

## **Take Control of Your Health and Participate in K-State Research and Extension's Upcoming Hypertension Awareness and Prevention program (HAPp)**

### **The Facts...**

- Having hypertension increases the risk for heart disease and stroke, which are leading causes of death in the United States.
- Nearly half of adults in the United States (47%, or 116 million) have hypertension.
- Only about 1 in 4 adults (24%) with hypertension have their condition under control.

To address hypertension in Kansas, K-State Research and Extension is collaborating with the Kansas Department of Health and Environment, and the Sedgwick County Health Department to bring the Hypertension Awareness and Prevention program (HAPp) to Sedgwick County. HAPp is a four-month self-monitoring blood pressure (SMBP) program that will provide participants with:

- A FREE blood pressure monitor.
- An opportunity to meet with a trained HAPp Coach twice a month to help take and track blood pressure.
- Monthly nutrition education workshops.
- Stress management and healthy lifestyle strategies.

### **Participation Requirements:**

- Participants must be at least 18 years old.
- Have been diagnosed with high blood pressure or have been prescribed high blood pressure medication.
- Have **not** experienced a cardiac event within the last 6 months.
- Have **not** been diagnosed with atrial fibrillation or other arrhythmias.
- Have **not** been diagnosed with or be at risk for lymphedema.

There is strong evidence that suggests that participants who engage in SMBP along with clinical or community support can lower their high blood pressure. If you want to participate but are unsure if you meet the requirements, please contact your primary care provider for written permission to participate.

### **What to Expect:**

- Participants are expected to attend the Kick-Off meeting on Tuesday, February 6, 2024, from 5:30 pm – 7:00 pm.
- Participants are expected to measure their blood pressure at home at least twice per month (February – May).
- Participants are expected to attend office hours to discuss SMBP readings and healthy lifestyle strategies twice per month (February – May). Office hours will be scheduled at the Kick-Off meeting.
- Participants are highly encouraged to attend nutrition education workshops once per month (February 20<sup>th</sup>, March 12<sup>th</sup>, April 9<sup>th</sup>, May 14<sup>th</sup>).

\*All events will be held at the Sedgwick County Health Department Fredrickson Auditorium 1900 E. 9<sup>th</sup> St. N. Wichita, KS 67214.

**Registration opens on January 2, 2024, and closes on February 6, 2024. The program is FREE, but you must register to attend. For any questions, please contact Sara Sawer at [sarasawer@ksu.edu](mailto:sarasawer@ksu.edu) or 316.660.0118. To register, please visit: <https://rb.gy/of8t31>**

*Please note – HAPp Coaches will not be diagnosing conditions or interpreting blood pressure readings. The HAPp Coach’s role is to help participants: learn proper self-monitoring blood pressure techniques; make their own determination if blood pressure readings are within a healthy range; learn healthy lifestyle strategies that can reduce high blood pressure; and connect to community resources or other Extension programs that can improve health and well-being.*