EVIDENCE-BASED PROGRAM

• Research shows that the simple process of checking and recording your blood pressure at least twice a month over four months may lower blood pressure in people with high blood pressure.
• Research shows that proper nutrition, particularly with a reduction in sodium, can help to lower diastolic and systolic blood pressure.

1 IN 3 AMERICAN ADULTS HAVE HIGH BLOOD PRESSURE

ONLY ABOUT HALF OF PEOPLE WITH HIGH BLOOD PRESSURE HAVE THEIR CONDITION UNDER CONTROL

NATIONAL COMMITMENT

YMCA of the USA is one of several partners in the Million Hearts® campaign launched by the U.S. Department of Health and Human Services. The goal of the campaign is to prevent one million heart attacks and strokes by 2017 through heart disease prevention activities.

PROGRAM REFERRAL

Provide a referral for your patient to participate in the YMCA’s Blood Pressure Self-Monitoring program today.

PATIENT NAME: ____________________

PROVIDER NAME: ____________________

____________________________   _____/_____/_____
Provider Signature             Date

TO QUALIFY, PARTICIPANTS WILL:
• 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

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FOR A SMALL INVESTMENT, PARTICIPANTS RECEIVE:

• An evidence-based program that may lower blood pressure
• Personalized support from a Healthy Heart Ambassador during Office Hour consultations
• Tips for maintaining cardiovascular health
• Heart healthy nutrition education
• Easy-to-use, portable self-tracking tool

HOW THE PROGRAM WORKS
Participants will work with trained Healthy Heart Ambassadors for the duration of the four-month program. During this time, participants will be encouraged to:

• Self-measure their blood pressure at least two times per month
• Attend two personalized consultations per month
• Attend monthly nutrition education seminars

Participants will record their blood pressure readings using an easy-to-use, self-selected tracking tool. The Y will provide options for participants who need a home blood pressure monitor.

PROGRAM GOALS

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

HEALTHY HEART AMBASSADORS
Healthy Heart Ambassadors will train participants to properly use a self-monitoring blood pressure cuff and emphasize the value of regular self-monitoring. Ambassadors will also provide ongoing personalized support as they strive to achieve their program goals.

OFFICE HOUR CONSULTATIONS
The Healthy Heart Ambassadors are available each week for personalized 10-minute consultations to support participants as they continue to better manage their blood pressure. Participants will also receive personalized weekly emails, calls or text messages from an Ambassador.

NUTRITION EDUCATION SEMINARS
Seminars will highlight the importance of practicing healthier eating habits. Seminar topics include:

• Dietary Approaches to Stop Hypertension (DASH)
• Reducing sodium intake
• Shopping, cooking and food preparation
• Eating for your heart

Each 60-minute seminar will also offer an area for participants to measure their blood pressure with coaching for proper measuring techniques from a Healthy Heart Ambassador.

For more information about the program, contact Wendy Spitznagel at 918.2148 or Wendy_Spitznagel@fwymca.org