

# RIVERSIDE COMMUNITY HEALTH FOUNDATION

Lowering Hypertension Rates Among Black Adults



## CONTACT

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## PRIMARY CONTACT

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## ABOUT RIVERSIDE COMMUNITY HEALTH FOUNDATION

Riverside Community Health Foundation (RCHF) is a 501(c)(3) nonprofit public charity committed to the mission of improving community health and well-being. From babies to seniors, RCHF is committed to providing access to quality health care and education for the most vulnerable populations in Riverside County. RCHF believes that healthy and happy individuals lead to thriving communities. That's why RCHF creates and funds innovative programs that support people's well-being and improve quality of life for all. To deliver on its mission, RCHF focuses on prevention, fitness, and education.

## A CASE STUDY OF THE FOUNDATION'S HYPERTENSION MANAGEMENT WORK

The Rooted in Our Health project from the Riverside Community Health Foundation aims to lower hypertension rates among Black adults in Riverside County. The foundation is working with local churches and community groups to identify people who need help early. To help ease transportation barriers, Rooted in Our Health offers free mobile blood pressure screenings. Patients with high blood pressure will be connected with community health workers who are trained to measure blood pressure accurately and can help them get care. These workers will also teach people about blood pressure and remind them to come back for check-ups.

## WHY THIS FOCUS?

39.1% of Black adults in Riverside County have high blood pressure, surpassing the state average (27.6%). Addressing hypertension is an urgent and time-sensitive matter, as hypertension can lead to disabilities and premature death at increasingly early ages.



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## GOALS

- Black adults in Riverside County receive free hypertension screenings, transportation assistance for health care visits, and respectful care
- Program participants feel valued, respected, and empowered.
- Program participants' hypertension rates are reduced over the next two years.

## STRATEGIES

- Promote patient attendance at all follow-up visits
- Ensure timely care.
- Offer patient education services.
- Provide free mobile blood pressure screenings.
- Reduce barriers to appointment attendance by offering workshops virtually and providing screenings in a variety of existing community spaces.
- Offer referrals to culturally responsive community health workers for quality hypertension management.
- Partner with faith-based organizations.

## IMPACT METRICS

- Data on clinical outcomes and patient engagement and satisfaction\*
- Reduction in high blood pressure readings over time
- Patient adherence to follow-up visits
- Increased screenings
- Enhanced provider skills
- Improved patient self-management

*\*For data collection, RCHF will leverage the American Medical Association's MAP quality evaluation tool to ensure consistency and accuracy in measuring clinical impact.*

## SUPPORTED BY CHCF'S PULSE OF CHANGE INITIATIVE

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.



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