

The king had special demands for what he wanted available around the clock and in his home there was one special chef available just to supply him with what he desired for the moment. There was always minced meat, Pepsi-Cola, orange juice, hamburger bread, potatoes, onions and fresh fruit plus huge amounts of milk, sauerkraut and Vienna sausages, banana pudding, ice cream, cookies and chewing gum.

His favourite night-time snack was a simple sandwich: two slices of white bread covered with mashed banana, peanut butter and fried in a lot of margarine. The recipe suggests that it should be eaten with knife and fork...

Elvis hated strange food. When he once was served snails he refused to eat, arguing that "I don't want to eat anything I can step on when I walk out of my front door". In that respect his aversion is obviously shared by many others.

Pictures showing Elvis together with President Richard Nixon at the White House reveal a 35-year-old man who is already overweight. Elvis wanted Nixon to take action against drugs and saw the Beatles as an example of anti-Americanism and drug abuse in the popular culture. This was obviously ironic since Elvis himself at that time was a manifest abuser.

The outfits in which Elvis is seen on stage became wider and wider to cover his ever-growing body. Elvis became fatter and fatter, was inaudible when he was singing on stage, fell out of cars, hung on to the microphone like a lamppost and shortened his performances but would still draw large audiences. In 1977 he would sit in his rooms almost unable to move and he was suffering from glaucoma, high blood pressure, liver damage, gastrointestinal problems and degenerative arthritis, all potentially related to his weight problem and drug abuse.

Elvis was found dead in his bathroom when his staff came to pick him up to fly out of Memphis for another concert tour. Hundreds of thousands of fans followed the casket. He was buried in Memphis next to his mother but an attempt was made to steal his body 11 days after the funeral and so the remains of both Elvis and his mother were reburied safe inside the Graceland Meditation Garden.

There are several food references in his lyrics: Money honey, blueberry hill, crawfish and others.

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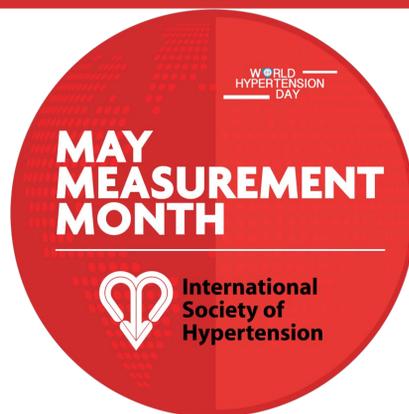
MAY MEASUREMENT MONTH

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May Measurement Month 2019: The global Blood Pressuring Screening Campaign builds momentum across the world

Thanks to the commitment and generous support of many national hypertension and cardiac societies, thousands of volunteers from over 80 countries came together for the third time to run the largest mass synchronised blood pressure screening campaign during May Measurement Month (MMM) 2019.

Once again we have seen a busy MMM across our social media feeds (@maymeasure) with photos of blood pressure screening sites in many diverse locations in both urban and rural areas showing some great imagination. These included hospital waiting rooms, universities, workplaces, pop up events in parks, markets and shopping malls, places of worship and door to door campaigns in remote villages. We also saw some new screening ideas, at yoga centres, world heritage sites and football stadiums. In Sri Lanka the MMM team even incorporated MMM into the medical test required for drivers' licences, National Police in the Philippines had their blood pressure measured and the Nepal MMM team used their social media network to promote their campaign so widely that they received a request to hold an MMM screening site at a wedding banquet! 2019 has been a busy year for publication too, with MMM's first supplement of 39 national papers from MMM17 published in the [European Heart Journal Supplement](#) in early April.



This was shortly followed by the publication of the detailed global MMM18 analysis in the European Heart Journal on the 1st May.

In 2018, we reached and measured the blood pressure of over **1.5 million people**. Of these people, 1 in 3 were discovered to have hypertension and of them, only a small proportion (1 in 3) had their condition under control, either because they were unaware, not on treatment, or both – or their treatment was not working well enough. 2019 has been a busy year for publication too, with MMM’s first supplement of 39 national papers from MMM17 published in the European Heart Journal Supplement in early April.



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Our hope is that MMM19 will continue to build on MMM17 and MMM18, to create further evidence by publishing the analysis to use to influence public health policy. We have already seen many countries engage with health ministers during MMM and the Nepalese government announced this May that budget would be allocated to combatting NCDs including hypertension.



This is a great result and, as part of MMM’s goal to increase awareness and influence health policy, we will look to provide guidance on how to use your MMM data in your country to that effect over the coming months.

A Simple Measure to Save Lives - Be part of it!

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