Partners in Prevention: YMCA's Blood Pressure Self-Monitoring Program

Produced by the Alabama Department of Public Health Distance Learning and Telehealth Division



Association Community Health Director YMCA of Greater Birmingham

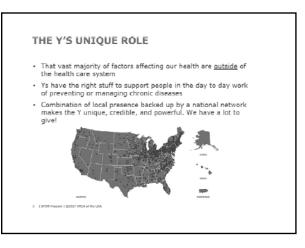


CHRONIC DISEASE IN THE U.S.: A CRISIS

"Chronic diseases and conditions such as heart disease, stroke, cancer, diabetes, obesity, and arthritis—are among the most common, costly, and preventable of all health problems."

- About half of all U.S. adults have at least one chronic disease
- Their medical care accounts for 84% of all U.S. health care expenditures
- 7 of the top 10 causes of death are chronic diseases. Heart disease is #1
- About 1 in 3 U.S. adults—an estimated 68 million—has high blood pressure

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THE Y'S NATIONAL MILLION HEARTS® COMMITMENT

The Initiative: Launched by HHS, Million Hearts® brings together communities, health systems, nonprofit organizations, federal agencies, and private-sector partners from across the country to fight heart disease and stroke.

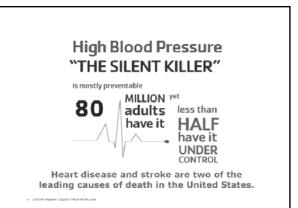
The Goal: Prevent 1 million heart attacks and strokes by 2017.

The Y Joins CDC, HHS and CMS in Million Hearts Initiative VRCs of the USA announce commitment to expand efforts to help reduce hear disease and stole CIIICAGO, September 13, 2011 - The Y announced its apport of the Million likerts Initiative initiative spectraleaded by the U.S. Department of Health and Human Breview, Costers In Disease Control and Prevention and Genters for Healcare and Healcade Derives that are to prevent one million heart statistics and strella over the healt the years - at an event today in Visibilington, D.C.

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BLOOD PRESSURE SELF-MONITORING (BPSM) PROGRAM OVERVIEW

4 month evidence-based program designed to help persons with high blood pressure better manage their blood pressure by developing the habit of self-monitoring:

 Guidance and tools for self-monitoring and tracking

- Healthy Heart Ambassador support via weekly Office Hours and messages
- Monthly Nutrition Education Seminars
- Data collected and managed in customized online database (REDCap)

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"Check It, Change It" enrolled patients from 8 clinics in Durham County, NC between 12/09/2010 and 11/11/2011.

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Who?	ING PROGRAM Adults with high blood pressure and/or on antihypertensive medication
	 Interested in self-monitoring No recent cardiac events, no atrial fibrillation/arrhythmias, no risk for lymphedema
What?	 4 month program supporting participants in developing the habit of self-monitoring and identifying opportunities for action through weakly support. 8 10-minute consultations Nutrition and physical activity information to aid in blood pressure control through lifestyle change
When? Where?	Anytime, anywhere (lobby, clinic, multipurpose space) Space for blood pressure stations and nutrition education seminars; adequate privacy Many non-YMCA sittes; workplaces, clinics, community centere
How?	Training on proper blood pressure measurement technique Orgoing support, education and coaching from trained staff Tools for self-monitoring and tracking Weekly messages, drop-in consultations, and seminars