

FOR RELEASE
February 1, 2017

Popular blood pressure clinics return for a fifth year

The Know Your Numbers campaign returns for a fifth year with free blood pressure clinics offered at a number of public venues throughout February to coincide with Heart Health Month.

The clinics provide an opportunity for Yukoners to get their blood pressure tested and learn more about how to keep their heart healthy.

This year, the Yukon Women's Midlife Clinic is offering a women's heart health public talk at the Kwanlin Dün Cultural Centre artists' studio in Whitehorse on February 8 from 6 to 8 p.m.

Quote

"These clinics have grown in popularity over the years, and for good reason. The chronic conditions support program screens for high blood pressure, identifies those at risk and provides an important educational component. We are committed to helping Yukoners be healthy and this is one way we are meeting that commitment."

–Minister of Health and Social Services Pauline Frost

Quick facts

- The Know Your Numbers campaign launched in 2013.
- From 2013 to 2016, 3,078 Yukoners participated in the campaign.
- In 2016, more than 750 Yukoners across the territory had their blood pressure screened at a Know Your Numbers clinic. Approximately 9 per cent of participants were identified as having high blood pressure and being at risk for hypertension.
- The campaign's goals are to detect Yukoners living with high blood pressure and connect them in with support, as well as increase awareness of the importance of blood pressure and how it relates to cardiovascular health.

Learn more:

Chronic conditions support program

See backgrounder.

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Backgrounder

The Whitehorse Know Your Numbers clinics are scheduled as follows:

February 6 - 7	Yukon Government Main Administration Building	9 a.m. - 3 p.m.
February 8	Superstore pharmacy	10:30 a.m. - 1:30 p.m. 4 p.m. - 7 p.m.
February 9	Yukon College	9 a.m. - 1 p.m.
February 10	Whitehorse Health Centre	9 a.m. - 4 p.m.
February 11	Canada Games Centre	10 a.m. - 2 p.m.
February 13	Whitehorse Health Centre	9 a.m. - 3 p.m.
February 14	Elijah Smith Building	8:30 a.m. - 3:30 p.m.

February 15	Whitehorse Health Centre	3 p.m. - 7 p.m.
February 16	Whitehorse Health Centre	9 a.m. - 1 p.m.
	Canada Games Centre	3 p.m. - 7 p.m.
February 17	Whitehorse Health Centre	9 a.m. - 1 p.m.

The Dawson City clinics are scheduled at the Dawson City Post Office, from noon to 1 p.m. on February 6, 7, 8, 9, and 10.

The Watson Lake clinics are scheduled as follows:

February 1	Signpost Seniors Centre	11 a.m. - 1 p.m.
February 6 and 13	Watson Lake Health Centre	1 p.m. - 4 p.m.
February 20	Lower Post Health Centre	1 p.m. - 3:30 p.m.
February 27	Super A Foods	1 p.m. - 4 p.m.

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