

Take the Pressure Off, NYC!

Hypertension Resource Guide

Acknowledgments

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About This Hypertension Resource Guide by Take the Pressure Off, NYC!

Take the Pressure Off, NYC! is a hypertension initiative that takes a place-based approach to address inequities in high blood pressure.

TPO, NYC! launched in 2017 as a citywide multisector coalition aiming to prevent and control high blood pressure, reduce premature death from heart disease and stroke, and address related health inequities.

From 2017 to 2019, TPO, NYC! brought together a coalition of over 100 organizations across public and private sectors committed to preventing and controlling high blood pressure. Together, TPO, NYC! and coalition members developed action plans to prevent and manage hypertension. To produce this comprehensive guide, we have updated the action plans and added additional sections on pregnancy and physical activity.

This guide is a tool for programs and organizations dedicated to improving health and reducing health inequities. By following these action plans, programs can implement effective blood pressure screening and self-monitoring activities, promote healthy eating, and conduct educational workshops. The new sections on hypertension in pregnancy and physical activity provide additional crucial information that can be used to support populations at greater risk. Clinical and community partners can utilize the guide to enhance their interventions, collaborate more effectively, and make a significant impact on the prevention and management of hypertension in their communities.

To learn more about the work TPO, NYC! is doing, visit nyc.gov/health/tponyc.

Email us at bloodpressure@health.nyc.gov.

Follow the NYC Health Department on Instagram ([@nychealthy](https://www.instagram.com/nychealthy)), Facebook ([nychealth](https://www.facebook.com/nychealth)), LinkedIn ([NYC Department of Health and Mental Hygiene](https://www.linkedin.com/company/nyc-department-of-health-and-mental-hygiene)) and X ([@nychealthy](https://twitter.com/nychealthy)).

How To Get Started

This guide contains action plans that focus on addressing hypertension and related health issues. These adaptable, actionable, and educational plans can be applied at an individual or organizational level to promote healthy lifestyles. Take the Pressure Off, NYC! encourages you to explore and consider the featured action plans. As you move through the guide, use the links to find the action plan resources.

For more information on these resources, contact us at bloodpressure@health.nyc.gov.

Share Your Feedback

Please let us know if you use an action plan and how it went. Complete our brief survey at nycdohmh.surveymonkey.com/r/QHRPSL2. Thank you!

Action Plans: Blood Pressure Screening

1. Purchase and Place Blood Pressure Devices

This activity applies to organizations from all sectors.

Increasing access to validated BP devices in the community will help improve screening and diagnosis of hypertension. This can be done by placing kiosks, setting up BP check stations, or helping obtain BP devices to place in areas with limited access to community BP checks. The [NYC Health Map](https://nyc.gov/health/map) (nyc.gov/health/map) features a list of publicly available BP check locations in NYC.

Note that not all health care providers and organizations use the same cutoffs to decide when one officially has hypertension. Normal blood pressure is less than 120/80, so it is advised that a person checks with their provider if their blood pressure is 120/80 or above.

Step 1. Choose one or more of the options below.

Implementation options	Resources
Purchase and place a validated BP kiosk.	See the appendix in this document: Blood Pressure Kiosks: Your Guide to Buying or Leasing
Create a BP check station with an automated upper arm BP monitor that is validated and has multiple cuff sizes that will fit most people.	Recommended device features Validated BP monitors
Help obtain BP kiosks for areas with limited access to community BP checks.	The NYC Health Department keeps a list of organizations in need of BP kiosks. Organizations interested in applying to receive a BP kiosk should complete the Free Blood Pressure Kiosk survey.
Add your BP services to the NYC Health Map.	To add your organization's BP services to the Health Map , email mfernandez2@health.nyc.gov .

Step 2. Follow the recommendations below.

Recommendations	Resources
Place flyers and promotional materials where community members can see them. Have educational materials readily available on-site.	How to check your blood pressure How to check your blood pressure [español] BP tracking card Pharmacy blood pressure decal Hypertension materials (select the Hypertension drop-down) Materials are available in multiple languages. To order copies of these and other materials, call 311. For additional resources, visit nyc.gov/health and search for high blood pressure.
Share your experience.	Email bloodpressure@health.nyc.gov to tell us who you are already training and supporting. Please let us know if you use an action plan and how it went. Complete our brief feedback survey. Thank you!

2. Create a Blood Pressure Monitor Loaner Program

This activity applies to organizations from all sectors.

