。食安中心又指，除以人工方式产生的反式脂肪外，亦会透过天然途径摄取反式脂肪，例如和羊的奶及脂肪便含有少量反式脂肪，若食品有这些配料亦会含少量反式脂肪。香港营养师学会认可营养师、「家营养中心」创办人吴耀芬（Kathy）解释，由于半氢化油能延长食品的保质期，食物更加美味可口，加上成本一般较低，氢化油便被广泛应用，如饼干等酥皮食品都有半氢化油，亦因此会有人造反式脂肪。她提醒，除可选择反式脂肪为「0g」的饼干外，亦要留意避免选择含起酥油等的产品，因为含起酥油就有反式脂肪。她又指，不少饼干都含有牛油成分，但标签上并没有列明是植物油或动物牛油，若植物油牛油就有机会因氢化过程而含有反式脂肪。儿科专科医生张杰表示，人造反式脂肪对人体短期影响不大，但长期摄取会影响新陈代谢，「将血管塞住啦」，长期积累于血管内「清唔走」，继而引发心血管疾病。他续说，人造反式脂肪对幼儿来说，短时间内虽然不会出现健康影响，但将来长大后对其健康会造成一定的坏影响。他建议家长为小朋友选购食品时，应避免买含有人造反式脂肪的食品，小朋友常吃的零食，较常会含有反式脂肪，但不要成为他们的正餐，最好都是避得就避。15款含起酥油或氢化植物油的饼干：四洲（Four Seas）梳打饼：芝麻、薯茄、紫菜、千岛沙律酱味固力果（Glico）百奇饼干条：朱古力、双重朱古力、抹茶、芒果金必氏（Ginbis）愉快动物饼：牛油味、紫菜味好朋友（Orion）鱼仔饼：鸡味、浓番茄汁味、海苔口味趣多多（Chips Ahoy!）珍宝朱古力碎朱古力曲奇饼和光堂（Wakodo）9个月起婴儿南瓜饼干钙条

Trans fats chronically damage children's cardiovascular system 15 biscuits contain butter hidden trans fats affect heart health, WHO has called on countries to eliminate artificial trans fats food. TOPick inspected 123 cookies on the market and found that 15 cookies, though labeled as "0 grams" in their food labels, were made from shortening or hydrogenated vegetable oil, which was the source of trans fats. Doctors have warned that trans fats may have a chronic effect on cardiovascular health and increase the risk of growing up. Children may be exempted from it. According to the current nutrition labeling system in Hong Kong, trans fats can be labeled as 0 grams per 100 grams of food containing less than 0.3 grams of trans fats. According to the Center for Food Safety, trans fats are mainly derived from foods made from hydrogenated vegetable oils, which are converted from liquids to semi-solids or solids during the hydrogenation process, and trans fats are formed at the same time. Shortening and margarine are common examples. In addition to trans fats produced artificially, trans fats are also taken in through natural sources, such as sheep's milk and fat, which contain small amounts of trans fats, and if the ingredients are present in foods. Kathy, a nutritionist recognized by the Hong Kong Institute of Nutritionists and founder of the Home Nutrition Centre, explained that hydrogenated oils were widely used because they extended the shelf life of foods, made them more delicious, and were generally cheaper. Short-skinned foods such as biscuits all had semihydrogenated oils, which resulted in the presence of artificial oils. Trans fat, She cautioned that in addition to choosing biscuits with "0g" trans fats, care should be taken to avoid products containing shortening, which has trans fats. She also points out that many biscuits contain butter, but the label does not specify that it is vegetable or animal butter, if the vegetable butter has the opportunity to hydrogenate and contain trans fats. Zhang Jie, a pediatrician specialist, said that artificial trans fats have little short-term impact on the body, but long-term intake will affect metabolism, "blocked the blood vessels" and long-term accumulation in the blood vessels, "clear not walk" and then lead to cardiovascular and other diseases. He adds that artificial trans fats do not have any health effects for young children in the short term, but they will have some negative effects on their health when they grow up in the future. He advises parents to avoid buying foods that contain artificial trans fats when choosing food for their children. Children often eat snacks that contain trans fats, but do not become their dinner. It is best to avoid them. 15 cookies with butter or hydrogenated vegetable oil: Four Seas comb: sesame, tomato, laver, Thousand Island Salad Sauce Glico cookies: chocolate, double chocolate, maccha, Ginbis Mango Happy Animal Cake: butter, laver Orion Chicken flavor, strong flavor of tomato sauce and seaweed taste are very interesting (Chips Ahoy!) Chocolate, chocolate chip cookies and Wakodo, 9 months, baby pumpkin cookies, calcium bars.
2. 昵称: 钱多多营养师

