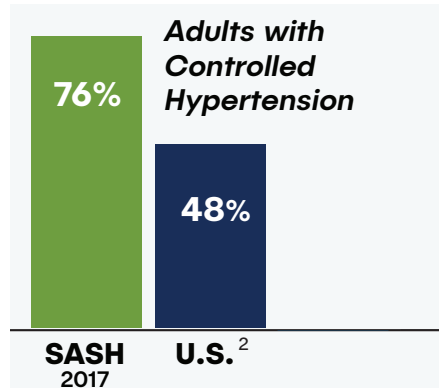


# CONTROLLING HIGH BLOOD PRESSURE AMONG OLDER ADULTS

**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<sup>1</sup> 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<sup>3</sup> 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**.<sup>4</sup>

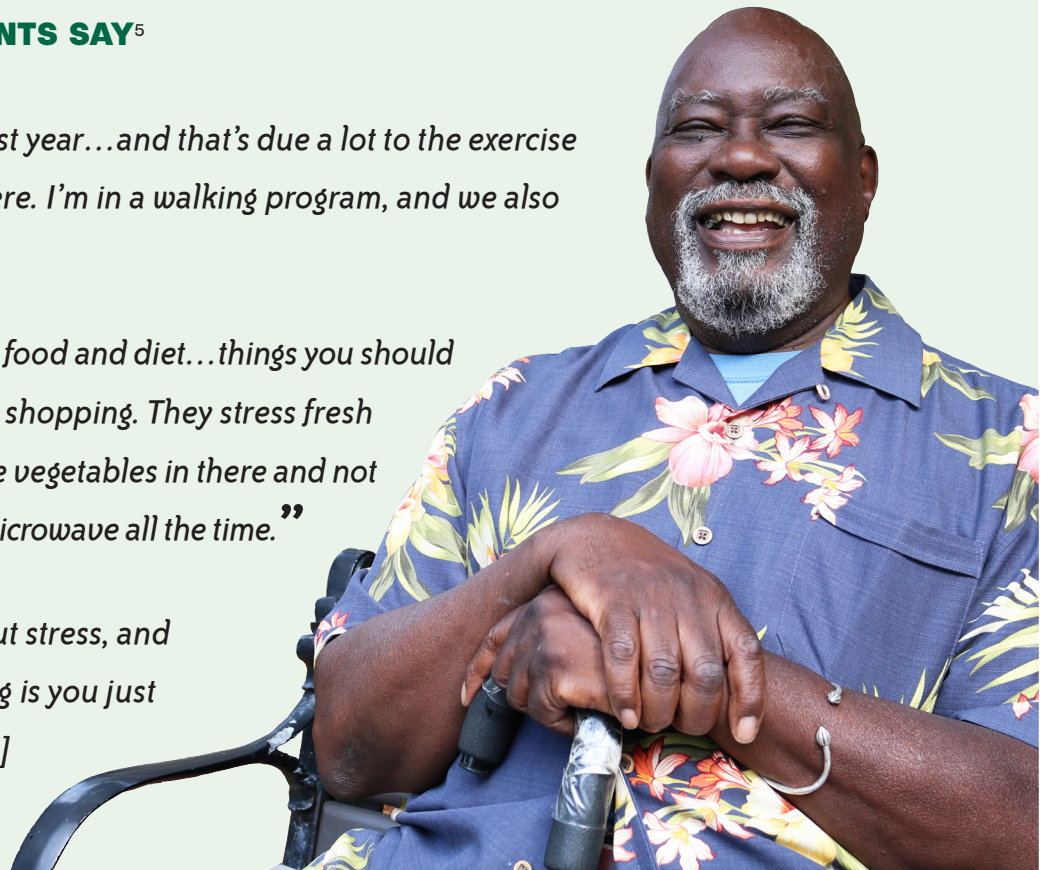


## WHAT SASH PARTICIPANTS SAY<sup>5</sup>

*"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."*



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](http://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