A BP monitor loaner program can help community members measure their BP at home regardless of insurance status or ability to afford a monitor. This can be done for diagnosis or management of hypertension. A loaner program can be established in any setting, but it should be paired with appropriate training or instructional materials on self-measured blood pressure (SMBP).

Use the resources below to support each component of your workflow.

Recommendations	Resources
Purchase validated automated upper arm BP monitors.	Recommended device features Validated BP monitors
Ensure cuffs fit appropriately. You may need more than one cuff size.	Selecting a cuff size
Provide SMBP training for patients.	For training in the clinic, review Activity 4 in this guide. For training in the community, review the instructions for the monitors you are using and use Target: BP's Training Patients steps and SMBP Patient Training Checklist to quickly train people on how to take their own blood pressure. Remind them to connect with a health care provider for hypertension diagnosis and management. Additionally, email the NYC Health Department at bloodpressure@health.nyc.gov to schedule our Hypertension 101 Train-the-Trainer or Community-Based Training on the basics of hypertension.
Have SMBP materials readily available for patients.	What is SMBP? SMBP training video SMBP infographic SMBP recording log

Recommendations	Resources
	Additional hypertension materials (select the Hypertension drop-down)
Manage device inventory.	Loaner device agreement Loaner device inventory management CDC guideline for disinfection and sterilization in health care facilities . Review the information on noncritical items and blood pressure cuffs. Antimicrobial products registered with EPA for claims against common pathogens
Share your experience.	Email bloodpressure@health.nyc.gov to tell us who you are already training and supporting. Please let us know if you use an action plan and how it went. Complete our brief feedback survey . Thank you!

3. Conduct Blood Pressure Screenings

This activity applies to organizations from all sectors.

BP screenings can help identify people with elevated blood pressure who are not aware they may have hypertension. To conduct BP screenings, staff or volunteers who take BP readings should be provided with validated BP monitors and trained in accurate measurement.

Use the resources below to support each component of your workflow.

Recommendations	Resources
Train staff or volunteers to provide accurate BP readings.	Achieving Accuracy: BP Measurement E-Learning Course Measuring blood pressure accurately course
Purchase automated upper arm BP monitors that are validated and have multiple cuff sizes that will fit most people.	Recommended device features Validated BP monitors
Provide appropriate handouts to clients.	Email us at bloodpressure@health.nyc.gov to obtain printed copies of materials, including: • How To Take Your BP • BP Tracking Card • Cut the Salt Health Bulletin Educational materials and handouts are available in multiple languages.
Recommend follow-up with a health care provider if BP is elevated or high (120/80 or above).	Options for low-cost or income-based care: • Find a doctor through NYC Health + Hospitals • Find a nearby Health Center • Health Centers: A Guide for Patients For help obtaining health insurance: • GetCoveredNYC • Access NYC Note: Different experts may use different cutoffs to define “elevated” versus “high” blood pressure. Individuals should work with their health care providers to confirm a diagnosis and management plan.

Recommendations	Resources
Have a plan for what to do if BP is very low or very high, or if someone is not feeling well. Ideally, have a qualified healthcare provider advise your organization on developing this plan.	Understanding Blood Pressure Readings Note: Even small elevations in the blood pressure during pregnancy can be serious. This information is for nonpregnant people. Low Blood Pressure — When Blood Pressure Is Too Low
Share your experience.	Email bloodpressure@health.nyc.gov to tell us who you are already training and supporting. Please let us know if you use an action plan and how it went. Complete our brief feedback survey. Thank you!

4. Measure Blood Pressure Accurately in the Clinic

This activity applies to organizations that provide clinical services.

Measuring BP accurately is necessary for proper diagnosis and management of hypertension. Unfortunately, inaccurate measurement is common and can contribute to misdiagnosis as well as over- or under-treatment. Adopting an accurate measurement workflow and training all staff who take BP readings can help ensure accurate measurement.

Before getting started, read the [Measure Accurately Guide](#) to understand how to complete this activity and use it as a reference tool.

Use the resources below to support each component of your workflow.

Recommendations	Resources
Train staff on accurate measurement.	Achieving Accuracy: BP Measurement E-Learning Course Measuring blood pressure accurately course
Routinely assess staff skills in BP measurement.	Technique quick check
Conduct environmental assessment of exam rooms and measurement areas.	Pre-assessment tool
Place in-office posters or infographics on accurate measurement.	In-office BP measurement infographic
Establish workflows and an ongoing training schedule to support accurate measurement.	BP measurement policy and procedure template
Share your experience.	Email bloodpressure@health.nyc.gov to tell us who you are already training and supporting. Please let us know if you use an action plan and how it went. Complete our brief feedback survey . Thank you!