性别: 女

地区: 北京

生日: 1983-05-25

认证: 个人
- Nickname: 钱多多营养师

Sex: female

Area: Beijing

Birthday: 1983-05-25

Identity: Person
- 时间: 2018-10-09 11:26

来自: 微博 weibo.com

转发数: 1

评论数: 0

点赞数: 1
- Time: 2018-10-09 11:26

Source: 微博 weibo.com

Repost: 1

Comment: 0

Like: 1
- 【给孩子选零食不要被“忽悠了”】现在很多食物都声称“绝对不含反式脂肪酸”，食品营养成分表中通常会标注反式脂肪酸的含量为0，但这不代表没有。因为如果其含量小于0.3%，是可以标注为0的。所以建议看一下配料表，如果里面有氢化植物油、人造黄油、人造奶油、植脂末、起酥油、代可可脂等这些成分，建议不要给孩子少选为好。
3. 昵称: 美女来买纳198501

性别: 男

地区: 辽宁

生日: 1984-12-20

认证: 无
- Nickname: 美女来买纳198501

Sex: male

Area: Liaoning

Birthday: 1984-12-20

Identity: None
- 时间: 2018-10-09 22:17

来自: 荣耀V9 我想要的快

转发数: 0

评论数: 0

点赞数: 0
- Time: 2018-10-09 22:17

Source: 荣耀V9 我想要的快

Repost: 0

Comment: 0

Like: 0
- 【哪些食物暗藏反式脂肪】氢化植物油与普通植物油相比更加稳定，可以使食品外观更好看，口感松软。威化饼干、夹心饼干、奶油蛋糕、方便面等零食中的反式脂肪酸含量较高，买食品前看配料表和营养标签，植物起酥油、代可可脂、氢化植物油这些名字，都是反式脂肪酸代名词。Hydrogenated vegetable oils are more stable than ordinary vegetable oils, making foods look better and feel soft. Vega biscuits, sandwich biscuits, cream cakes, instant noodles and other snacks contain high levels of trans fatty acids. Look at the ingredients list and nutritional labels before buying food. The names of vegetable shortening, cocoa butter substitute and hydrogenated vegetable oil are synonyms for trans fatty acids.
4. 昵称: 像小gg琼531

性别: 男

地区: 上海

生日: 1985-11-09

认证: 无

Nickname: 像小gg琼531	Sex: male	Area: Shanghai	Birthday: 1985-11-09	Identity: None
时间: 2018-10-09 20:31 Time: 2018-10-09 20:31	来自: OPPO R11s Plus Source: OPPO R11s Plus	转发数: 0 Repost: 0	评论数: 0 Comment: 0	点赞数: 0 Like: 0

【哪些食物暗藏反式脂肪】氢化植物油与普通植物油相比更加稳定，可以使食品外观更好看，口感松软。威化饼干、夹心饼干、奶油蛋糕、方便面等零食中的反式脂肪酸含量较高，买食品前看配料表和营养标签，植物起酥油、代可可脂、氢化植物油这些名字，都是反式脂肪酸代名词。
Hydrogenated vegetable oils are more stable than ordinary vegetable oils, making foods look better and feel soft. Vega biscuits, sandwich biscuits, cream cakes, instant noodles and other snacks contain high levels of trans fatty acids. Look at the ingredients list and nutritional labels before buying food. The names of vegetable shortening, cocoa butter substitute and hydrogenated vegetable oil are synonyms for trans fatty acids.

