

## 4 Month HBP Educational Series (September 2018)

### Patient/Participant Education Materials

#### HBP Training Month 1

During the first month of the Check. Change. Control. program, it's important to help your participants understand HBP and their risk factors. Share the following resources with your participants:

- [What is high blood pressure, and what happens in a person's body that makes it dangerous?](#)
- [Consequences of high blood pressure \(Spanish\) \(Traditional Chinese\)](#)
- [Check. Change. Control. Risk Calculator](#)

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

[Click here to see the blood pressure categories](#)

What can your participants do this month about their blood pressure? Share these three easy action items to accomplish:

1. Learn how [family history](#) might put some at risk for high blood pressure. If family members have heart disease or stroke, their risk may be higher. Have participants ask family members whether they have HBP and develop a family tree using [this chart](#).

Learn about the other non-modifiable risk factors: [advanced age](#), [ethnicity](#) and gender.

2. **Get your blood pressure checked.** HBP is mostly a symptomless condition, which is why it's called the "silent killer." That means everybody needs to get their blood pressure

checked by a healthcare professional. If your participants don't have one, help them [learn about healthcare options](#). Have them download these [questions](#) to ask a doctor about blood pressure.

3. **Start tracking blood pressure.**

Track blood pressure - and efforts to control it - using the CCC Tracker ([www.heart.org/ccs](http://www.heart.org/ccs)). Help participants set up reminders by text so they can quickly and easily enter their numbers into their account. Ask them to record their blood pressure readings twice per month.

Share this [infographic \(Spanish\)](#) ([Traditional Chinese](#)) with your participants to help them learn the correct way to measure their blood pressure.

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## HBP Training Month 2

During the second month of the Check.Change.Control. program, share the following resources with participants to learn behavior changes to reduce risk factors:

1. **Learn about [changes in lifestyle](#)** to help manage high blood pressure.
  - Lack of physical activity
  - Poor diet
  - Obesity
  - Too much alcohol
2. **Start tracking modifiable behaviors.** It's important to have participants take an objective look at their lifestyle behaviors that might be contributing to their HBP. Do they eat a lot of processed foods? Do they fail to get regular physical activity? Are they overweight or obese? These are sensitive subjects so it's important not to point out someone's shortcomings. Help participants recognize areas where they could begin to make small, positive changes.

When you ask someone to record their weight, food or blood pressure reading, they often resist. To overcome this, be a good listener and don't argue. Help them to believe that if they try to change their behavior they will succeed. To support this belief, remain positive and help them close the gap between where they are and where they want to be.

Give them suggestions for [eating healthy](#). Teach them about the [Salty Six - Common Foods Loaded with Excess Sodium](#) and introduce ways they can [reduce sodium](#) in their diet.

3. **Keep tracking blood pressure and have participants set [Fitness Goals](#).**

[How to Keep Track of What You Eat](#) - Offer this printable food diary so your participants can see what they eat every day for two weeks.

[How to Track Your Sodium](#) - Ask participants to track their sodium intake for two weeks out of the month.

#### [Printable Blood Pressure Tracker](#)

Download and print this tracker to record and monitor blood pressure levels.

**Track blood pressure** - and efforts to control it using the CCC Tracker - [www.heart.org/ccc](http://www.heart.org/ccc). Help participants set up reminders by text so they can quickly and easily enter their blood pressure numbers into their account. They should record their blood pressure twice per month.

Share this [infographic \(Spanish\)](#) [\(Traditional Chinese\)](#) with your participants to help them learn about changes in lifestyle they can make to help improve their blood pressure.

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### HBP Training Month 3

During the third month of the Check. Change. *Control.* program, your participants have been recording their blood pressure and have hopefully made some efforts to manage it. This month let's help them understand the importance of medication adherence and what can happen when blood pressure goes on uncontrolled.

1. **Learn about the possible [health consequences](#) over time when high blood pressure is left untreated:**
  1. Damage to the heart and [coronary arteries](#), including [heart attack](#), heart disease, [congestive heart failure](#), [aortic dissection](#) and [atherosclerosis](#) (fatty buildups in the arteries that cause them to harden)
  2. [Stroke](#)
  3. [Kidney damage](#)
  4. [Vision loss](#)
  5. [Erectile dysfunction](#)
  6. Memory loss
  7. Fluid in the lungs
  8. [Angina](#)
  9. [Peripheral artery disease](#)

Remember, these are not symptoms of HBP. HBP is a symptomless disease except in its most extreme cases known as [hypertensive crisis](#). When BP readings rise to 180 or above for the systolic (top) number AND/OR 120 or above for the diastolic (bottom) number, **call your doctor immediately.**

People whose blood pressure is higher than 140/90 mm Hg (140 systolic or above OR 90 diastolic or above) often are treated for serious cardiovascular problems.

2. **Learn about medications that can help lower and manage blood pressure.** If your participants have been diagnosed by a healthcare provider with HBP, they may have been given a [medication to help manage and lower their blood pressure](#). Studies have shown that three out of four Americans don't take their medication as prescribed. Poor [medication adherence](#) takes the lives of 125,000 Americans annually, and costs the healthcare system nearly \$300 billion a year in additional doctor visits, emergency department visits and hospitalizations.
3. **Keep tracking blood pressure and have them download this [medicine tracker](#).**

**Track blood pressure** - and efforts to control it - using the CCC Tracker ([www.heart.org/ccc](http://www.heart.org/ccc)). Help participants set up reminders by text so they can quickly and easily enter their blood pressure numbers into their account. Ask them to record their blood pressure twice per month. Share this [postcard](#) with participants so they can write down their blood pressure numbers.

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## HBP Training Month 4

Your participants should be recording and managing their blood pressure. This month, let's focus on more ways to manage their blood pressure with these action items:

1. **Share healthy living resources with your participants:**
  - **Learn about [losing weight](#) or [maintaining a healthy weight](#).** Even a small weight loss can reduce and/or prevent high blood pressure in many overweight people
  - **Find out more about [reducing and managing stress](#).**
  - Hate to exercise? Check out these [5 tips](#) that might change your mind.
  - Find out if your [workout is working](#)
  - Check out tips to [Quit Smoking Tobacco](#)
2. **Look at the progress** your participants have made over the past four months. Look for areas of improvement or focus. Encourage your participants to continually monitor their blood pressure using their online tracker and make daily efforts to maintain healthy lifestyle changes.

Share this [infographic](#) with your participants to help them learn more about physical exercise for overall cardiovascular health.