5. Prescribe Self-Measured Blood Pressure in the Clinic

This activity applies to organizations that provide clinical services.

Self-measured blood pressure (SMBP) is a commonly used approach for obtaining out-of-office BP measurements. The [U.S. Preventive Services Task Force](#), [NYC Health Department](#), and [2017 ACC/AHA high blood pressure guideline](#) recommend conducting out-of-office BP monitoring for diagnostic confirmation of hypertension. Before getting started, read Target BP's [quick start guide for health care providers](#) and [SMBP best practices](#) to understand how to complete this activity and use it as a reference tool.

Use the resources below to support each component of your workflow.

SMBP components	Resources
Identify staff who will be responsible for each component of your workflow.	SMBP Implementation Toolkit – National Association of Community Health Centers (see Page 13)
Train staff on correct SMBP procedures.	SMBP staff competency BP positioning tool American Heart Association course on using SMBP
Identify patients who would benefit from SMBP.	SMBP Implementation Toolkit – National Association of Community Health Centers (see Page 5)
Train patients on SMBP.	Provider tools: • SMBP patient training checklist • SMBP patient training checklist (loaner device) Information for patients: • What to know before taking your own blood pressure • How to take your BP Related resources: • SMBP infographic (including steps to perform SMBP monitoring correctly at home) • SMBP 7-day recording log (for documenting BP readings)

SMBP components	Resources
	• SMBP training video Resources from Target: BP are available in multiple languages. Further educational materials are also available in languages other than English from the NYC Health Department.
Ensure patients have a validated device that fits properly.	SMBP device accuracy test Validated BP devices Optional: • Create a BP monitor loaner program (see Activity 2 in this guide)
Interpret and act on SMBP results.	SMBP average calculator Use an interpretation chart for SMBP versus in-office BP that matches the guidelines your practice follows. Examples: • AMA 7-step SMBP quick guide • Target: BP: Interpret results • Self-Measured Blood Pressure Monitoring at Home: A Joint Policy Statement From the American Heart Association and American Medical Association (see Table 3)
Share your experience.	Email bloodpressure@health.nyc.gov to tell us who you are already training and supporting. Please let us know if you use an action plan and how it went. Complete our brief feedback survey. Thank you!

Action Plans: Healthy Eating and Active Living

6. Healthy Meetings and Events Policy

This activity applies to organizations that host internal and external meetings and events.

Adopting the NYC Food Standards for Meetings and Events can help support a healthier food environment for staff, clients, and organization members.

Before getting started, read the [Standards for Meetings and Events and the accompanying implementation guide](#) to understand how to complete this activity and use as a reference tool.

Most of the resources listed below can be found at the NYC Health Department's webpage [Nutrition: At Work and in City Facilities](#). Resources may be available there in additional languages.

Implementation steps	Resources
Gain buy-in from leadership and staff at your organization.	Implementation Guide for Meetings and Events Standards (see Pages 4 and 5 for information about building buy-in)
Assess your organization's food environment.	Guidelines Pre-Assessment for Meetings and Events
Implement Meetings and Events Standards.	Implementation Guide for Meetings and Events Standards
Communicate your policy and healthy changes to staff members and stakeholders. Consider coupling this communication with nutrition education workshops.	For Healthy Eating workshops, see Nutrition Education Programs and Resources from the NYC Health Department.
Continually monitor and assess progress.	Guidelines Pre-Assessment for Meetings and Events Guidelines Post-Assessment for Meetings and Events

Implementation steps	Resources
Consider offering guidance or support to other organizations regarding foods they purchase, prepare, serve, and sell.	Share the NYC Food Standards. Present one or more of the Healthy Eating Workshops.
Reach out for more information if needed.	Contact nycfoodstandards@health.nyc.gov to find out more about how you can follow the Meetings and Events Standards at your organization.
Share your experience.	Email bloodpressure@health.nyc.gov to tell us who you are already training and supporting. Please let us know if you use an action plan and how it went. Complete our brief feedback survey. Thank you!

7. Food and Beverage Vending Policy

This activity applies to any organization that has vending machines located in their facilities or building.

Adopting the NYC Food Standards for Beverage and Food Vending Machines can create a healthier food environment by increasing the availability of healthy snacks and beverages for staff, clients, and organization members.

Before getting started, [read the Standards for Beverage Vending Machines and Food Vending Machines and accompanying implementation guides](#) to understand how to complete this activity and use as a reference tool.

