

HEALTH COACHES FOR HYPERTENSION CONTROL

- According to recent statistics, almost half of American adults (108 million) have diagnosed high blood pressure, called hypertension, and it's estimated that only 1 in 4 have the condition under control. High blood pressure generally develops over time, and while certain medical conditions contribute it is primarily lifestyle habits that are the culprit. These lifestyle factors include tobacco use, excessive alcohol consumption, lack of exercise, poor sleep, high stress and eating a poor diet.
- While medications often help treat high blood pressure, lifestyle changes must also be part of the treatment. Many simple lifestyle changes can help to curb high blood pressure. Some take effect over time, while others take effect immediately!
- Clemson's Institute for Engaged Aging developed an evidence-based program called **Health Coaches for Hypertension Control** to help people diagnosed with high blood pressure manage their condition.
- Thanks to a grant from and in collaboration with Montana Department of Public Health and Human Services, St. Peter's Health Wellness Services is offering this program FREE to those with high blood pressure.
- This 8-session weekly program is about 1.5 hours long and helps manage the condition by focusing on nutrition, physical activity, stress management and more. Trained facilitators guide the small-group program and participants receive a free electronic blood pressure monitor and other educational materials, like cookbooks and pedometers, among others.

Registration is necessary and there are options for mid-day or evening sessions. For more information and to register for the next available program, visit sphealth.org/hhcprogram.



Participants get a free blood pressure home monitor, DASH cookbook, pedometer, and other awesome stuff!

Session 1: Health Risk Appraisal & Action Plan

Establishes a welcoming environment for introductions and an overview of the program. Participants will develop a short-term action plan and complete surveys.

Session 2: Hypertension and Risk

Gain better knowledge of the link between high blood pressure and disease, learn about proper treatment, and practice taking measurements with a personal blood pressure monitor.

Session 3: Nutrition

An appropriate diet pattern is one of the best ways to reduce high blood pressure. Participants will learn how to identify healthy foods and learn their effects on blood pressure.

Session 4: Tobacco Use Cessation

Introduction of the consequences of tobacco on high blood pressure. Learn of the evidence-based programs available to help users quit. If no tobacco users are present, more nutrition info given.

Session 5: Physical Activity

Learn why movement is so important for high blood pressure, and develop the basics of a personal physical activity program.

Session 6: Medication Management

Talk with a St. Peter's pharmacist to better understand medication effects and overcoming any barriers to taking prescribed medications.

Session 7: Stress Management

Learn the links between stress and high blood pressure, and practice techniques to reduce stress.

Session 8: Individualized Action Plan

Develop a long-term action plan and contract for change.