



## West Virginia School Health Technical Assistance Center

Please join us Wednesday, September 19, 2017

from 2:30-3:30 p.m.

for a free webinar on

### How to Start a CHECK, CHANGE, CONTROL Self-Monitoring Blood Pressure Program in Your School or Community

Check. Change. Control.® was founded on successful evidence-based practices from the American Heart Association pilot program, Check It, Change It. The Check It, Change It program. Developed to support hypertension management among the adult population, Check. Change. Control.® engages participants in self-monitoring and health coaching/mentoring, emphasizing 3 important aspects of managing hypertension: 1) Checking for high blood pressure and symptoms; 2) Changing lifestyle and seeking treatment; and 3) Controlling hypertension by taking preventative measures. The purpose of this webinar is to introduce the Check. Change. Control.® program to school nurses and inform participants how they can become a local health mentor/health ambassador to implement the program in their school and/or community. The webinar will provide training on the tools, resources and processes needed to begin a program.

This training is offered only via WebEx (no conference call lines will be available). **The Webinar is FREE but you must register in advance.** We are limited to 100 WebEx participants, so please **register early** and plan for group access when able. *This webinar will be recorded and posted with CEU's for future listening for those unable to attend the live offering.*

**Registration Link, CEU Information and Presenter Bio  
are available on our webpage:**

[West Virginia School Health Technical Assistance Center](#)

#### Learning Objectives

- 1) Participants will understand the components of the AHA Check. Change. Control program.
- 2) Participants will learn the role of the health mentor/health ambassador.
- 3) Participants will learn the tools and resources needed to begin a Check. Change. Control program in their school and/or community.

#### Miscellaneous Information:

CEUs pending through the Marshall University; West Virginia Board of Examiners for Registered Nurses provider number (WV1999-0297).

This event is coordinated by the West Virginia Department of Education Office of Special Education along with the West Virginia School Health Technical Assistance Center at the Joan C. Edwards School of Medicine, Marshall University.

For questions contact:

Lori Haapala – [haapala@marshall.edu](mailto:haapala@marshall.edu) or Rebecca King – [rjking@k12.wv.us](mailto:rjking@k12.wv.us)

**Bio:**

**Tim Lewis, Community Impact Director, West Virginia:** Tim Lewis is in his 12<sup>th</sup> year working for the American Heart Association to further its mission to be a relentless force for a world of longer, healthier lives. In a previous role with the AHA, he partnered with schools to plan AHA educational and fundraising programs. In his current position as a Community Impact Director, he works to build healthier communities through community education, policy, systems, and environmental changes, workplace health, and clinical quality improvement initiatives.

**Johnna S. Beane, Health Strategies Coordinator, West Virginia:** Johnna S. Beane joined the American Heart Association in November as the West Virginia Health Strategies Coordinator. In her role she works on community health programs across West Virginia and is currently focusing her efforts in helping West Virginia's primary care providers implement the AHA's Target: BP hypertension quality improvement initiative. Prior to this position, she spent 20 years working on health policy, public health, and rural health projects in various roles at West Virginia University.