Most of the resources listed below can be found at the NYC Health Department's webpage [Nutrition: At Work and in City Facilities](#). Resources may be available there in additional languages.

Implementation steps	Resources
Gain buy-in from leadership and staff at your organization.	See Pages 4 and 5 in the Implementation Guide for Meetings and Events Standards for information about building buy-in.
Assess your organization's food and beverage vending machines. Implement the NYC Food Standards for Beverage and Food Vending Machines. Communicate your policy and healthy changes to staff members and stakeholders.	Beverage Vending Machine Standards Implementation Guide for Beverage Vending Machines Standards
Continually monitor and assess progress.	Beverage Vending Machines self-assessment tool Food Vending Machines self-assessment tool
Consider offering guidance or support to other organizations regarding foods they purchase, prepare, serve, and sell.	Share the NYC Food and Beverage Vending Standards.

Implementation steps	Resources
Reach out for more information if needed.	Email nycfoodstandards@health.nyc.gov to find out more about how you can follow the Food and Beverage Vending Machines Standards at your organization.
Share your experience.	Email bloodpressure@health.nyc.gov to tell us who you are already training and supporting. Please let us know if you use an action plan and how it went. Complete our brief feedback survey. Thank you!

8. Cafeteria and Café Policy

This activity applies to any organization with a food retail operation, from a small café to a large hospital or university cafeteria.

Adopting the NYC Food Standards for Cafeterias and Cafés can help increase the availability of healthy food and beverage options and make it easier for consumers to make health choices.

Before getting started, read the [Cafeteria and Cafés Standards](#) to understand how to complete this activity and use as a reference tool.

Most of the resources listed below can be found at the NYC Health Department's webpage [Nutrition: At Work and in City Facilities](#). Resources may be available there in additional languages.

Implementation steps	Resources
Gain buy-in from leadership and staff at your organization. Assess your organization's food environment.	See Pages 4 and 5 in the Implementation Guide for Meetings and Events Standards for information about building buy-in.
Implement the NYC Food Standards for Cafeterias and Cafés. Communicate your policy and healthy changes to staff members and stakeholders.	Cafeterias and Cafés Standards See under "Additional Resources to Implement Standards" for more resources, including: • Healthy value meal sign (breakfast) • Beverage shelf talker • Snack shelf talker • Food Standards table tents
Consider offering guidance or support to other organizations regarding foods they purchase, prepare, serve, and sell.	Share the NYC Cafeterias and Cafés Standards.
Reach out for more information if needed.	Email nycfoodstandards@health.nyc.gov to find out more about how you can follow the Cafeteria and Café Standards at your organization.

Implementation steps	Resources
Share your experience.	Email bloodpressure@health.nyc.gov to tell us who you are already training and supporting. Please let us know if you use an action plan and how it went. Complete our brief feedback survey. Thank you!

9. Meals and Snacks Purchased and Served Policy

This activity applies to any organization that purchases and serves food to clients or employees on a regular basis, such as a youth program.

Adopting the NYC Food Standards for Meals and Snacks Purchased and Served ensures that food served through your program is lower in sodium, saturated fat, and added sugars and filled with fiber-rich foods such as fruits, vegetables, and whole grains.

Before getting started, read the [Standards for Meals and Snacks Purchased and Served and accompanying implementation guide](#) to understand how to complete this activity and use as a reference tool.

Most of the resources listed below can be found at the NYC Health Department's webpage [Nutrition: At Work and in City Facilities](#). Resources may be available there in additional languages.

Implementation steps	Resources
Gain buy-in from leadership and staff at your organization. Assess your organization's food environment.	See Pages 4 and 5 in the Implementation Guide for Meetings and Events Standards for information about building buy-in.
Implement the NYC Food Standards for Meals and Snacks Purchased and Served.	Implementation Guide for Meals and Snacks Purchased and Served Standards • Healthy eating poster
Communicate your policy and healthy changes to staff members, stakeholders, and clients.	Meals and Snacks Purchased and Served Standards self-assessment tool
Consider offering guidance or support to other organizations regarding foods they purchase, prepare, serve, and sell.	Share the NYC Meals and Snacks Purchased and Served Standards.
Reach out for more information if needed	Email nycfoodstandards@health.nyc.gov to find out more about how to follow the Standards for Meals and Snacks Purchased and Served at your organization.

Implementation steps	Resources
Share your experience.	Email bloodpressure@health.nyc.gov to tell us who you are already training and supporting. Please let us know if you use an action plan and how it went. Complete our brief feedback survey. Thank you!

10. Support Healthier Food Retail in Your Community

This activity applies to organizations from all sectors.

