



Republic of the Philippines  
Department of Education  
Region VII – CENTRAL VISAYAS  
SCHOOLS DIVISION OF BOHOL

Office of the Schools Division  
Superintendent

May 12, 2022

Division Memorandum  
No. 0299 series of 2022

For: Public Schools District Supervisor/Acting Public Schools District Supervisors  
School Administrators  
School Clinic-in-Charge  
Health and Nutrition Personnel  
Teaching and Non-teaching Personnel  
All others concerned

Subject: **NATIONAL HYPERTENSION AWARENESS MONTH 2022**

- I. Pursuant to Proclamation No, 1761, s. 2009, declaring the month of May each year as “Hypertension Awareness Month”, this office expresses support for the National Hypertension Awareness Month of May 2022.
- II. Furthermore, World Hypertension day is celebrated annually on the **17th May**. The main aim of the day is to educate the public and increase awareness of hypertension, which is also commonly known as high blood pressure.
- III. Hypertension is a major cause of a range of health problems such as strokes, heart attacks and kidney disease, and can also contribute to dementia. Many people who suffer from hypertension are not aware that they have it as there can be no symptoms, often people only find out after suffering a heart attack or stroke.
- IV. In this regard, all concerned are encouraged to have their blood pressure checked by their nearest health care provider or facility and be mindful of healthy lifestyle and diet practices.
- V. For the information and support of all concerned.

  
**BIANITO A. DAGATAN EdD, CESO V**  
Schools Division Superintendent



## BLOOD PRESSURE GUIDELINES

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
<b>Normal</b>	<b>less than 120</b>	<b>and</b>	<b>less than 80</b>
<b>Elevated</b>	<b>120-129</b>	<b>and</b>	<b>less than 80</b>
<b>High Blood Pressure</b> (Hypertension) Stage 1	<b>130-139</b>	<b>or</b>	<b>80-89</b>
<b>High Blood Pressure</b> (Hypertension) Stage 2	<b>140 and higher</b>	<b>or</b>	<b>90 or higher</b>
<b>Hypertensive Crisis</b> (Consult your doctor immediately)	<b>higher than 180</b>	<b>and/or</b>	<b>higher than 120</b>



0050 Lino Chatto Drive Barangay Cogon, Tagbilaran City, Bohol  
 Tel Nos.: (038) 412-4938; (038) 411-2544 (038) 501-7550  
 Telefax: (038) 501-7550 email add: [deped.bohol@deped.gov.ph](mailto:deped.bohol@deped.gov.ph)

