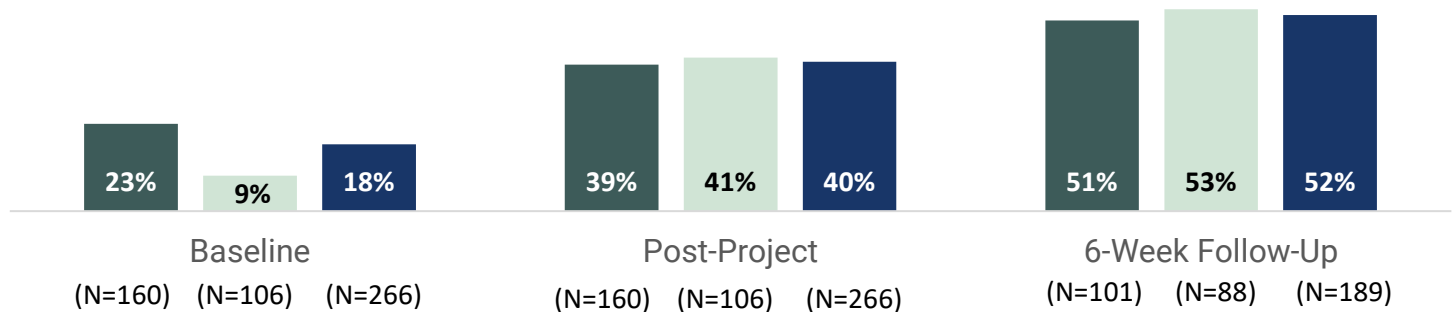




Percentage of Health Coaches for Hypertension Control (HCHC) Participants Who Obtained Blood Pressure Control (<130/80 mmHg) at Baseline, Post-project, and 6-week follow-up, for the Montana Cardiovascular Grants.

■ 1815 Years 1-5 ■ 2304 Years 1-2 ■ TOTAL



Background: The HCHC program is an evidence-based curriculum that was developed to help individuals control their blood pressure (BP). Over the past seven years, the Cardiovascular Health Program recruited and trained numerous personnel from across the state to bring the HCHC program to their local communities. The HCHC program is an eight-week course designed to provide education on high BP basics, nutrition, physical activity, medications, stress management, tobacco cessation, and goal setting. Participants are given a home BP monitor, cookbooks, a pedometer, and other educational materials. BP readings are tracked over the eight-week course as well as six weeks post-class. Significant improvements in BP control have been achieved over the course of the program.

Highlights:

- From 2018 – 2025, the percentage of HCHC participants able to obtain BP control (<130/80 mmHg) increased from 18% at baseline to 40% post-project. More than 50% of HCHC participants had BP controlled six weeks after classes ended.
- Both grant-funded projects (1815 and 2304 [Cardiovascular]) showed similar trends in improvement of BP control for class participants.

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Data Source:

Health Coaches for Hypertension Control End of Year Reports from the 1815 (Years 1 - 5) and 2304 Cardiovascular (Years 1 & 2) Grants.

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