

# TAKE ACTION TO IMPROVE HEART HEALTH



## Blood Pressure Self-Monitoring Program June 2018

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.

### PROGRAM OVERVIEW

The Y designed the Blood Pressure Self-Monitoring program to help adults with hypertension lower and manage their blood pressure. The four-month 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. With the support from a trained Healthy Heart Ambassador, participants:

- 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

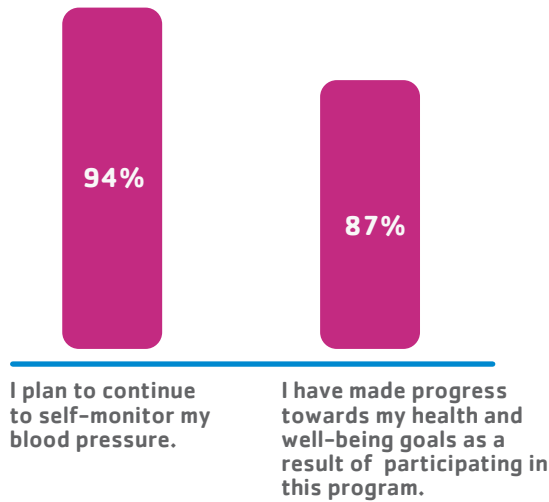
### BY THE NUMBERS

Number of Y associations offering the program	88
Number of states delivering the program	28
Number of BPSM program sites 65% Y Sites   35% non-Y Sites	208
Number of participants enrolled	5,075
Percentage of participants who begin the program uncontrolled <sup>^</sup>	53%
Percentage of participants who begin the program uncontrolled and became controlled	43%
Average change (mm/Hg) in systolic blood pressure (in uncontrolled)	-11.8*
Average change (mm/Hg) in diastolic blood pressure (in uncontrolled)	-6.6*

Data as of June 2018 | <sup>^</sup>Uncontrolled defined as  $\geq 140/90$   
<sup>\*</sup>Based on enrollees who have  $\geq 2$  months between initial and final blood pressure reading

## RESULTS

Participants were asked to provide feedback at the conclusion of the program about their plans to continue self-monitoring their blood pressure. **And, we are excited about what we heard!**



"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."

- Participant, Birmingham Metropolitan YMCA

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!"

- Participant, Volusia/Flagler YMCA

## PROGRAM DEMOGRAPHICS

### RACE

White/Caucasian:	55%
Black/African American:	33%
Other:	4%
Asian:	3%
Prefer Not to Answer:	3%
Native Hawaiian/Pacific Islander:	1%
Two or More Races	<1%
American Indian/Alaska Native:	<1%

### ETHNICITY

Hispanic/Latino:	10%
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### AGE

Under 25:	1%
25-24:	3%
35-44:	9%
45-54:	16%
55-64:	26%
65-74:	28%
75-84:	14%
85+:	4%

Average Age: 61

### GENDER

Female:	70%
Male:	30%

### REFERRAL SOURCE

YMCA Staff or Volunteer:	56%
Doctor or Health Care Professional:	14%
Friend, Family, Word of Mouth:	10%
Other:	10%
Poster, Flyer, Y Event:	6%
Media (TV, web, radio, print, etc.):	2%
Direct mailing or email communication:	2%
Y Website:	1%

**The Blood Pressure Self-Monitoring Program is at work at 208 sites in 28 states**

For a full list of sites, visit:  
[ymca.net/blood-pressure-self-monitoring](http://ymca.net/blood-pressure-self-monitoring)

