

# HEALTHY HEART AMBASSADOR PROGRAM

## Information



## What is the Health Heart Ambassador (HHA) Program?

The HHA Program is a 4-month program to encourage **self-monitoring and recording of blood pressure**, as well as a heart-healthy diet.

## What is an HHA?

HHAs are trained **lifestyle coaches** and advocates that help participants monitor and understand their blood pressure readings. The HHA communicates with participants regularly during the program, both face-to-face and by phone or email. They provide support, guidance, and encouragement as participants monitor and record blood pressure at home.

## Who can be an HHA?

Anyone who successfully **completes the HHA training**, including an observation of skills learned, can be an HHA.

## What **benefits** do participants receive?

- Weekly check-ins from their HHA via phone or email
- Monthly nutrition education seminars
- Education and support on how to properly self-monitor blood pressure
- Office hour visits to check-in and receive support from an HHA

## What are the **goals** of the HHA Program?

- Reduction in blood pressure
- Better blood pressure management
- Increased awareness of triggers that elevate blood pressure
- Enhanced knowledge to develop healthier eating habits

## Where should the HHA Program take place?

Office hours and nutrition education seminars can take place **in-person or virtually**.

Considerations for physical locations are:

- ADA accessibility
- Familiarity to community
- Ease of access for populations experiencing health disparities

## What is the process for starting an HHA Program?

- Attend an **informational meeting** to learn more about the program
- **Assess** your organization's ability to start a program
- Send your potential HHAs to a DBPH **HHA training**