

# PULSE OF CHANGE

## Improving Hypertension Control Among Black Patients



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### About Marin City Health and Wellness Center

Founded in 2006 by a group of local physicians and community activists, Marin City Health and Wellness Center (MCHWC) is a Federally Qualified Health Center (FQHC) that provides health care to underserved communities throughout the Bay Area, with a special focus on Black communities.

MCHWC cares for patients of all ages and ethnicities at its clinics in Marin City, Bayview Hunters Point in San Francisco, and San Rafael. Its services include primary care, dental care, behavioral health care, women's and adolescent health care, enhanced case management, and health education.

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### A Case Study of Marin City Health and Wellness Center's Work to Improve Hypertension Control

MCHWC's Pulse of Change project focuses on improving clinical measures of hypertension control for a group of 109 Black patients. The project will screen patients for high blood pressure, ensure targeted patients have a care plan in place, and engage patients' families and friends in supporting their lifestyle changes. Monthly lifestyle trainings aimed at controlling hypertension will be culturally relevant and include topics such as diet, alcohol, fat/salt intake, medication management, and physical activity. The project will also screen targeted patients for social needs and refer them to MCHWC's care management team for referral to social supports.

### Why This Focus?

According to the U.S. Office of Minority Health, Black adults are 30% more likely to have high blood pressure and are less likely to have their hypertension in control than their White counterparts. Additionally, African American women are 50% more likely to have high blood pressure than White women. The American Heart Association has found that 55% of Black adults have high blood pressure, with high rates of more severe cases and with hypertension developing earlier in life.

While Marin City is located in one of the wealthiest counties in not only California but the entire U.S., severe health disparities continue to impact Marin City residents, 25% of whom are Black, as compared to 2% in broader Marin County. Life expectancy in Marin City is 77.1 years as compared to 85.2 years for Marin County. Marin City residents also face higher rates of chronic diseases like diabetes, asthma, and hypertension.



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GOALS	STRATEGIES	IMPACT METRICS
<p>Participating patients regularly submit blood pressure readings.</p> <p>Participating patients feel supported by their friends and families, and this sense of support encourages healthy lifestyle habits.</p> <p>Participating patients' social needs are understood and addressed by MCHCW's care management team.</p> <p>A higher proportion of Black patients with hypertension have their hypertension in control.</p>	<p>Establish and regularly update hypertension care plans for targeted patients.</p> <p>Support patients with scheduling and reminders for 10+ visits per year (either in-clinic or telehealth).</p> <p>Provide patients with devices to monitor their own blood pressure at home between appointments.</p> <p>Collect blood pressure readings monthly from targeted patients via in-person visit or remote monitoring device.</p> <p>Screen targeted patients for social needs using the Protocol for Responding to and Assessing Patients' Assets, Risks, and Experiences (PRAPARE) screening tool and make referrals accordingly.</p> <p>Engage family and friends of targeted patients in lifestyle trainings aimed at controlling hypertension.</p> <p>Provide free nutritious food and groceries to training attendees.</p>	<p>100% of targeted patients have care plans in place; care plans are updated regularly.</p> <p>Targeted patients submit blood pressure readings at least 10 out of the 12 months each year.</p> <p>80% of Black patients with hypertension have their hypertension in control (blood pressure &lt; 140/90 mm Hg).</p> <p>100% of targeted patients are screened annually for social needs and referred to the appropriate social supports.</p>

### Pulse of Change Background Information

In late 2023, California Health Care Foundation put out a call for projects that would improve clinical quality of care for Black Californians. Of the many community clinics, hospitals, and technology start-ups from across the state that responded to the call, CHCF awarded grants to eight organizations using a variety of strategies to create a safer, stronger, and fairer health system for Black Californians. Funded projects focus on topics ranging from culturally responsive prenatal care to hypertension management and colorectal cancer screening.