Organizations can adopt a local food retailer — such as a corner store or bodega, grocery store, or fruit and vegetable stand. Community members and customers can support their local food retailer by encouraging them to stock and promote healthy food and beverages. The [Shop Healthy NYC! How To Adopt a Shop guide](#) provides your organization with the tools needed to encourage local food retailers to provide healthy offerings such as fruits and vegetables, 100% whole wheat bread, and low-sodium canned goods. Before getting started, read the Adopt a Shop guide to understand how to complete this activity and use as a reference tool.

Most of the resources listed below can be found at the NYC Health Department's webpage [Nutrition: At Work and in City Facilities](#). Resources may be available there in additional languages.

Implementation steps	Resources
Identify an interested store. Assess the store's inventory and environment.	Shop Healthy NYC! materials Shop Healthy NYC! Implementation Guide Adopt a Shop Guide
Propose changes. Conduct activities to support the store. Promote the store.	Adopt a Shop guide Visit the Shop Healthy NYC! webpage for information on the yearly Retail Challenge, Shop Healthy NYC! postcards in English and Spanish , and additional resources, including: Food Forward NYC: A 10-Year Food Policy Plan Food Forward NYC: 2-Year Progress Report, 2023 NYC Food Metrics Report 2022 Nutrition Services - For more information on nutrition, visit Nutrition Services at the NYC Health Department.
Reach out for more information if needed.	For more information, contact shophealthy@health.nyc.gov .

Implementation steps	Resources
Share your experience.	Email bloodpressure@health.nyc.gov to tell us who you are already training and supporting. Please let us know if you use an action plan and how it went. Complete our brief feedback survey. Thank you!

11. Promote and Distribute Health Bucks

This activity applies to organizations from all sectors.

Health Bucks are \$2 coupons that can be used to buy fresh fruits and vegetables at all NYC farmers markets. The Health Bucks program aims to increase fruit and vegetable consumption among New Yorkers with low incomes by making fresh produce more affordable. Your organization can get involved by purchasing, distributing, or promoting [Health Bucks](#) to your employees or clients.

Most of the resources listed below can be found at the NYC Health Department's [Health Bucks](#) webpage. Resources may be available there in additional languages.

Options for getting involved	Resources
Promote the Health Bucks SNAP incentive to clients.	New Yorkers enrolled in the Supplemental Nutrition Assistance Program (SNAP) can receive Health Bucks at over 100 NYC farmers markets. For every \$2 spent at farmers markets using SNAP on an EBT card, shoppers get \$2 in Health Bucks, up to \$10 in Health Bucks per day.
Refer clients to local farmers markets.	Visit the Health Bucks webpage for a list of year-round NYC farmers markets and for a comprehensive farmers market map (also available in Spanish and Chinese). Clients can also find details for nearby farmers markets by texting “So Good” (or “Muy Rico” for Spanish) to 55676.
Share nutrition resources with clients.	For nutrition education resources , see Section 12 in this document. New Yorkers can call 718-557-1399 or visit access.nyc.gov to apply for SNAP and other programs that can help with food, money, housing, and work. • For urgent food needs, call 311 and ask for the Emergency Food Assistance Program or visit foodhelp.nyc.gov to find a nearby food pantry.

Options for getting involved	Resources
Organize a farmer's market tour.	See the Health Bucks toolkit for how to lead a farmers market tour, tour activities, and best practices for distributing Health Bucks. Activities are available in English and Spanish and include: • Market Exploration • Interview a Farmer • Recipe Challenge
Apply for Health Bucks and distribute them to clients or organizations you serve.	Each year, community- and faith-based organizations can apply to receive free Health Bucks to distribute to community members as part of their nutrition programming. If you work with an organization in your community, consider helping them apply. Applications are open for a limited time each spring and are posted on the Health Bucks webpage when available. Organization can also purchase Health Bucks to distribute as part of their programming. If you would like to purchase Health Bucks, email farmersmarket@health.nyc.gov for more information.
Share your experience.	Email bloodpressure@health.nyc.gov to tell us who you are already training and supporting. Please let us know if you use an action plan and how it went. Complete our brief feedback survey. Thank you!

12. Provide Nutrition Education Resources

This activity applies to organizations from all sectors.

Providing nutrition education resources to employees and community organizations may include promoting and distributing NYC Health Department webpages and resources, conducting nutrition education lunch-and-learn sessions or more in-depth programming, and referring employees to nutrition education services happening in their community.

Most of the resources listed below can be found at the NYC Health Department's [Nutrition Education Programs and Resources](#) webpage. Resources may be available there in additional languages.

