

**1 in 3**

**American Adults Have  
High Blood Pressure.**

**Only about HALF of people  
with high blood pressure  
have their condition  
under control.**



**WATERTOWN FAMILY YMCA**  
146 Arsenal Street  
Watertown, New York 13601

For program questions contact :  
Michelle Graham  
Email: [mgraham@nnyymca.org](mailto:mgraham@nnyymca.org)  
Phone: 315.782.3100

[www.watertownymca.org](http://www.watertownymca.org)



**TAKE ACTION TO  
IMPROVE  
HEART HEALTH**



**BLOOD PRESSURE  
SELF-MONITORING  
PROGRAM**

**IT'S  
FREE**

**FIND YOUR  
RHYTHM.  
FIND YOUR Y.**

If you are living with high blood pressure, taking action to keep it well-controlled will minimize your risk for complications like stroke, heart attack, and even death.

High blood pressure, which makes the heart work harder than it should with each beat, is especially dangerous because it often has no warning signs and usually lasts a lifetime once it develops.

The simple process of a person checking and recording their blood pressure, at least twice a month over a period of four months, has been shown to lower blood pressure in many people with high blood pressure.

This process forms the basis for the **Watertown Family YMCA's Blood Pressure Self-Monitoring Program**, an evidence-based program that features personalized support as you develop the habit of routinely self-monitoring your blood pressure, tips for maintaining cardiovascular health, and nutrition education.

## HOW THE PROGRAM WORKS

Participants will work with trained Healthy Heart Ambassadors for the duration of the four-month program. Just a few check-ins per month can yield big results. Programs steps include:

- Take your own blood pressure at least two times per month.
- Attend two consultations with a YMCA Healthy Heart Ambassador per month. No appointment necessary.
- Attend monthly nutrition education.

Participants will record your blood pressure readings using an easy-to-use tracking tool of your own choosing. The Y can provide options for participants who need a blood pressure monitor at their home.



## A SMALL INVESTMENT PRODUCES BIG RESULTS

The YMCA's Blood Pressure Self-Monitoring Program helps participants:

- Reduce their blood pressure by identifying patterns and trends on which act.
- Better manage their blood pressure over time
- Increase their awareness of triggers that elevate blood pressure
- Improve their knowledge of heart-healthy eating habits
- Enrich communication with their health care provider by sharing self-monitoring results

### TO QUALIFY, YOU MUST:

- Be at least 18 years old
- Be diagnosed with high blood pressure
- Not have experienced a recent cardiac event
- Not have atrial fibrillation or other arrhythmias
- Not be at risk for lymphedema

**YMCA MEMBERSHIP IS NOT REQUIRED TO PARTICIPATE IN THE PROGRAM.**

## PROGRAM FEATURES

### HEALTHY HEART AMBASSADORS

Certified Healthy Heart Ambassadors will train participants on the proper technique for taking their own blood pressure readings accurately, will assist in identifying trends and patterns in readings over time, and will provide ongoing support as participants work to make blood pressure self-monitoring a habit.

### OFFICE HOUR CONSULTATIONS

Healthy Heart Ambassadors are available each week for one-on-one 10-minute consultations to support participants as they continue to better manage their blood pressure. Participants will be asked to attend at least two consultations a month but will be welcome any time a Healthy Heart Ambassador is on-duty. To ensure they feel supported throughout the program, participants will also receive weekly emails, calls or text messages from a Healthy Heart Ambassador.

### NUTRITION EDUCATION SEMINARS

Seminars will highlight how food is related to blood pressure management and will provide participants with the knowledge and skills to make heart healthy choices. Seminar topics include reducing sodium intake and heart healthy eating. Each 60-minute seminar will also offer an opportunity for participants to take their own blood pressure with coaching on proper technique from an on-site Healthy Heart Ambassador.

