

TAKE ACTION TO IMPROVE HEART HEALTH



Blood Pressure Self-Monitoring Program FACT SHEET: MARCH 2021

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

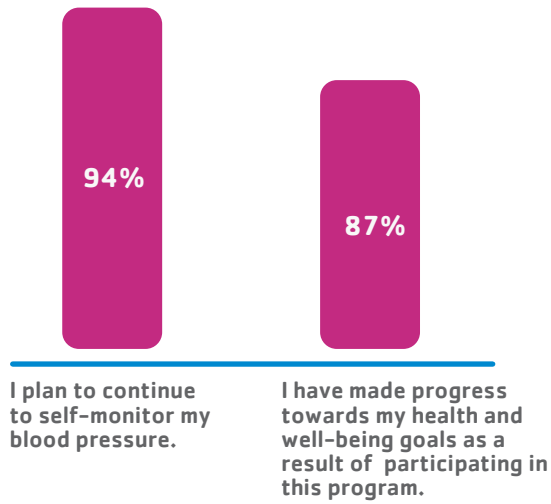
BY THE NUMBERS

Number of participants	9,236
Average number of office hours attended	5.2
Percentage of participants who begin the program uncontrolled [^]	52%
Percentage of participants who begin the program uncontrolled and became controlled	49%
Average change (mm/Hg) in systolic blood pressure (in uncontrolled)	-11.1*
Average change (mm/Hg) in diastolic blood pressure (in uncontrolled)	-6.0*
Number of states delivering the program	40
Number of Y associations offering the program	216
Number of program sites 62% Y Sites 38% Non-Y Sites	651

Data as of Mar. 2021 | [^]Uncontrolled defined as $\geq 140/90$
^{*}Based on enrollees who have ≥ 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 or Caucasian	53%
Black or African American	32%
A race not listed here	3%
Asian	3%
Prefer not to answer	6%
Native Hawaiian/Other Pacific Islander	1%
Two or more races	1%
American Indian/Alaska Native	<1%

ETHNICITY

Hispanic/Latino	11%
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AGE

18-24	1%
25-44	12%
45-64	41%
65+	44%

Average Age	61
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SEX

Female	69%
Male	30%

REFERRAL SOURCE

YMCA Staff/Volunteer	41%
Doctor/Other Health Care Professional	18%
Media/Marketing	11%
Other	10%
Friend/Family/Word of Mouth	8%
Current/Former Program Participant	1%
Employer	<1%

*Referral source categories are reflective of those reporting a referral source at enrollment

Blood Pressure Self-Monitoring National Footprint

For a full list of sites, visit: ymca.net/blood-pressure-self-monitoring

