



The North Carolina Division of Public Health, Community and Clinical Connections for Prevention and Health Branch is partnering with the American Heart Association to improve blood pressure control in high-risk populations with a new initiative, Check. Change. Control.

This four-month program focuses on increasing physical activity, healthier eating, and better management of high blood pressure through education, tracking, and health mentors who encourage participants to check their blood pressure readings.



Obesity, Diabetes, Heart Disease and Stroke Prevention (ODHDSP) Project

The Check. Change. Control. Approach

APPROACH

The ODHDSP sites will recruit 8–10 Community Health Workers (CHWs) per region to train in the Check. Change. Control. curriculum. These trained CHWs will then serve as volunteer health mentors for those newly diagnosed or those with uncontrolled hypertension.

The CHWs will enroll participants in the Heart360–Check. Change. Control. program and provide FREE blood pressure checks twice a month for four consecutive months along with additional tools and resources that will assist in lowering risks of heart disease and stroke.

USING HEART360

Heart360 is a convenient and secure location to track and manage heart health.

Participants can record their health data with the online trackers, access additional information and resources on how to be heart healthy, and even share results with their provider or volunteer health mentor.



GOAL OF THE CHECK. CHANGE. CONTROL. PROGRAM:

The participants are expected to track their blood pressure each week or at a minimum once every two weeks. That means a minimum total of 8 blood pressure readings.

ROLE OF THE VOLUNTEER HEALTH MENTOR

- Remind the participant to take and record the participant's weekly blood pressure readings for a minimum of four months.
- Identify and note to the participant which of the standard blood pressure measurement categories that the participant's weekly readings fall into.
- Identify and note to the participant whether the participant's blood pressure readings have increased, decreased, or remained stable.
- Refrain from making any medical diagnoses about, or prescribe treatment for the participant.
- Observe data privacy obligations: The volunteer health mentor will be given access to the Heart360 tool and participants can share the health data through the Heart360 volunteer portal. The volunteer health mentor is obligated to protect the privacy of the participant's data and should not disclose information to anyone other than the participant.

SKILLS AND TRAITS OF GREAT VOLUNTEER MENTORS

Successful volunteer health mentors have special qualities. They know their communities well. They are dedicated to improving the health of their community. They enjoy teaching others, feel comfortable in front of a group, and know how to engage people.

ADDITIONAL SKILLS AND TRAITS

- Good listeners
- Non-judgemental
- Caring, without needing to "fix"
- Pleasant, supportive
- Patient
- Approachable, warm
- Fair
- Open-minded
- Helpful
- Confident
- Works to improve their own health
- Strong leadership
- Organizational skills

RECRUITING HEALTH COACHES

Volunteers should either be comfortable using web applications to set up personal accounts and enter data or be willing to learn.

Suggestions for Recruits are:

- Parish Nurses
- Retired Nurses
- Nursing Students
- Registered Dietitian
- Pharmacists
- Pharmacy Techs
- Pharmacy Students
- Health Educators



Our Tool to Help You Mentor Check. Change. Control. Participants

