

A 6-year lookback at SASH participants with stage 2 hypertension* found...

On average, SASH participants have maintained controlled hypertension or achieved controlled hypertension over the past six years.

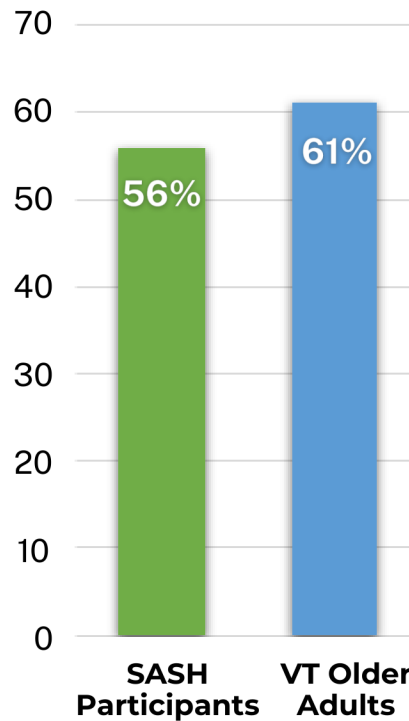
According to the National Health and Nutrition Examination Survey (NHANES), national trends show...

- 70% of U.S. adults 65+ have hypertension
- Rates of U.S. adults 65+ with controlled hypertension have decreased by 4.6% between 2009 and 2020

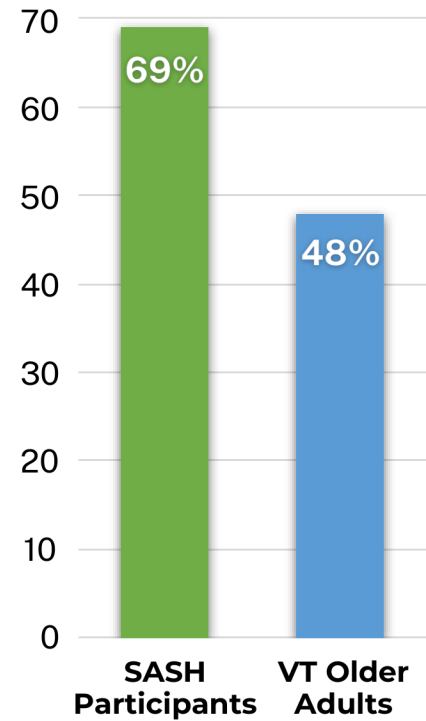
*Stage 2 hypertension as defined by the American Heart Association as systolic blood pressure of 140 or higher or blood pressure diastolic of 90 or higher.



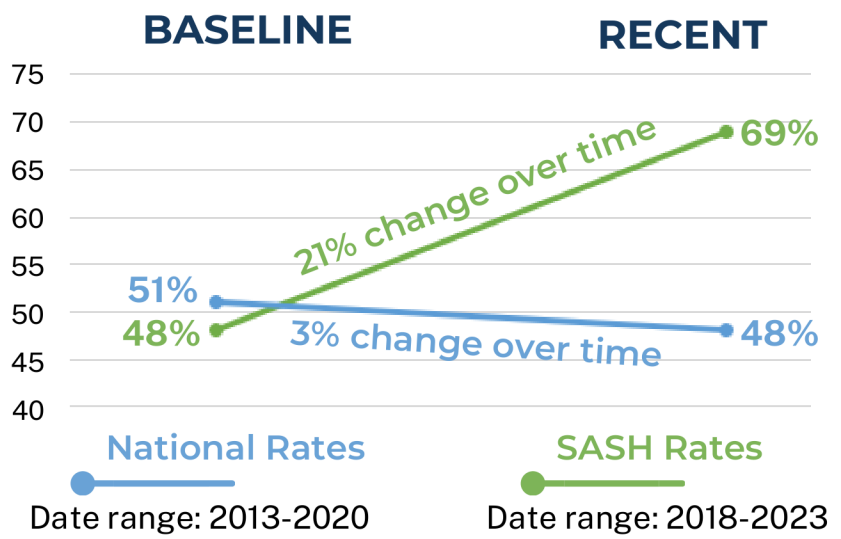
RATES OF HYPERTENSION



RATES OF CONTROLLED HYPERTENSION



SASH Shows Increase in Controlled Hypertension Over National Data



How is SASH achieving these results?



Here is one participant's story...