Options	Resources
Promote and distribute NYC Health Department nutrition education resources.	Promote the NYC Health Department website and social media pages for up-to-date nutrition information, programs, and resources. • Distribute nutrition handouts for adults. • Visit the Eat Healthy, Be Active Facebook page. • Visit and share nutrition tips. Find recipes from the Eat a Whole Lot More Plants campaign, such as: • Tofu and Green Bean Stir-Fry With Corn • Black Bean Tacos With Pineapple Salsa • Jerk Style Black Beans • Chopped Broccoli Salad With Walnuts • Chickpea Curry • Sweet Potato and Red Bean Chili Show cooking videos on how to prepare healthy, plant-filled recipes by coordinating a screening at your organization or sharing these links: • NYC Health Department culinary skills videos on YouTube • Eat Healthy, Be Active video library on Facebook Print and post educational materials, such as these Healthy Eating posters and palm cards: • Healthy Eating Formula poster

Options	Resources
	• Healthy Eating Formula palm card • Eat a Whole Lot More Plants posters ○ Anton and Carla ○ Abuela and Maria ○ Min and Sharon
Conduct a nutrition education lunch-and-learn session or program at your organization.	Scroll down the Nutrition Education page for a variety of resources, including: • Workshops for Adults • Workshops for Kids • Healthy Eating Workshop Series To start a nutrition education program at your local farmers market, see Nutrition Education and Culinary Demonstrations at Farmers Markets: A Guide for Community Organizations.
Share information with employees and clients about NYC Health Department nutrition education services happening in their community.	The Stellar Farmers Markets program provides free nutrition education workshops and cooking demonstrations at select farmers markets throughout NYC from July to November. The program builds participants' skills and knowledge on why and how to prepare healthy meals using fresh, seasonal produce. Workshops are open to the public and are provided in multiple languages. All participants ages 18 years and older will receive a \$2 Health Bucks coupon for attending. Visit the Eat Healthy, Be Active Facebook page for information about weekly workshops from July to November, as well as tips about locally grown produce. To schedule a group visit for your organization's clients, email nutritioneducation@health.nyc.gov.
Consider offering guidance or support to other organizations that	Share the resources above with others in your network.

Options	Resources
would like to offer nutrition education programs.	Sign up to receive Nutrition Updates from the NYC Health Department and encourage others in your network to sign up as well.
Share your experience.	Email bloodpressure@health.nyc.gov to tell us who you are already training and supporting. Please let us know if you use an action plan and how it went. Complete our brief feedback survey. Thank you!

13. Physical Activity Resources

This activity applies to organizations from all sectors.

Providing physical activity resources to clients may include promoting [NYC Parks](#) webpages and resources. NYC Parks is helping New Yorkers reconnect to their communities and have an impact on the environment, thereby improving their mental and physical health.

Implementation steps	Resources
Promote physical activity resources.	Promote the NYC Parks website and social media pages for up-to-date information and resources on physical activity.
Refer clients to physical activity programs.	Shape Up NYC is a free group fitness program for adults and seniors with locations in all five boroughs. Urban Park Ranger programs have been improving quality of life by connecting New Yorkers to the natural world through environmental education and outdoor adventure. The Urban Park Rangers lead a variety of nature-based programs citywide that encourage New Yorkers to decompress and connect with the outdoors. Recreation centers are located citywide and offer no- or low-cost access to fitness equipment, fitness classes, media labs, media education programs, swimming pools, multipurpose spaces, and more. NYC Parks GreenThumb is the nation's largest urban community gardening program, sustaining over 550 gardens and supporting thousands of volunteer gardeners throughout NYC.
Offer clients an opportunity to volunteer.	Explore volunteer opportunities with clients or match them with a volunteer group that meets their interests to connect them to events.

Implementation steps	Resources
Consider offering guidance or support to other organizations that would like to share the resources for physical activity in their communities.	For more information about physical activity opportunities from NYC Parks, please visit the NYC Parks webpage or contact Parks .
Share your experience.	Email bloodpressure@health.nyc.gov to tell us who you are already training and supporting. Please let us know if you use an action plan and how it went. Complete our brief feedback survey . Thank you!

Action Plans: Hypertensive Disorders in Pregnancy

14. Screen for Hypertension in Pregnancy

This activity applies to organizations that provide clinical services.

The [U.S. Preventive Services Task Force](#) recommends screening for hypertensive disorders in people who are pregnant using BP measurements throughout pregnancy. Increasing screening during pregnancy will help improve health care response and diagnosis of hypertension. To conduct BP screenings, staff who take BP readings should be provided with validated BP monitors and trained in accurate measurement.

