It’s a fact: Blood pressure increases as we age. In the U.S., adults over 40 can expect their systolic blood pressure to increase about 7 mmHg per decade, and more than 75% of those over age 70 will have dangerously high blood pressure (Stage 1 or Stage 2 hypertension).*

**SASH works to turn these statistics on their head** by providing regular blood-pressure clinics, one-on-one and group education about hypertension prevention and management, and communicating with primary-care physicians to ensure participants’ medications and related interventions are on track and up to date.

**And it is working.** A January 2021 analysis of SASH data found that:

- Of the 3,610 Vermont SASH participants with a documented Stage 2 blood-pressure reading anytime in their history, the first Stage 2 reading averaged 148.8 mmHg systolic. The average reading for this same group today is 132.7 mmHg systolic — a reduction in blood pressure of 16.1 mmHg systolic.

- Looking at all Vermont SASH participants, the SASH database contains about 10 documented blood-pressure readings per person. By comparison, those with a Stage 2 reading at any time in their medical record have received more than 14 blood-pressure readings. This suggests that SASH more closely monitors and intervenes with those who have Stage 2 hypertension.

- There are 2,064 Vermont SASH participants whose first documented blood-pressure reading was in the Stage 1 range of hypertension. As of January 2021, that same group has realized an average 5.23 mmHg reduction in their systolic blood pressure reading.

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*SASH® is a registered trademark of the nonprofit Cathedral Square Corporation. Partner organizations include Vermont Area Agencies on Aging, member affiliates of Vermont Care Partners and the VNAs of Vermont, nonprofit housing organizations, primary and community health care teams, and local and regional hospitals.

ahajournals.org/doi/10.1161/hypertensionaha.111.189100