

1 IN 3
AMERICAN ADULTS HAVE
HIGH BLOOD PRESSURE



Only about **1/2** of people with
high blood pressure have their
condition under control



REFERENCE: American Heart Association

Program Sites

**Williams YMCA of Avery County—
Blackburn Athletic Facility**

When: Mondays; 9:30—10:30 am

Start: January 4th, 2021

End: April 19th, 2021

Mitchell County Healthy Living Center

When: Tuesdays; 9:00—10:00 am

Start: January 5th, 2021

Ends: April 20th, 2021

Virtual—Nutrition Seminars

**Session 1: The DASH Approach to Food
Choices**

Session 2: Reducing Sodium Intake

**Session 3: Food Shopping, Preparation, and
Cooking**

Session 4: Heart Healthy Eating for Life

When: Last Thursday of Each Month

January 28th 1:00—2:00 pm

February 25th 1:00—2:00 pm

March 25th 1:00—2:00 pm

April 22nd 1:00—2:00 pm

For more information about the program:

Williams YMCA of Avery County

436 Hospital Drive, Suite 145

Linville, NC 28646

(828) 737-5500

www.ymcaavery.org

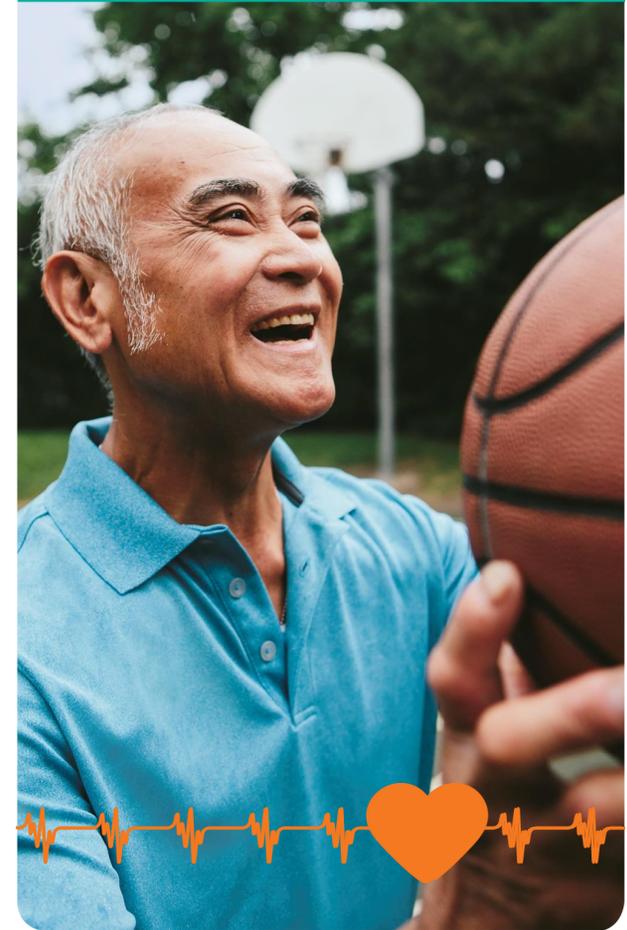
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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TAKE ACTION TO
IMPROVE
HEART HEALTH

Blood Pressure Self-Monitoring Program
Williams YMCA of Avery County



If you are living with high blood pressure, taking action to keep it well-controlled will minimize your risk for complications like stroke, heart attack, and even death.

High blood pressure, which makes the heart work harder than it should with each beat, is especially dangerous because it often has no warning signs and usually lasts a lifetime once it develops.

The simple process of checking and recording your blood pressure at least twice a month over a period of four months has been shown to lower blood pressure in many people with high blood pressure.

This forms the basis for the YMCA's **Blood Pressure Self-Monitoring Program**, an evidence-based program that features personalized support as you develop the habit of routinely self-monitoring your blood pressure, tips for maintaining your cardiovascular health, and nutrition education.

HOW THE PROGRAM WORKS

Participants will work with trained Healthy Heart Ambassadors for the duration of the four-month program. Just a few check-ins per month can yield big results. You will:

- **Take your own blood pressure at least two times per month**
- **Attend two consultations with a YMCA Healthy Heart Ambassador per month – no appointment necessary**
- **Attend monthly nutrition education**

You will record your blood pressure readings using an easy-to-use tracking tool of your own choosing. The Y can provide options for participants who need a home blood pressure monitor.



A SMALL INVESTMENT PRODUCES BIG RESULTS

The YMCA's Blood Pressure Self-Monitoring Program helps participants:

Reduce their blood pressure by identifying patterns and trends on which to take action

- **Better manage their blood pressure over time**
- **Increase their awareness of triggers that elevate blood pressure**
- **Improve their knowledge of heart-healthy eating habits**
- **Enrich communication with their health care provider by sharing self-monitoring results**

TO QUALIFY, YOU MUST:

- 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

YMCA membership is not required to participate in the program.

PROGRAM FEATURES

HEALTHY HEART AMBASSADORS

Certified Healthy Heart Ambassadors will train you on the proper technique for taking your own blood pressure readings accurately, will assist you in identifying trends and patterns in your readings over time, and will provide ongoing support as you work to make blood pressure self-monitoring a habit.

OFFICE HOUR CONSULTATIONS

Healthy Heart Ambassadors are available each week for one-on-one 10-minute consultations to support you as you continue to better manage your blood pressure. You'll be asked to attend at least two consultations a month, but you will be welcome any time a Healthy Heart Ambassador is on-duty. To ensure you feel supported throughout the program, you will also receive weekly emails, calls or text messages from a Healthy Heart Ambassador.

NUTRITION EDUCATION SEMINARS

Seminars will highlight how food is related to blood pressure management and will provide you with the knowledge and skills to make heart-healthy choices. Seminar topics include reducing sodium intake and heart healthy eating. Each 60-minute seminar will also offer an opportunity for you to take your own blood pressure with coaching on proper technique from an on-site Healthy Heart Ambassador.