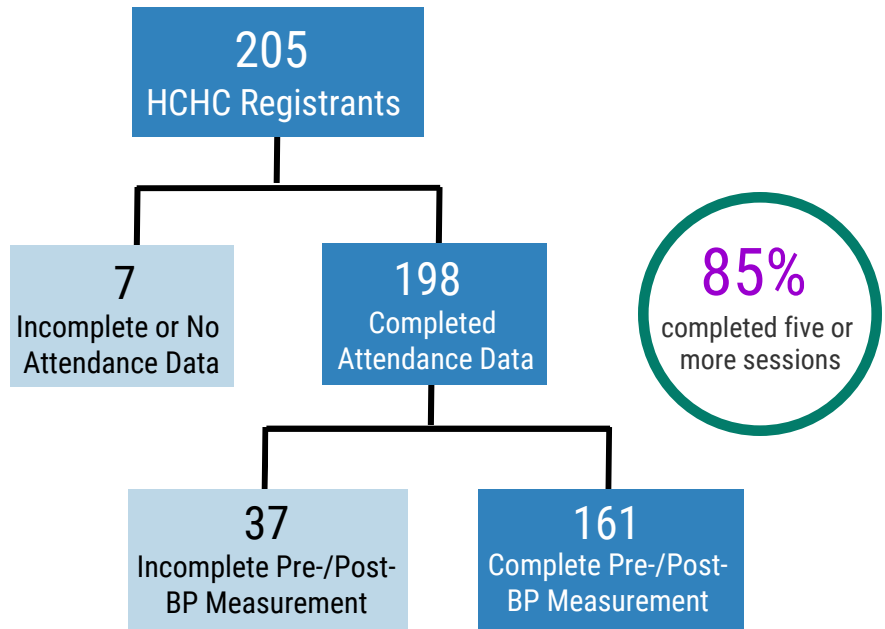


# Health Coaches for Hypertension Control, Years 1-5

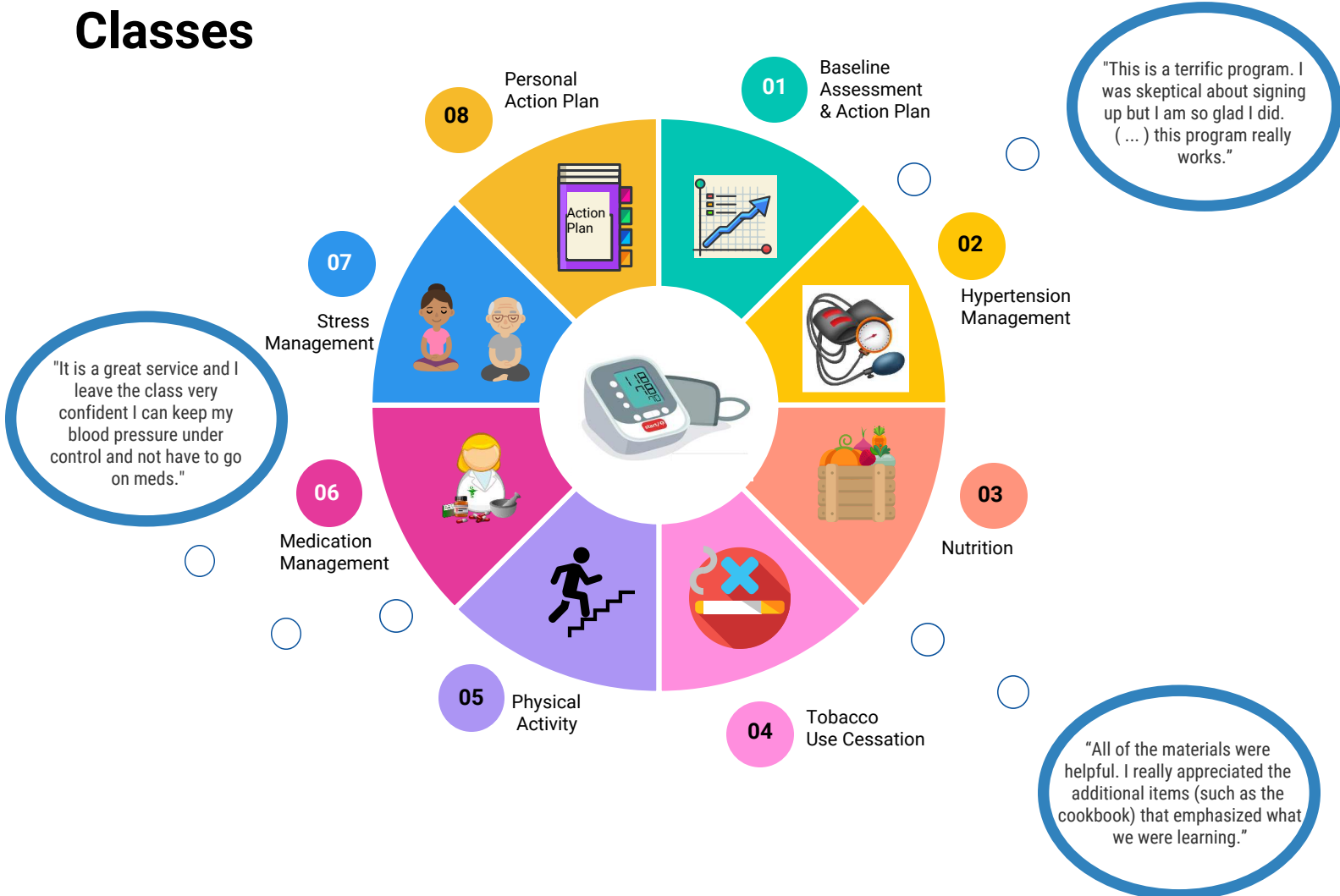


**Summary** of the evidence-based program: Health Coaches for Hypertension Control (HCHC)\* is an 8-week course for people with high blood pressure (HBP) or at risk of HBP. The classes educate patients on lifestyle choices, focusing on several areas of self-care to help them reduce risk and lower BP. Courses are offered in eight counties across Montana.

## Participants



## Classes



\*MT HCHC License Agreement with Clemson University Institute for Engaged Aging (CU-IEA)

# Health Coaches for Hypertension Control, Years 1-5 cont.

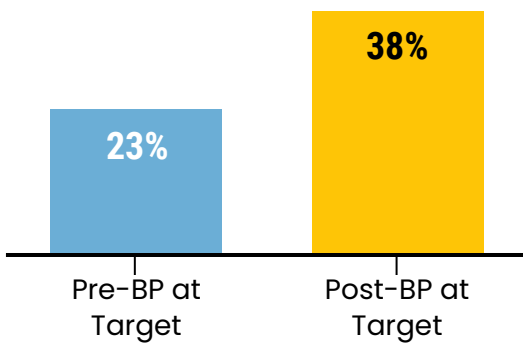


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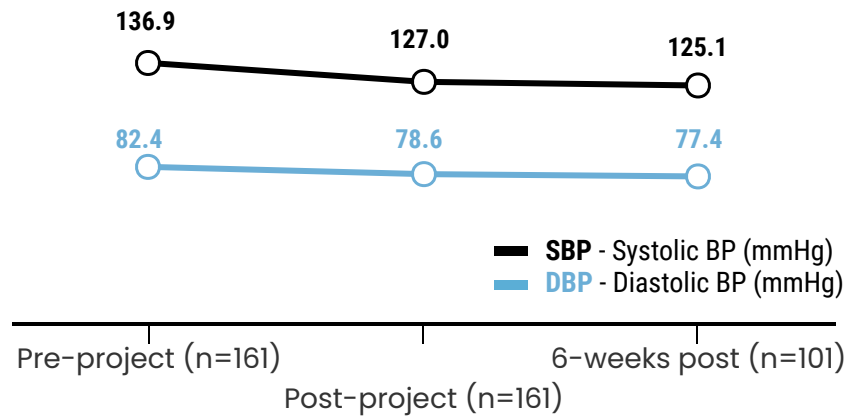


## Results

More participants have BP at target (BP < 130/80 mmHg) at end of class



Average BP measurements improved



## Barriers

- Lengthy pre-/post-survey tools
- Learning did not translate to action
- Participant time commitment
- COVID-19 pandemic
- Technology issues for participants (i.e., Zoom sign-up)
- Participant compliance - class attendance
- Recruiting and maintaining participation
- Difficulty managing larger classes
- Getting paperwork completed after virtual sessions

## Successful Aspects

- Aha moments
- No cost program with free information and materials
- Promoting the program in community
- Tools very helpful
- Building interpersonal relations and comradery is important to participation
- Biggest "eye opener" was the nutrition session
- Empower participants to take charge of their health
- Good facilitated and structured program
- Increased knowledge on how to take accurate BP
- Setting achievable goals

## Success Story

*One participant learned so much throughout the class, especially the nutrition session, that she made more drastic changes. She became a gluten free vegan while adding more exercise during the program. She was limited with exercise because of her health prior to the program. By week 7, she saw the biggest improvement with her blood pressure and ability to exercise! Her blood pressure were better than they had been in a long time. She was so excited with the results that she wants to stick with it and tell her doctor as soon as possible!*