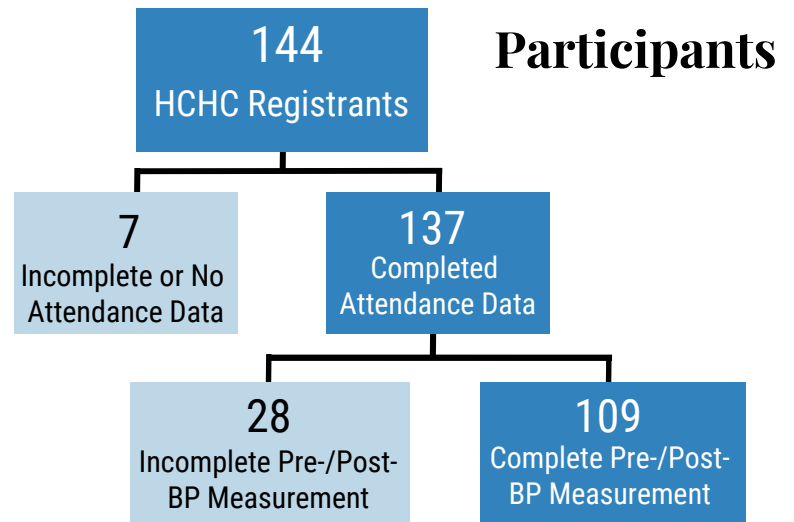


Health Coaches for Hypertension Control, Years 1-4



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 blood pressure. Courses are offered in eight counties across Montana.



Classes



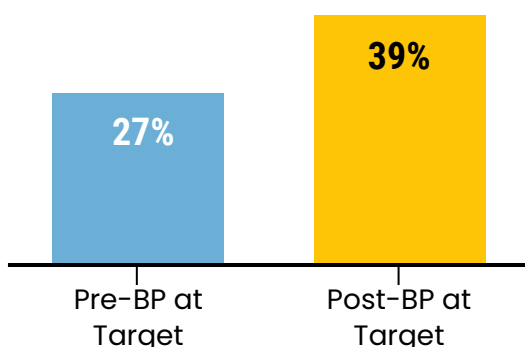
"This is a terrific program. I was skeptical about signing up but I am so glad I did.(...) this program really works."

"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."

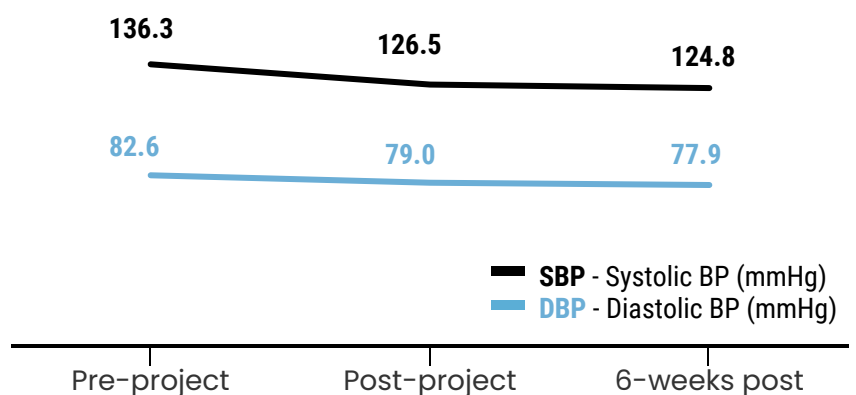
"All of the materials were helpful. I really appreciated the additional items (such as the cookbook) that emphasized what we were learning."

Results

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



Average blood pressure (BP) measurements improved



— SBP - Systolic BP (mmHg)
— DBP - Diastolic BP (mmHg)

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