Implementation steps	Resources
Train staff to provide accurate BP readings.	Measure accurately guide
Provide evidence-based management for clients who are pregnant and screen positive for elevated blood pressure.	Caring for Patients With Hypertension and Diabetes Before, During and After Pregnancy: A Treatment and Management Guide
Provide appropriate handouts to clients.	Guide to Healthy Eating and Active Living in NYC How To Take Your Blood Pressure Blood Pressure Tracking Card Using Food Labels To Eat Less Sodium Have a Healthy Pregnancy: Be Aware and Take Action NYC Standards for Respectful Care at Birth
Refer clients to community-based resources.	Maternity Hospital Quality Improvement Network Neighborhood Birth Justice hubs Community-based doula services Family Wellness Suites - Locations in:

Implementation steps	Resources
	○ Brownsville: 259 Bristol St., Brooklyn, NY 11212 ○ East Harlem: 158 E. 115th St., New York, NY 10029 ○ Tremont: 1826 Arthur Ave., Bronx, NY 10457) ● No-cost services include: ○ Maternal yoga ○ Childbirth education ○ Prenatal and gestational diabetes culinary workshops
Share your experience.	Email bloodpressure@health.nyc.gov to tell us who you are already training and supporting. Please let us know if you use an action plan and how it went. Complete our brief feedback survey. Thank you!

Action Plans: Educational Workshops

15. Host a Hypertension 101 Workshop

This activity applies to all organizations that can offer educational workshops to community members, employees, or patients.

The Hypertension 101 Workshop provides an overview of hypertension, how to prevent and control it, and how to accurately measure and self-monitor blood pressure. Review the implementation steps below to get started. Workshop slides and resources are located at nyc.gov/health/tponyc.

Implementation steps	Resources
Determine your format (virtual or in-person) and language. The slides and facilitation guide are available in English, Spanish, Haitian Creole, French, and Traditional Chinese.	For Hypertension 101 Workshop: Train-the-Trainer slides, visit nyc.gov/health/tponyc .
Review the slides and facilitation guide. If applicable, tailor materials based on your organization's needs and the audience you are trying to reach. You may remove slides that aren't relevant to your group, but please do not change any of the information on the slides.	For Hypertension 101 workshop slides and facilitation guide, visit nyc.gov/health/tponyc .
Complete this postworkshop checklist: ☐ Have participants complete the sign-in sheet. ☐ Have participants complete the pre- and post-workshop surveys. ☐ Complete the presenter feedback survey. ☐ Send any questions to bloodpressure@health.nyc.gov. ☐ Follow up with participants to share your slides, online resources, and any other information they requested during the workshop.	For the printable sign-in sheet, pre-workshop survey, post-workshop survey, suggested handouts, and further online resources, visit nyc.gov/health/tponyc . See here for the presenter feedback survey.

Implementation steps	Resources
Share your experience.	Email bloodpressure@health.nyc.gov to tell us who you are already training and supporting. Please let us know if you use an action plan and how it went. Complete our brief feedback survey. Thank you!

16. Refer Clients to Resources and Educational Workshops

This activity applies to organizations from all sectors.

The following are recommendations for educational programs you can integrate into your existing program strategy. Not all these programs will address high blood pressure, but they can help support other aspects of health for your community. For example, reducing tobacco use and controlling diabetes can help reduce the risk of heart disease.

Recommendations	Resources
Reduce tobacco use.	See the Guide to Tobacco Treatment Programs in NYC . Visit the New York State Smokers' Quitline , or call 866-NY-QUITS (866-697-8487), to apply for a free starter kit of nicotine medications and talk to a quit coach.
Fight smoking inequities in your communities.	Community residents and partners can use the action guide Countering Tobacco and E-cigarette Industry Influences in Your Community to resist tobacco and e-cigarette (vape) industry influences, connect people who smoke or vape to treatment, and reduce people's exposure to secondhand smoke.
Utilize type 2 diabetes prevention and self-management services.	Use the NYC Health Department Diabetes Action Kit's clinical tools, provider resources, and patient education resources to support patients with prediabetes and diabetes.
Host a free presentation or training from NYC Healthy Homes on environmental health hazards in the home.	To request a free training or presentation for your organization, fill out the request form or email healthyhomesecp@health.nyc.gov .
Host a self-management program for diabetes or chronic disease. The options linked here are effective, evidence-based programs that provide methodologies,	Diabetes Self-Management Program (DSMP) Chronic Disease Self-Management Program (CDSMP)

Recommendations	Resources
strategies, and structures for successful self-management of chronic conditions. The program workshops allow participants to self-tailor them to their own needs.	CDC National Diabetes Prevention Program Additional recommended programs from New York State. For help training from the NYC Health Department, email ebi_referrals@health.nyc.gov or mfernandez1@health.nyc.gov. Include your organization's name and address along with the name and phone number of a contact person.
Share your experience.	Email bloodpressure@health.nyc.gov to tell us who you are already training and supporting. Please let us know if you use an action plan and how it went. Complete our brief feedback survey. Thank you!

