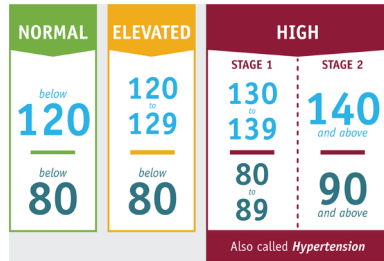


Following a highly successful initiative promoting hypertension self-management among SASH participants¹, SASH received support from the Vermont Department of Health to continue this work based on new guidelines from the American Heart Association.

These guidelines define a healthy blood pressure at a *maximum* of 119 mmHg systolic (the



upper number in a blood-pressure reading), compared to the previous 139 mmHg maximum systolic.

From January 1 to June 30, 2019, SASH targeted 47 participants with high blood pressure for 1:1 education and support in self-managing their condition. Final data obtained on 39 of those participants confirm the effectiveness of this approach, with an average decrease in systolic blood pressure of 10 mmHg.



WHAT PARTICIPANTS SAY²

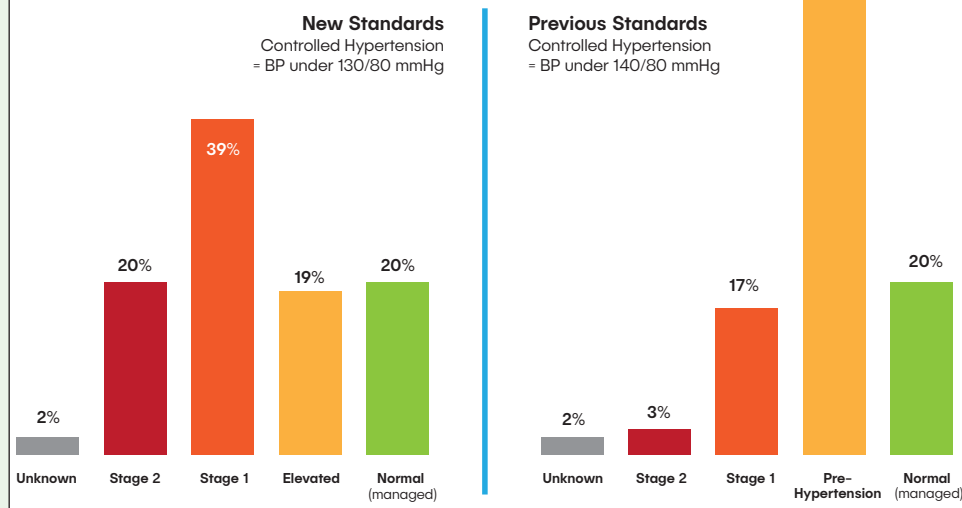
“Before SASH, I didn’t think I’d be around much longer. I couldn’t even make it down the hall. Now I walk regularly every day.”

“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 in ways I can understand.”



Hypertension Status of the 2,506 SASH Participants with High Blood Pressure



100% OF PARTICIPANTS...

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

August 2019 Data

1) Vermont Behavioral Risk Factor Surveillance System, 2017 2) Qualitative Evaluation of SASH, Vermont Department of Health, Summer 2017