



Department of Health
Agency of Human Services



Libraries to Make Blood Pressure Monitors Available in 2015



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Media Contact:

Vermont Department of Health
Communication Office
802-863-7281

BURLINGTON – The Vermont Department of Health is working with a network of 12 libraries statewide to make blood pressure monitors available to borrow for up to a month, beginning in January 2015. Library staff will also offer borrowers the ability to record and track readings.

Making the monitors available is part of the U.S. Department of Health and Human Services (HHS) **Million Hearts®** initiative to prevent one million heart attacks and strokes by 2017.

Participating libraries include: Rochester Public Library (Rochester), Winooski Memorial Library (Winooski), Pettee Memorial Library (Wilmington), Essex Free Library (Essex Junction), Cobleigh Public Library (Lyndonville), Hartland Public Library (Hartland), Calef Memorial Library (Washington), Baldwin Memorial Library (Wells River), Georgia Public Library (Fairfax), Hartford Library (Hartford), Carpenter-Carse Library (Hinesburg), and Richmond Free Library (Richmond).

“With one-third of Americans suffering from hypertension, we’re looking for creative ways to address the problem,” said Health Commissioner Tracy Dolan. “Something as simple as regular monitoring of your blood pressure can be an important first step towards reducing the risk of heart disease.”

The Health Department offers resources and programs to help Vermonters prevent and control chronic disease, as well as treat tobacco, alcohol and substance abuse.

For more about the Million Hearts® initiative visit: <http://millionhearts.hhs.gov/index.html>

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Vermont Department of Health | 108 Cherry Street | Burlington, VT 05402
Voice: 802-863-7200 | In Vermont 800-464-4343 | Fax: 802-865-7754 | TTY/TDD: Dial 711 first
Health Care Provider Infectious Disease Reporting: 802-863-7240 or 800-640-4374
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