1

**Attends a
Blood
Pressure
Clinic**

A SASH participant recently attended a blood pressure clinic and found out that their blood pressure was elevated in each arm, despite feeling fine. They didn't know how long it had been elevated but had a history of hypertension and at the time was on one medication for it.

2

**Receives
Intervention
& Referral
to PCP**

SASH encouraged the participant to call their primary care office to let them know about the reading and see if they could get an appointment that day. SASH followed up later that afternoon and the participant reported being seen the same day by their doctor and got the same elevated reading in the office. The participant was started on an additional blood pressure medication and let SASH staff know they were happy to have this addressed so quickly with their support.

3

**Ongoing
Support &
Education**

SASH will continue to work with this participant to monitor their blood pressure and set health goals for ongoing hypertension management.

Key Interventions:

- Hypertension intervention information provided during onboarding for new SASH staff
- Clear hypertension management protocols for SASH nurses and coordinators
- Continuous improvement targeted towards individuals with uncontrolled hypertension
- Refer and collaborate with chronic condition management classes through myhealthyvt.org
- Regular blood pressure checks via blood pressure clinics and cuff loaners
- Sharing blood pressure results with primary care providers
- Food support, housing support, and stress management
- Medication management
- Individual health education and goal setting



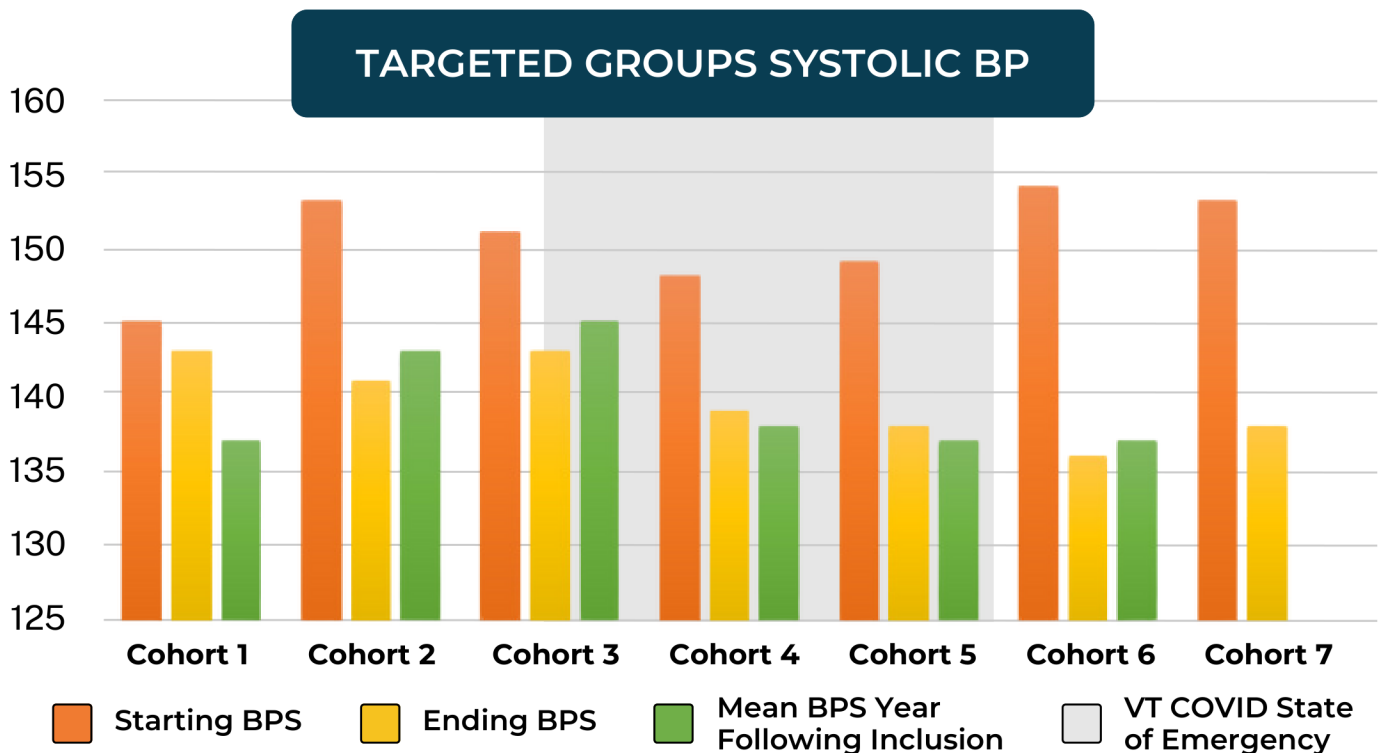
Results attributed to quality improvement activities made possible by CDC and VDH 1815 funding.