5. 昵称: 御姐控本点娜200307	性别: 女	地区: 山东	生日: 1997-10-06	认证: 无
Nickname: 御姐控本点娜200307	Sex: female	Area: Shandong	Birthday: 1997-10-06	Identity: None
时间: 2018-10-09 19:27 Time: 2018-10-09 19:27	来自: OPPO R9s Source: OPPO R9s	转发数: 0 Repost: 0	评论数: 0 Comment: 0	点赞数: 0 Like: 0

【哪些食物暗藏反式脂肪】氢化植物油与普通植物油相比更加稳定，可以使食品外观更好看，口感松软。威化饼干、夹心饼干、奶油蛋糕、方便面等零食中的反式脂肪酸含量较高，买食品前看配料表和营养标签，植物起酥油、代可可脂、氢化植物油这些名字，都是反式脂肪酸的代名词。
Hydrogenated vegetable oils are more stable than ordinary vegetable oils, making foods look better and feel soft. Vega biscuits, sandwich biscuits, cream cakes, instant noodles and other snacks contain high levels of trans fatty acids. Look at the ingredients list and nutritional labels before buying food. The names of vegetable shortening, cocoa butter substitute and hydrogenated vegetable oil are synonyms for trans fatty acids.

6. 昵称: 用户6741793571	性别: 男	地区: 江苏	生日: 1980-12-22	认证: 无
Nickname: 用户6741793571	Sex: male	Area: Jiangsu	Birthday: 1980-12-22	Identity: None
时间: 2018-10-09 19:15 Time: 2018-10-09 19:15	来自: 前后2000万 OPPO R11 Source: 前后2000万 OPPO R11	转发数: 0 Repost: 0	评论数: 0 Comment: 0	点赞数: 0 Like: 0

【哪些食物暗藏反式脂肪】氢化植物油与普通植物油相比更加稳定，可以使食品外观更好看，口感松软。威化饼干、夹心饼干、奶油蛋糕、方便面等零食中的反式脂肪酸含量较高，买食品前看配料表和营养标签，植物起酥油、代可可脂、氢化植物油这些名字，都是反式脂肪酸代名词。
Hydrogenated vegetable oils are more stable than ordinary vegetable oils, making foods look better and feel soft. Vega biscuits, sandwich biscuits, cream cakes, instant noodles and other snacks contain high levels of trans fatty acids. Look at the ingredients list and nutritional labels before buying food. The names of vegetable shortening, cocoa butter substitute and hydrogenated vegetable oil are synonyms for trans fatty acids.

7. 昵称: 爱美食的方而英	性别: 女	地区: 辽宁	生日: 1999-09-06	认证: 无
Nickname: 爱美食的方而英	Sex: female	Area: Liaoning	Birthday: 1999-09-06	Identity: None
时间: 2018-10-09 19:12 Time: 2018-10-09 19:12	来自: vivo X20全面屏手机 Source: vivo X20全面屏手机	转发数: 0 Repost: 0	评论数: 0 Comment: 0	点赞数: 0 Like: 0

【哪些食物暗藏反式脂肪】氢化植物油与普通植物油相比更加稳定，可以使食品外观更好看，口感松软。威化饼干、夹心饼干、奶油蛋糕、方便面等零食中的反式脂肪酸含量较高，买食品前看配料表和营养标签，植物起酥油、代可可脂、氢化植物油这些名字，都是反式脂肪酸的代名词。
Hydrogenated vegetable oils are more stable than ordinary vegetable oils, making foods look better and feel soft. Vega biscuits, sandwich biscuits, cream cakes, instant noodles and other snacks contain high levels of trans fatty acids. Look at the ingredients list and nutritional labels before buying food. The names of vegetable shortening, cocoa butter substitute and hydrogenated vegetable oil are synonyms for trans fatty acids.

8. 昵称: 用户6743907363	性别: 男	地区: 山西	生日: 1980-09-13	认证: 无
Nickname: 用户6743907363	Sex: male	Area: Shanxi	Birthday: 1980-09-13	Identity: None
时间: 2018-10-09 17:58 Time: 2018-10-09 17:58	来自: vivo X20全面屏手机 Source: vivo X20全面屏手机	转发数: 0 Repost: 0	评论数: 0 Comment: 0	点赞数: 0 Like: 0

【哪些食物暗藏反式脂肪】氢化植物油与普通植物油相比更加稳定，可以使食品外观更好看，口感松软。威化饼干、夹心饼干、奶油蛋糕、方便面等零食中的反式脂肪酸含量较高，买食品前看配料表和营养标签，植物起酥油、代可可脂、氢化植物油这些名字，都是反式脂肪酸的代名词。
Hydrogenated vegetable oils are more stable than ordinary vegetable oils, making foods look better and feel soft. Vega biscuits, sandwich biscuits, cream cakes, instant noodles and other snacks contain high levels of trans fatty acids. Look at the ingredients list and nutritional labels before buying food. The names of vegetable shortening, cocoa butter substitute and hydrogenated vegetable oil are synonyms for trans fatty acids.

