Kentucky utilizes an SMBP model that provides a community-clinical linkage with partnerships from local health departments, federally qualified health centers, and YMCAs. Patients typically complete a clinical SMBP program that is shorter in duration (average length of two weeks) and are then referred to a longer, community-based SMBP program (approximately four months) for continued blood pressure self-monitoring. Typically, it costs only $60 for a patient to participate in a one-year SMBP program, but SMBP programs alone have shown medication and outpatient cost savings to be about $143 per person within the next year.¹

**SUCCESS STORY**

One SMBP participant entered the program with blood pressure readings of 150/100. After two months of at-home blood pressure self-monitoring through the program and making lifestyle changes, such as decreasing salt in her diet and attempting exercising at home, her blood pressure readings now average 120/80. In addition, the participant has lost four pounds and restored self-confidence.

**White House Clinic in Richmond, Kentucky** utilizes community health workers to make connections with patients to further their understanding of SMBP. These relationships help build trust and aid the participants as they learn how their lifestyle can influence their blood pressure numbers.

**2017-2018 SMBP IN KENTUCKY**

- 298 have received blood pressure monitors.
- 2,611 have been referred to SMBP.
- NQF 18 improved 5% on average.

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