

# MEASURING SUCCESS PROVEN RESULTS

## Blood Pressure Self-Monitoring FACT SHEET: MAY 2016



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### BACKGROUND

According to the American Heart Association, nearly 80 million adults have high blood pressure in this country. Less than half have it under control. High blood pressure is most prevalent in racial and ethnic minority populations, and is often referred to as “The Silent Killer” because there are typically no warning signs or symptoms. High blood pressure is a key, modifiable, risk factor for both heart disease and stroke, which are two of the leading causes of death in the United States. As long-term adherence to lifestyle modifications and medication treatment can be challenging, many studies have focused on the potential of self-monitoring as a tool for blood pressure management.

In an effort to address these issues, the Y designed an evidence-based, self-monitoring program aimed to help participants better manage their blood pressure. The program emphasizes that self-monitoring and tracking of individuals’ blood pressure can play a significant role in reducing one’s blood pressure and improving their quality of life.

### PROGRAM OVERVIEW

The Blood Pressure Self-Monitoring program helps adults with hypertension lower and manage their blood pressure. The program focuses on regulated home self-monitoring of one’s blood pressure using proper measuring techniques, individualized support and nutrition education for better blood pressure management.

### DESCRIPTION

Participants will receive support from trained Healthy Heart Ambassadors for the duration of the four-month program. During this time, participants will be encouraged to:

- Measure and record their blood pressure at least two times per month
- Attend two personalized consultations per month
- Attend monthly Nutrition Education Seminars

### GOALS

- Reduction in blood pressure
- Better blood pressure management
- Increased awareness of triggers that elevate blood pressure
- Enhanced knowledge to develop healthier eating habits

### WHO QUALIFIES

- Be at least 18 years old
- Be diagnosed with high blood pressure
- Not have experienced a recent cardiac event
- Not have atrial fibrillation or other arrhythmias
- Not be at risk for lymphedema

“This program is an undiscovered gem as far as I am concerned. I am so glad that I participated...everyone was so kind, encouraging and positive. Please continue to provide this service. My doctor could not say enough about the manner in which I shared my blood pressure numbers and I was pleased to tell her that this program...was instrumental in giving me the tools to do so. Thank you so much!”

### BY THE NUMBERS

Participants served to date	1,957
Participants that were African American	40%
Participants with $\geq 2$ months between initial and final blood pressure reading	47%*
Number of states delivering program	22
Number of program sites delivering program	86
Healthy Heart Ambassadors trained by Y-USA	196
Average change (mm/mg) in systolic blood pressure in participants with $\geq 2$ months between initial and final readings	-6.3*
Average change (mm/mg) in diastolic blood pressure in participants with $\geq 2$ months between initial and final readings	-3.2*

Data as of May 2016

\*Data based on September 2015 data analysis

# "1 out of every 3 American adults have high blood pressure."

The American Heart Association

## PROGRAM DEMOGRAPHICS

### RACE

White: 47%  
 Black/AA: 40%  
 Other race: 4%  
 Asian: 2%  
 Two or more races: 1%  
 Hispanic/Latino: 7%

### AGE (Average 62)

Under 25: 1%  
 25-34: 3%  
 35-44: 8%  
 45-54: 16%  
 55-64: 24%  
 65-74: 32%  
 75 & Older: 16%

### GENDER

Female: 68%  
 Male: 32%

### REFERRAL SOURCE

Y staff member/volunteer:	70%
Doctor or other health care professional:	5%
Poster/Flyer/Y event:	6%
Friend/Family/Word of mouth:	6%
Mailing/E-mail communication:	3%
While participating in a Y program:	2%
Media (TV, web, radio, print, etc.):	3%
Other:	3%
Health fair or event at Y:	1%
Y's website:	1%

"I feel that this program has helped so many to realize how important having a normal blood pressure is. As a result of my participation in the program, I am making better eating choices and I have lowered my blood pressure drastically. I've been told I may be able to come off my medications as soon as within six weeks if this type of progress continues."

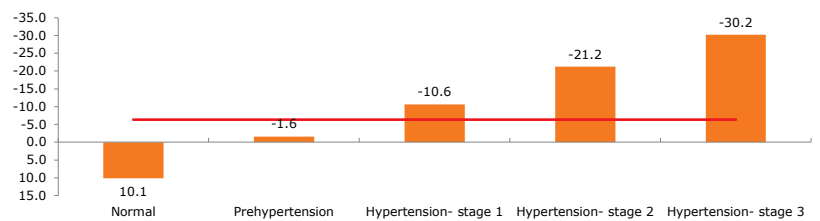
"I loved it, it really helped me to notice when my blood pressure was going up before I got to the point of having a headache."

## RESULTS

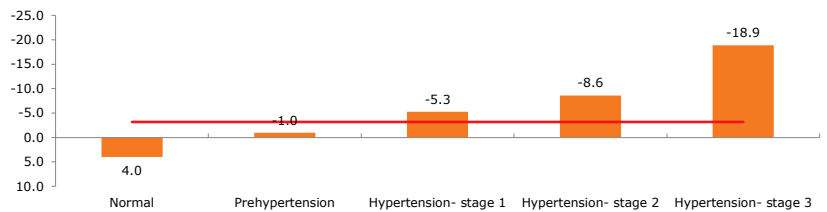
as of September 2015 outcomes analysis

Those participants who started the program in higher blood pressure categories demonstrated a greater change in systolic blood pressure and diastolic blood pressure.

### Change in systolic



### Change in diastolic



Participants were asked to provide feedback at the conclusion of the program about their plans to continue self-monitoring their blood pressure. Almost all program participants plan to continue to self-monitor their blood pressure.

I plan to continue to self-monitor my blood pressure.

94%

I have made progress toward my health and well-being goals as a result of participating in this blood pressure self-monitoring program.

87%