Appendix: Blood Pressure Kiosks: Your Guide to Buying or Leasing

This guide is designed to help your organization understand important details and key considerations about blood pressure kiosks as you explore options for buying or leasing. Thank you for your commitment to increasing access and awareness of free blood pressure checks in NYC!

Cost: Typically, between \$3,500 and \$10,000 to purchase a single machine. Many vendors also allow you to lease the machine, although monthly lease payments may equal the cost of purchase within two to three years. Check with the vendor to see if monthly payments change once the total cost of lease payments equals the cost of purchase.

Size: Typically, 5 to 8 square feet of floor space and 5 to 6 feet of height are required. Kiosks must be located near an outlet; check that the kiosk can be plugged into an extension cord if necessary. If you expect to connect the kiosk to the internet using an Ethernet cable, make sure the connection is feasible. Consider whether the space is accessible enough for people to notice, but private and quiet enough for blood pressure readings.

Maintenance: Your kiosk may need to be checked periodically to ensure it is calibrated. Over time, damage may occur or parts may need replacement. Maintenance packages are common for dealing with these issues. If you purchase your kiosk, a maintenance package will likely cost extra; if you lease your kiosk, vendors may bundle maintenance fees into the lease payments.

Data: Some machines can only count the total number of readings taken and display results for users on an LED display. Most newer models, however, connect to the internet and can provide more comprehensive, deidentified information about users, as well as printed or emailed results and online portals for users. If you are interested in a more comprehensive and connected machine, you will need either a hardwired Ethernet connection or Wi-Fi linkage. Cellular connectivity may be possible in place of Ethernet or Wi-Fi connection, but there may be a cellular device installation fee and monthly cellular data costs. If you would like to receive data about your users, this may come with a fee. Vendors may bundle data fees with maintenance or co-branding fees.

High blood pressure readings: If someone has a dangerously high reading, they will need to see their health care provider. Check to see if and how people are notified about high readings and explore what legal obligations your organizations may have to assist people who receive high readings.

Regulatory compliance: The machine will need to comply with FDA medical device manufacturing standards and should meet industry validation standards, such as ISO and AAMI, for accuracy as an automated oscillometric sphygmomanometer (the formal term for most electronic blood pressure monitors). A validated monitor means it has been clinically tested for accuracy. You can find a list of validated home blood pressure monitors by visiting [validatebp.org](https://www.validatebp.org).

Accuracy: If the machine is compliant with standards and regulations, it is likely to be very accurate. Blood pressure does fluctuate, and users should be educated about how to take an accurate reading. (Tip: Print and display the Health Department's [guide to taking blood pressure](#) on or near your kiosk.)

Arm cuff: Adult arm sizes vary, and cuff size is an important consideration for accurate blood pressure readings. Check the range of arm circumferences that the machine's cuff can fit and provide accurate readings for and determine if the cuff size meets your population's needs. Some vendors offer multiple cuff sizes, but the cuff cannot easily be swapped out once selected.

Peripheral items: All kiosk models and vendors are unique. Some vendors run mobile phone apps that connect to kiosk data and health portals to gamify healthy behaviors. Some vendors offer special cards for access to a portal for tracking blood pressure over time. Explore the options in the marketplace and consider the costs as well as the needs of your population.

Data sharing: The Health Department is interested in monitoring and reporting metrics for high blood pressure in NYC. If your organization receives data from a kiosk you own or lease, the Health Department would be interested in executing a data-sharing agreement with your organization to receive and compile deidentified data about kiosk usage around NYC.

Mapping: Where organizations have given consent, the Health Department has mapped locations of kiosks in NYC available for public use on the [NYC Health Map \(nyc.gov/health/map\)](https://nyc.gov/health/map). If your organization has a kiosk open to the public, please consider sharing your organization's name, address, and phone number, and the Health Department can add it to the Health Map — email us at mfernandez2@health.nyc.gov.