



NATIONAL KIDNEY
FOUNDATION®

of Michigan

WHAT PROVIDERS SHOULD KNOW ABOUT: **HBP CONTROL**

A Hypertension Self-Management Program



What it is:

An 8-week workshop that meets virtually or in person once per week for 1.5 hours. HBP Control helps participants better self-manage high blood pressure and prevent complications through a variety of skills and tools. Participants receive a free blood pressure monitor.

Who should participate:

People living with hypertension and their caregivers.

HBP Control participants learn about:

- The basics of hypertension
- Tips for stress management
- The importance of nutrition
- Physical activity and hypertension
- Medication management
- Personal action plans – and more

“It was nice to talk with other people that have high blood pressure and listen to their ideas on things we all can do to reduce it.” – Participant

Impact of the program:

- Statistically significant improvements in systolic blood pressure (–5.781 mmHg), weight (–2.475 lb), and glucose (–5.096 mg/dl)¹
- Significant increase in motivational readiness for being physically active, practicing healthy eating habits, handling stress well, and living an overall healthy lifestyle²

*“I loved the ideas from the moderators and especially from my work group peers! All had such wonderful, encouraging ideas to keep at it with goals each week.”
– Participant*



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How to discuss it with your patients:

You should emphasize that the program will provide education and support that will help your patient in managing their high blood pressure. HBP Control is offered at no cost to participants.

How to refer your patients:

You can use our fillable referral form or provider portal, accessible at www.nkfm.org/healthcare-professionals. Your patients can register online at <http://www.nkfm.org/path> or call 1-800-482-1455, Ext 2590.

For more information about upcoming workshops: Visit www.nkfm.org/HBPC. If you have questions, email PATHPrograms@nkfm.org or call 1-800-482-1455, Ext 2590.

¹Dye CJ, Williams JE, Evatt JH. Improving hypertension self-management with community health coaches. Health promotion practice. 2015 Mar;16(2):271-81.

²Dye CJ, Williams JE, Evatt JH. Activating patients for sustained chronic disease self-management: thinking beyond clinical outcomes. Journal of primary care & community health. 2016 Apr;7(2):107-12.



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