



Healthy Heart Ambassadors Blood Pressure Self-Monitoring Program



A CDC and Y-USA collaboration designed to encourage and provide support to participants to self-monitor blood pressure.

This four-month program supports adults with hypertension to lower and manage their blood pressure through:

- Regular home self-monitoring using proper techniques.
- One-on-one consultations with a trained program facilitator.
- Support and group-based nutrition education.

Requirements for Participation

- Be at least 18 years or older.
- Been diagnosed with high blood pressure* and/or prescribed a hypertensive medication.
- Have not experienced a recent (within the last 12 months) cardiac event.
- Not have atrial fibrillation or other arrhythmias.
- Not have or at risk for lymphedema.

* Only a licensed health care provider can make a diagnosis of hypertension.



Healthy Heart Ambassadors

Healthy Heart Ambassadors (HHAs) are champions of the Blood Pressure Self-Monitoring Program who support participants as they learn to better manage their blood pressure.

HHAs provide consultations, coaching, and facilitate the (4) 50-minute nutritional seminars developed by Y-USA.



Nutritional Seminar Topics

- DASH Method of Eating.
- Lowering Sodium Intake.
- Shopping, Preparing, and Cooking Food for Better Blood Pressure Management.
- Heart Healthy Eating for Life.

Program Goals and Outcomes

- Helping participants learn how to properly measure their blood pressure.
- Encouraging participants to measure and record their blood pressure at least twice a month.
- Attending at least two consultations a month.
- Attending monthly nutritional seminars.

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