9. 昵称: 举头三尺有表一妹200405	性别: 男	地区: 吉林	生日: 1990-12-10	认证: 无
Nickname: 举头三尺有表一妹200405	Sex: male	Area: Jilin	Birthday: 1990-12-10	Identity: None
时间: 2018-10-09 17:16 Time: 2018-10-09 17:16	来自: 华为麦芒3S Source: 华为麦芒3S	转发数: 0 Repost: 0	评论数: 0 Comment: 0	点赞数: 0 Like: 0

【哪些食物暗藏反式脂肪】氢化植物油与普通植物油相比更加稳定，可以使食品外观更好看，口感松软。威化饼干、夹心饼干、奶油蛋糕、方便面等零食中的反式脂肪酸含量较高，买食品前看配料表和营养标签，植物起酥油、代可可脂、氢化植物油这些名字，都是反式脂肪酸代名词。
Hydrogenated vegetable oils are more stable than ordinary vegetable oils, making foods look better and feel soft. Vega biscuits, sandwich biscuits, cream cakes, instant noodles and other snacks contain high levels of trans fatty acids. Look at the ingredients list and nutritional labels before buying food. The names of vegetable shortening, cocoa butter substitute and hydrogenated vegetable oil are synonyms for trans fatty acids.

今日被转发最多的微博

The most widely reposted weibos today

1. 昵称: 是肉凡啊	性别: 女	地区: 北京	生日: 1994-08-22	认证: 个人	今日被转发数: 1
Nickname: 是肉凡啊	Sex: female	Area: Beijing	Birthday: 1994-08-22	Identity: Person	Repost Today: 1
时间: 05月16日 18:40 Time: 05月16日 18:40	来自: iPhone 7 Plus Source: iPhone 7 Plus	转发数: 11873 Repost: 11873	评论数: 6033 Comment: 6033	点赞数: 7971 Like: 7971	

全球停用人造反式脂肪 这个话题上热搜我还挺意外的终于世卫注意到铺天盖地的全球反式脂肪的用量了，以前我还是个懵懂的瘦瘦女孩。每天最开心的就是喝奶茶（植脂末），啃袋装面包（反式脂肪），吃蛋糕（人造奶油），反脂最可怕的对我们来说并不是什么会带来心脑血管疾病因为年轻就是造，但最直接的表现展开全文c 全球停用人造反式脂肪 这个话题上热搜我还挺意外的终于世卫注意到铺天盖地的全球反式脂肪的用量了，以前我还是个懵懂的瘦瘦女孩。每天最开心的就是喝奶茶（植脂末），啃袋装面包（反式脂肪），吃蛋糕（人造奶油），反脂最可怕的对我们来说并不是什么会带来心脑血管疾病因为年轻就是造，但最直接的表现就是变胖。因为一旦吃到一定量的反脂身体是很难代谢的，就算有营养师说不难代谢，难道吃进去对身体就没有危害了吗？我们的重点不应该从健康出发吗，人造反式脂肪是心血管疾病最大的杀手之一！而且会破坏身体里好的脂肪关于这点大家可以多看一些科普文献。详细来说：反式脂肪酸对人体百害而无一利。首先是它强烈地促进腰腹型肥胖——让人长胖的“能力”是正常不饱和脂肪酸的7倍，即便每天吃的能量不超标，常年吃它也会让人腰腹堆积脂肪，继而成为促使很多疾病发生的共同的病理基础。如心脑血管疾病、糖尿病、脑功能早衰，也会影响免疫功能与生殖功能，增加罹患哮喘和过敏性疾病的危险。由于过量食用含反式脂肪酸的加工食品，我国动脉粥样硬化性心脏病（即冠心病）最小的发病年龄为16岁，高血脂最小的发病年龄是11岁，脂肪肝最小的发病年龄是12岁（此段转载国家一级营养师的文章）如何分清什么食物中有反式脂肪？动物脂肪中，含有一小部分反式脂肪，但是，这些反式脂肪往往没有什么问题，但是我重点想提醒大家的是日常中的反式脂肪，都是人工合成的，如果出现了“氢化”、“精炼”、“起酥”、“植物奶油”、“植脂”、“奶精”、“代可可脂”等字眼，肯定有反式脂肪酸成分。我最爱吃的惊奇脆片，包装上直接写了0.5克反式脂肪，而且不要被袋装包装的面包骗了，桃李曼可顿什么的上面虽然写无反式脂肪，但是划重点：卫生部2007年12月发布了《食品营养标签管理规范》，规定反式脂肪酸含量可以标示在“脂肪”下面，当反式脂肪酸含量≤0.3g/100g食品时，可标示为“0”或声称“无”或“不含”反式脂肪酸，吃一袋两袋的没什么，长时间吃真的很可怕。学生党早饭经常吃的袋装面包，像现在的面包店蛋糕店，有些蛋糕标着动物奶油的其实是植物奶油和动物奶油掺半，很多冰淇淋雪糕里面都有人造奶油，点名就批评雀巢8次方（因为我想吃但但是居然是代可可脂），还有很多牌子里都有，少吃一点反式脂肪就少长一点肉，毕竟吃了对身体无利的东西，希望宝子们健康美美的。

