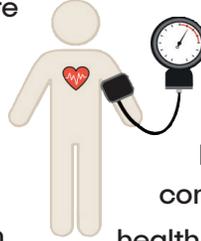


# An Evidence-Based Program to Self-Manage High Blood Pressure

**57%** of Vermonters age 65 and older have high blood pressure, a major risk factor for both heart disease and stroke.<sup>1</sup> These two conditions are responsible for **1 in 4 deaths** among this group.<sup>2</sup>

With a grant from the Centers for Disease Control & Prevention and the Vermont Department of Health, SASH designed and implemented an initiative for participants with high

blood pressure. The goal was to measure the extent to which regular interactions with SASH wellness nurses, combined with education and one-on-one meetings to monitor blood pressure and provide encouragement, could help participants keep their hypertension under control, improve health outcomes and reduce health-care expenditures.

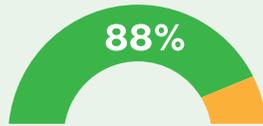


## PROFILE OF PARTICIPANTS

in SASH® Evidence-Based, Self-Management Program to Control Hypertension, 2013-2016<sup>3</sup>



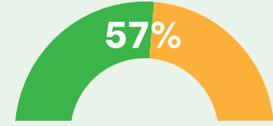
**Age:**  
≥ 65



**Household Income:**  
≤ \$25,000/yr



**Education:**  
≤ High School



**Disabled:**  
57% say yes

## OUTCOMES (2013-2016)

**70% reduced their systolic BP** an average of **15 mmHg** within 3 to 6 months. Of these, **more than 50% moved into a lower risk category.**



**Annual savings = \$1,227 in Medicare expenditures** per participant per year, as documented by an independent, third-party evaluation.<sup>4</sup>

**100% of participants...**<sup>4</sup>

- Reported less difficulty managing their medications.
- Reported higher overall functional status.
- Said they have learned more about the relationship between nutrition and health.
- Said they would recommend SASH to others.



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

*“Before I got into SASH, I didn’t think I’d be around much longer. I couldn’t even make it down the hall. Now I walk regularly every day, and I keep my canes in the corner as a reminder.”*

*“High blood pressure is part of me — it’s probably **always** been part of me. That’s why I use SASH.”*

*“They [SASH staff] don’t mind spending the time to explain things to me.”*

1) Vermont Behavioral Risk Factor Surveillance System, 2015 2) Vermont Vital Statistics, 2014 3) Stanford Chronic Disease Self-Management Program; <http://patienteducation.stanford.edu/programs/cdsmp.html>  
4) <https://aspe.hhs.gov/pdf-report/support-and-services-home-sash-evaluation-highlights-first-four-years-research-summary> 5) Qualitative Evaluation of SASH, Vermont Department of Health, Summer 2017