

The CARE SMBP Program

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June 7th, 2022



Kentucky Public Health
Prevent. Promote. Protect.

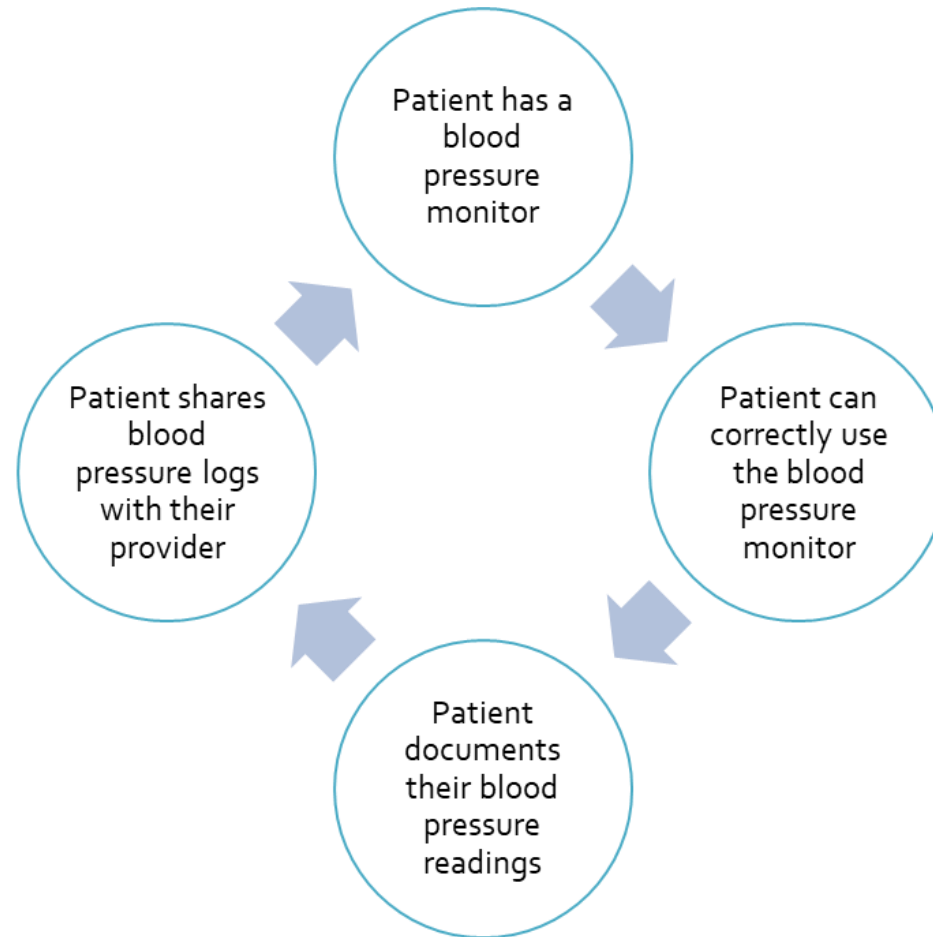


KENTUCKY CABINET FOR
HEALTH AND FAMILY SERVICES

What is SMBP?

- 🛡️ Self-Measured Blood Pressure Monitoring is defined as the regular measurement of blood pressure by a patient outside of the clinical setting – either at home or elsewhere
- 🛡️ Initially, patients should take two readings twice a day for seven days (the two readings should be 1 minute apart)

Evidence Based SMBP



The CARE Collaborative



Cardiovascular Assessment,
Risk Reduction, and Education



CARE SMBP Program

- 🛡️ 3 educational encounters
- 🛡️ Education on a modifiable lifestyle behavior of the participants choosing
 - Tobacco cessation
 - Nutrition
 - Physical activity
 - Stress
 - Cholesterol
 - Blood sugar

Impacts on Mortality

Impacts on Mortality – Systolic Blood Pressure (SBP)			
Reduction in SBP (mmHg)	Stroke	Coronary Heart Disease (CHD)	Total Mortality
↓ 2	-6%	-4%	-3%
↓ 3	-8%	-5%	-4%
↓ 5	-14%	-9%	-7%

Source: Whelton PK, et al. JAMA. 2002

Contact Us

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