NATIONAL COMMITMENT

YMCA of the USA is one of several partners in the Million Hearts® Campaign, launched by the U.S. Department of Health and Human Services. The goal of the campaign is to prevent one million heart attacks and strokes by 2022, through heart disease prevention activities.

EVIDENCE-BASED PROGRAM

• Research shows that the simple process of checking and recording your blood pressure at least twice a month, over four months, may lower blood pressure in people with high blood pressure.

• Research shows that proper nutrition, particularly a reduction in sodium, can help to lower diastolic and systolic blood pressure.

1 IN 3 AMERICAN ADULTS HAVE HIGH BLOOD PRESSURE

ONLY ABOUT HALF OF PEOPLE WITH HIGH BLOOD PRESSURE HAVE THEIR CONDITION UNDER CONTROL

TO QUALIFY, PARTICIPANTS WILL:

• 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

HIGH BLOOD PRESSURE IS OFTEN REFERRED TO AS “THE SILENT KILLER” BECAUSE THERE ARE TYPICALLY NO WARNING SIGNS OR SYMPTOMS

CUMBERLAND CAPE ATLANTIC YMCA

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FOR A SMALL INVESTMENT, PARTICIPANTS RECEIVE:

- An evidence-based program that may lower blood pressure
- Personalized support from a Healthy Heart Ambassador during office-hour consultations
- Tips for maintaining cardiovascular health
- Heart-healthy nutrition education
- Easy-to-use, portable self-tracking tool

PROGRAM GOALS

- Reduction in blood pressure
- Better blood pressure management
- Increased awareness of triggers that elevate blood pressure
- Enhanced knowledge to develop healthier eating habits

MONITORING MATTERS

Add Blood Pressure Self-Monitoring to your heart health regimen.

PROGRAM FEES

Facility Members $15
Program and Community Members $25
Blood Pressure monitors can be purchased for an additional $30. Financial Assistance applications are available at our Member Service Desk.

TAKE ACTION

YMCA’s Healthy Heart Ambassador is here to help you.

HOW THE PROGRAM WORKS

Participants will work with trained Healthy Heart Ambassadors for the duration of the four-month program. During this time, participants will be encouraged to:

- Self-measure their blood pressure at least two times per month
- Attend two personalized consultations per month
- Attend monthly nutrition education seminars

Participants will record their blood pressure readings with an easy-to-use, self-selected tracking tool. The Y will provide options for participants who need a home blood pressure monitor.

HEALTHY HEART AMBASSADORS

Healthy Heart Ambassadors will train participants to properly use a self-monitoring blood pressure cuff, and emphasize the value of regular self-monitoring. Ambassadors will also provide ongoing personalized support as they strive to achieve their program goals.

OFFICE HOUR CONSULTATIONS

The Healthy Heart Ambassadors are available each week for personalized 10-minute consultations to support participants as they continue to better manage their blood pressure. Participants will also receive personalized weekly emails, calls, or text messages from an Ambassador.

NUTRITION EDUCATION SEMINARS

Seminars will highlight the importance of practicing healthier eating habits. Seminar topics include:

- Dietary Approaches to Stop Hypertension (DASH)
- Reducing sodium intake
- Shopping, cooking, and food preparation
- Eating for your heart

Each 60-minute seminar will also offer an area for participants to measure their blood pressure with coaching for proper measuring techniques from a Healthy Heart Ambassador.