Summary of the evidence-based program: Health Coaches for Hypertension Control (HCHC)*; an 8-week course targeted for people with high blood pressure (HBP) or at risk of HBP that raises awareness about the increased risks associated with HBP and educates patients on lifestyle choices intended to help them reduce and control their HBP. It focuses on several areas of self-care that may allow participants to lower their blood pressure or even reduce or eliminate medications.

Participants

- 25 HCHC Registrants
  - 7 Incomplete or No Attendance Data
  - 86 Completed Attendance Data
  - 16 Incomplete Pre-/Post-BP Measurement
  - 70 Complete Pre-/Post-BP Measurement

Classes

- Personal Action Plan
- Baseline Assessment & Action Plan
- Hypertension Management
- Medication Management
- Nutrition
- Physical Activity
- Tobacco Use Cessation
- Stress Management
- "It is a great service and I leave the class very confident I can keep my blood pressure under control and not have to go on meds."
- "This is a terrific program. I was skeptical about signing up but I am so glad I did. ( ... ) this program really works."
- "All of the materials were helpful. I really appreciated the additional items (such as the cookbook) that emphasized what we were learning."

Results

- More participants have BP at target (BP < 130/80 mmHg)
  - Pre-BP at Target: 27%
  - Post-BP at Target: 36%
- Average blood pressure (BP) measurements improved
  - Systolic BP (SBP): 136.6 → 127.5 → 125.6
  - Diastolic BP (DBP): 83.4 → 79.2 → 77.3

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