40% more SASH participants with high blood pressure succeed in keeping it under control compared to adults nationwide with high blood pressure.

These impressive results are thanks to a far-reaching SASH initiative targeting participants with high blood pressure, through which they receive ongoing education, regular blood-pressure readings and one-on-one support from SASH wellness nurses, who also help participants create self-management systems for medication and interact as needed with participants’ physicians about medication and other supports.

The comprehensive network of SASH partners also plays a key role in the state’s “3-4-50” campaign, addressing the 3 behaviors that lead to 4 chronic diseases that in turn cause 50% of Vermont deaths: poor diet, lack of exercise and tobacco use.

**WHAT SASH PARTICIPANTS SAY**

“I’ve lost 30 pounds since last year…and that’s due a lot to the exercise programs they’ve offered here. I’m in a walking program, and we also have Tai Chi. . . .”

“[SASH] did a whole thing on food and diet…things you should know or notice when you’re shopping. They stress fresh foods — you know, get some vegetables in there and not just stick [a] package in the microwave all the time.”

“They’ve had programs about stress, and it has helped. The main thing is you just learn everything to [manage] your stress.”

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1) SASH® “Evidence-Based, Self-Management Program to Control Hypertension,” supported with grants from the U.S. Centers for Disease Control & Prevention and the Vermont Department of Health
2) www.cdc.gov/mmwr/volumes/66/wr/mm6632a3.htm#F1_down
3) https://sashvt.org/partners/
4) http://www.healthvermont.gov/3-4-50
5) Qualitative Evaluation of SASH, Vermont Department of Health, Summer 2017