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Crystal Stairs Partners with Community Health Councils, Inc. to Raise Awareness of High Blood Pressure in LA County

Community Health Council's Know Your Digits! Be in Control. campaign aims to raise awareness of the importance of Hypertension screening and management among African Americans and Latinos in LA County

LOS ANGELES, Calif. (August 4, 2014) --- Crystal Stairs, a nonprofit child care and development agency serving the community of South Los Angeles and eight bordering neighborhoods, has announced its support of Community Health Councils (CHC) and its **Know Your Digits! Be In Control.** campaign. The month-long initiative, designed to educate African Americans and Latinos in Los Angeles County on the importance of managing and preventing hypertension, kicked off August 1 to increase the understanding of high blood pressure prevention and management.

One in three LA County residents is not aware that they have high blood pressure, and therefore do not have it controlled. Helping residents understand and control their blood pressure is the primary focus of this campaign. "**Know Your Digits,**" means knowing your blood pressure level and talking with your healthcare provider to learn how to effectively manage it.

During August, which has been designated **Know Your Digits!** month, Crystal Stairs and other partners will raise awareness of high blood pressure prevention and management by hosting interactive and educational activities. Those interested in learning more about the campaign should attend the launch event at the Ascot Branch of the Los Angeles Public Library located at 120 W. Florence Ave., Los Angeles, CA 90003 on Thursday, August 7, from 10:00 a.m. – 1:00 p.m. to receive information about managing blood pressure and a free blood pressure screening.

For more information on the **Know Your Digits! Be In Control.** campaign events and additional resources for high blood pressure visit www.knowyourdigits.org.

About Crystal Stairs

Crystal Stairs is a Los Angeles-based nonprofit child care and development organization whose mission is to improve the lives of families through child care services, research and advocacy. Guided by our mission and values, our purpose is to promote empowerment and self-sufficiency, helping families ascend the metaphorical staircase of life. For more information on Crystal Stairs, please visit www.crystalstairs.org

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