



Shayla Hayes checks the blood pressure of coworker Sandra Stanley. Hayes and Stanley were two of sixty-nine participants who attended NC Division of Public Health's Know It, Control It training.

### **Know It, Control It, A New Program to Help Seniors Self-Monitor High Blood Pressure**

On June 23 and 26, the North Carolina Division of Public Health, Community and Clinical Connections for Prevention and Health Branch (CCCPH) hosted the Know It, Control It for Seniors Blood Pressure Coach Training in Raleigh. Sixty-nine people representing 45 organizations from around the state attended; most of whom work directly with older adults. All received training as blood pressure coaches to teach the Know It, Control It for Seniors Curriculum.

Know It, Control It for Seniors is a four-month blood pressure management program designed to help participants self-monitor their blood pressure and make healthy lifestyle changes to control high blood pressure. Staff trained as blood pressure coaches teach this program using strategies known to successfully manage cardiovascular disease. These strategies include self-measured blood pressure monitoring with additional support and team-based care.

"We were very happy with the response to the training," stated Cathy Thomas, CCCPH Branch Manager. "Senior center staff, and those representing other organizations in our counties, found it beneficial to receive resources and training to help their community members control high blood pressure."

About 2.7 million North Carolina adults (35%) have been diagnosed with high blood pressure by a health care professional and an additional 2.5 million adults are at risk.<sup>1</sup> CCCPH plans to expand the Know It, Control It program to more adults diagnosed with high blood pressure.

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<sup>1</sup> North Carolina Department of Health and Human Services, Division of Public Health, State Center for Health Statistics. Behavioral Risk Factor Surveillance System (BRFSS). Accessed at [www.schs.state.nc.us/data/brfss/2015/nc/all/topics.htm#ha](http://www.schs.state.nc.us/data/brfss/2015/nc/all/topics.htm#ha) on September 18, 2017.