I was surprised when trans fats were forbidden all over the world, and finally the World Health Organization noticed how much trans fats were consumed around the world. I used to be a silly, thin girl, and the happiest part of the day was drinking milk tea, eating bags of bread (trans fats), eating cakes (margarine). Anti-fat is the most terrible for us is not what will bring cardiovascular and cerebrovascular diseases because we are young, but the most direct manifestation is to get fat, once you eat a certain amount of anti-fat body is difficult to metabolize, even if nutritionists say it is not difficult to metabolize, is not it harmful to the body to eat it? Shouldn't we focus on health? Artificial trans fats are one of the biggest killers of cardiovascular disease! And it will destroy good fat in the body. You can read more about popular science literature. In particular, trans fatty acids are harmful to humans. First, they strongly promote waist-abdominal obesity, which is seven times the "ability" of normal unsaturated fatty acids to gain weight. Even if you eat less energy every day, eating trans fatty acids throughout the year can cause fat accumulation in the waist and abdomen, which in turn contributes to many diseases. The pathological basis. Such as cardiovascular and cerebrovascular diseases, diabetes, premature brain failure, but also affect immune function and reproductive function, increase the risk of asthma and allergic diseases. As a result of excessive consumption of processed foods containing trans fatty acids, the minimum age of onset of atherosclerotic heart disease (coronary heart disease) in China is 16, the minimum age of onset of hyperlipidemia is 11, and the minimum age of onset of fatty liver is 12. Type of fat? Animal fats contain a small amount of trans fats, but these trans fats often have no problem. But I would like to remind you that trans fats are synthetic in everyday life.

If the words "hydrogenated", "refined", "crisped", "vegetable butter", "vegetable butter", "vegetable fat", "milk essence" and "cocoa butter substitute" appear, trans fatty acids must be present. My favorite surprise crisp, with 0.5 grams of trans fat on the package, and not to be fooled by bagged bread, is no trans fat on top of peach, limanton or something, but the point is: The Ministry of Health issued the Regulations for the Management of Food Nutrition Labels in December 2007, which stipulate that trans fatty acids can be labeled. Below the fat, when the trans fatty acid content is less than 0.3g/100g, it can be labeled as "0" or declared "no" or "no" trans fatty acid. It's nothing to eat two bags of trans fatty acid. It's really horrible to eat for a long time. Bags of bread that students often eat for breakfast, like bakeries and cakes today, are labeled with some cakes. Animal butter is actually mixed with vegetable butter and animal butter in half, many ice cream ice cream inside margarine, naming criticism Nestle octave (because I want to eat but actually cocoa butter), there are many brands have, eat less trans fat on less flesh, after all, eat the unhealthy food, hope that the children are healthy and beautiful.

专业机构发布的微博
Weibos from Authorities

1. 没有相关微博!
No such weibos!