



Keep On Track:
A Community-Based Blood Pressure Monitoring Program

The New York City Department of Health (DOHMH) supports **faith and community organizations** to launch and sustain routine **blood pressure monitoring and counseling programs**.

The Health Department provides, for free, all the training and materials that a site needs to offer regular blood pressure monitoring and counseling for their community. This includes:

- An automated blood pressure monitor and batteries
- Tracking cards and a secure file box
- Health information pamphlets
- Training sessions customized to your needs

Over 50 local organizations are part of Keep on Track!
You can do it too.

If you don't offer blood pressure monitoring, then **we can help you launch the program!** This is one of the best ways you can help members of your community live long, healthy lives.

If you already offer blood pressure monitoring, **let us help you strengthen and sustain the program!** We offer trainings that will get more volunteers involved, and all the supplies you need to succeed.

Here's how it works: A trainer from the Health Department will come to your organization and walk you through the *Keep on Track* protocol, which includes teachings on hypertension, on how to take blood pressure using an automated monitor, and how to motivate people to make healthy choices that will protect them from heart attacks and strokes.

With the Keep on Track protocol, you regularly welcome the members of your community to have their blood pressure taken and track their readings on cards which they can show to their doctor. The Health Department will provide you with resources to assist people without a regular doctor to find one.

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Some points to consider:

- **Each site should have at least 4-5 volunteers** so that the program can run even if some volunteers are missing or decide they can no longer dedicate their time to the program.
- Volunteers will need to **commit to an initial training (2 or 3 sessions of about 3 hours each)**, and to running the program after training is completed. Training sessions are held at your site and are available on evenings and/ or weekends.
- With the training, volunteers will operate the blood pressure monitoring program **at least once month** at their site.
- Institutions who wish to start this program must have a **place where they can lock and store the materials** when not in use, and must have an **adequate space where the program can be run.**

Criteria for selecting volunteers includes, that they:

- Are reliable and committed to their volunteer work
- Will respect the confidentiality of the participants
- Are passionate about people and health

That's all. No previous experience is necessary. All skills needed to operate the program will be covered in the training.

For more information about this program contact:

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