In 2018, SASH became a grantee of the CDC Diabetes, Heart Disease, and Stroke State Awards facilitated by the Vermont Department of Health (VDH). This funding enabled SASH to develop hypertension protocols, training, and quality improvement/assurance processes used with all current and new SASH staff.

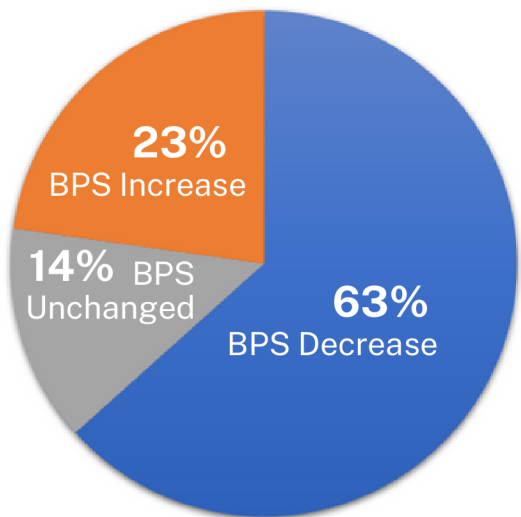
Through this partnership with VDH, SASH identified participants with hypertension that was not well managed (stage 2) and provided clear protocols for both the SASH wellness nurse and SASH coordinator to follow to support each targeted participant to gain control of their hypertension. During the grant funding period, SASH targeted 718 individuals, in seven bi-annually created cohorts, who had blood pressure (BP) readings at or above stage 2 hypertension levels. SASH staff had the guidance of our hypertension management protocols developed



for this project to guide them to support this community-based blood pressure management initiative. We compared the targeted SASH participants to their non-targeted counterpart participants and BP changes 18 months after presenting with stage 2 BP readings.



TARGETED GROUP OVERALL OUTCOMES OVER GRANT HISTORY



- SASH observed the general trends in blood pressure change for these targeted groups over the past five years. While the mean blood pressure is an important metric, we also notice that 63% of those in our targeted groups had some blood pressure reduction during the designated work periods.
- Those with no change in BPS will include individuals that left SASH during the work period, died, were not available for follow up or continued to have the same measured blood pressure.

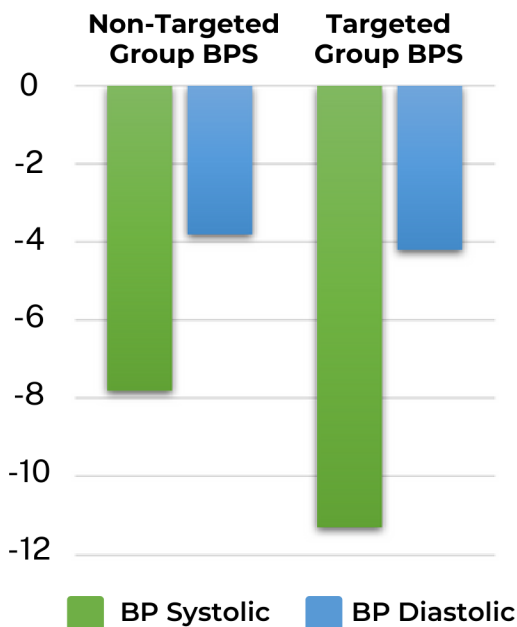
MEASURING THE IMPACT

How much of an impact have the targeted blood pressure management groups made compared to their non-targeted peers?

While SASH supports participants manage their hypertension and other chronic conditions as a standard part of the SASH program, the individuals that have been selected to be a part of the CDC/VHD intervention groups had more focused attention, more frequent visits and more follow ups with their SASH team as a part of the project.

The data represents comparing the targeted group to the non-targeted group (individuals that entered SASH with a stage 2 BP reading). The comparison includes data on the targeted group participants one year after they were in the targeted group and conversely 18 months after the non-targeted participants had their first BP reading.

CHANGE IN BP mmHg



T-test BPS Change for targeted group: $P < 0.000$
(If a p-value reported from a t test is less than 0.05, then that result is said to be statistically significant. If a p-value is greater than 0.05, then the result is insignificant.) 95% confidence interval for targeted group is -11.4 to -11.2