



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PARTNERS IN PREVENTION

**YMCA'S BLOOD PRESSURE SELF-MONITORING  
PROGRAM**



# BACKGROUND

# CHRONIC DISEASE IN THE U.S.: A CRISIS

“Chronic diseases and conditions—such as heart disease, stroke, cancer, diabetes, obesity, and arthritis—are among the most **common, costly, and preventable** of all health problems.”

- **About half** of all U.S. adults have at least one chronic disease
- Their medical care accounts for **84%** of all U.S. health care expenditures
- **7 of the top 10** causes of death are chronic diseases. Heart disease is **#1**
- About **1 in 3 U.S. adults**—an estimated 68 million—has high blood pressure

# HEALTHY LIVING

## IMPROVING THE NATION'S HEALTH AND WELL-BEING

### Critical Social Issues Affecting Our Communities:

- High rates of chronic disease and obesity (child and adult)
- Needs associated with an aging population
- Health inequities among people of different backgrounds

### Our Shared Intent:

To improve lifestyle health and health outcomes in the U.S., the Y will help lead the transformation of health and health care from a system largely focused on treatment of illnesses to a collaborative community approach that elevates well-being, prevention and health maintenance.

### Our Desired Outcomes:

People achieve their personal health and well-being goals

People reduce the common risk factors associated with chronic disease

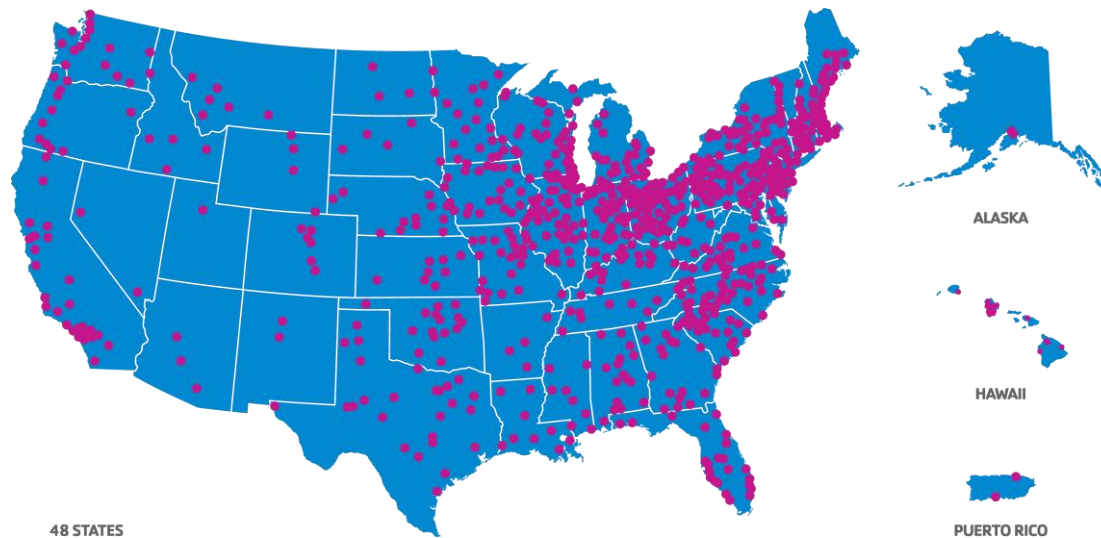
The healthy choice is the easy, accessible and affordable choice, especially in communities with the greatest health disparities

Ys emphasize prevention for all people, whether they are healthy, at-risk or reclaiming their health

Ys partner with the key stakeholders who influence health and well-being

# THE Y'S UNIQUE ROLE

- That vast majority of factors affecting our health are outside of the health care system
- Ys have the right stuff to support people in the day to day work of preventing or managing chronic diseases
- Combination of local presence backed up by a national network makes the Y unique, credible, and powerful. We have a lot to give!



# THE Y'S NATIONAL MILLION HEARTS® COMMITMENT

**The Initiative:** Launched by HHS, **Million Hearts®** brings together communities, health systems, nonprofit organizations, federal agencies, and private-sector partners from across the country to fight heart disease and stroke.

**The Goal:** Prevent 1 million heart attacks and strokes by 2017.

## **The Y Joins CDC, HHS and CMS in Million Hearts Initiative**

*YMCA of the USA announces commitment to expand efforts to help reduce heart disease and stroke*

**CHICAGO, September 13, 2011** – The Y announced its support of the Million Hearts Initiative – an initiative spearheaded by the U.S. Department of Health and Human Services, Centers for Disease Control and Prevention and Centers for Medicare and Medicaid Services that aims to prevent one million heart attacks and strokes over the next five years – at an event today in Washington, D.C.

