## **Health Coaches for** Hypertension Control, Years 1-5 DEPARTMENT OF

**PUBLIC HEALTH & HUMAN SERVICES** 



**Participants** Summary of the evidence-based program: Health Coaches for Hypertension 205 Control (HCHC)\* is an 8-week course for **HCHC Registrants** people with high blood pressure (HBP) or at risk of HBP. The classes educate patients on lifestyle choices, focusing on several 85% areas of self-care to help them reduce risk 198 7 and lower BP. Courses are offered in eight Completed Incomplete or No completed five or Attendance Data more sessions Attendance Data counties across Montana. 37 161 Complete Pre-/Post-Incomplete Pre-/Post-**BP** Measurement **BP** Measurement Classes 'This is a terrific program. I Baseline Personal 01 Assessment was skeptical about signing Action Plan & Action Plan 80 up but I am so glad I did. (...) this program really works." 02 07 Hypertension Management 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. 06 03 Medication Nutrition Management 05 Physical Tobacco Activity 04 **Use Cessation** "All of the materials were helpful. I really appreciated the additional items (such as the cookbook) that emphasized wha we were learning."

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

#### Created: 07/06/22 Revised: 9/05/23

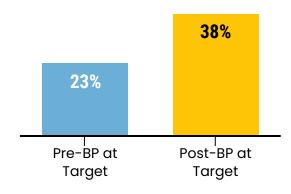
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# Results

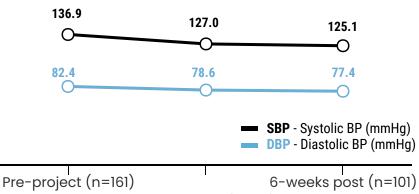
More participants have BP at target (BP < 130/80 mmHg) at end of class



### 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

Average BP measurements improved



Post-project (n=161)

# **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!

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