# HEALTH EQUITY

## Intentional engagement of underserved communities

**Health Equity** is *"the condition in which everyone has the opportunity to 'attain their full health potential' and no one is 'disadvantaged from achieving this potential because of their social position or other socially determined circumstance.'"*

- CDC

- Doing our part requires:
  - Approaching communities with respect
  - Building trust
  - Developing strategic partnerships
  - Gaining understanding of diversity and cultural competence
  - Navigating around barriers to ensure needed services are truly accessible


# THE BLOOD PRESSURE SELF- MONITORING PROGRAM



# High Blood Pressure "THE SILENT KILLER"

is mostly preventable

**80** MILLION yet  
adults have it  
less than  
**HALF**  
have it  
**UNDER  
CONTROL**

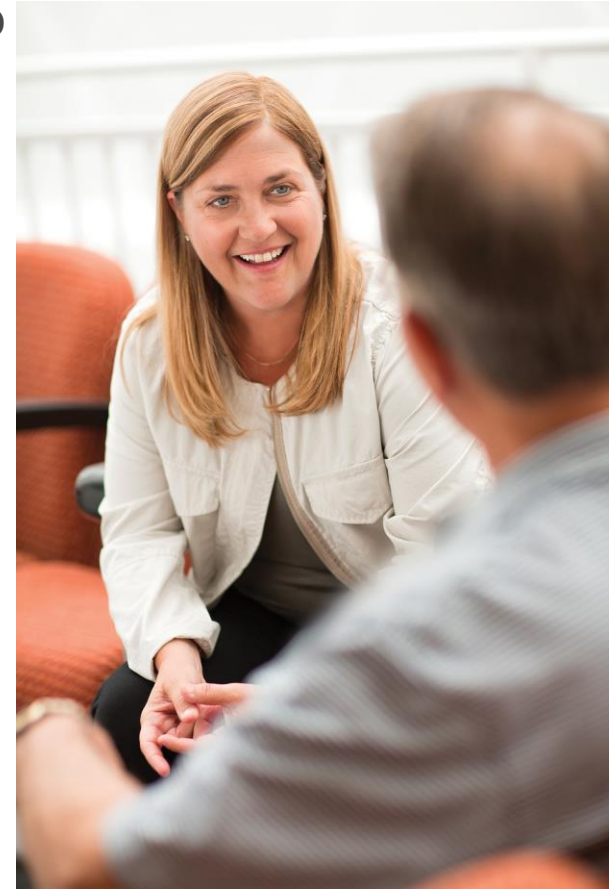


**Heart disease and stroke are two of the leading causes of death in the United States.**

# BLOOD PRESSURE SELF-MONITORING (BPSM) PROGRAM OVERVIEW

4 month evidence-based program designed to help persons with high blood pressure better manage their blood pressure by developing the habit of self-monitoring:

- Guidance and tools for self-monitoring and tracking
- Healthy Heart Ambassador support via weekly Office Hours and messages
- Monthly Nutrition Education Seminars
- Data collected and managed in customized online database (REDCap)



# THE YMCA PRODUCED SLIGHTLY MORE FAVORABLE FINDINGS THAN THOSE REPORTED IN THE CHECK IT, CHANGE IT STUDY.

<b>“Check It, Change It” Study (n=1,784)</b>	<b>YMCA (n=526)</b>
At baseline, 49.3% of participants had a BP <140/90 mmHg.	At baseline, 51.7% of participants had a BP <140/90 mmHg.
By 6 months, 74% of participants either reached a BP <140/90 mmHg or had a ≥10 mmHg reduction in SBP.	After an average of 4.3 months, 75.1% of participants either reached a BP <140/90 mmHg or had a ≥10mmHg reduction in SBP.
Overall, mean SBP decreased by 4.8 mmHg.	Overall, mean SBP decreased by 6.3 mmHg.
Overall, mean DBP decreased by 2.5 mmHg.	Overall, mean DBP decreased by 3.2 mmHg.

“Check It, Change It” enrolled patients from 8 clinics in Durham County, NC between 12/09/2010 and 11/11/2011.

# THE YMCA'S BLOOD PRESSURE SELF-MONITORING PROGRAM

## Who?

- Adults with high blood pressure and/or on antihypertensive medication
- Interested in self-monitoring
- No recent cardiac events, no atrial fibrillation/arrhythmias, no risk for lymphedema

## What?

- **4 month program** supporting participants in developing the habit of self-monitoring and identifying opportunities for action through weekly support & 10-minute consultations
- Nutrition and physical activity information to aid in blood pressure control through lifestyle change

## When? Where?

- Anytime, anywhere (lobby, clinic, multipurpose space)
- Space for blood pressure stations and nutrition education seminars; adequate privacy
- Many non-YMCA sites; workplaces, clinics, community centers

## How?

Training on proper blood pressure measurement technique  
Ongoing support, education and coaching from trained staff  
Tools for self-monitoring and tracking  
Weekly messages, drop-in consultations, and seminars

# QUESTIONS?



**THANK YOU**