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## **Innovative treatment techniques lead to dramatic high blood pressure rate decreases for Urban Family Practice patients**

### **UFP earns national recognition for commitment to improve high blood pressure**

(BUFFALO, N.Y., October 25, 2018) - Urban Family Practice (UFP) is utilizing innovative techniques to treat high blood pressure, including a wellness program. Some participants' blood pressure drops equal the decrease seen in patients taking a drug that costs \$280.00 a month.

The American Heart Association has awarded Urban Family Practice (UFP) a Target: BP™ award for their commitment to prioritize blood pressure control within Buffalo's Lower West Side community. UFP is recognized as a leader in the national effort to get people's blood pressure under control and reduce the number of Americans who have heart attacks and strokes each year. Out of 1,674 health care organizations enrolled in Target: BP, UFP was one of only 438 nationwide to achieve gold status for controlled blood pressure rates for over 70% of its patients.

UFP used YourCare Health Plan data to track patients with high blood pressure from April 2018 – June 2018. In April 2018, only of 50% of YourCare patients at UFP had normal blood pressure (lower than 140/90). By utilizing innovative techniques to treat high blood pressure, by the end of June 2018, 72% of UFP YourCare patients had normal blood pressure.

The innovative techniques UFP uses to treat high blood pressure are: Obtain a list of patients who have high blood pressure

- Call the pharmacy for each patient with high blood pressure and send a 90-day supply order for medication to lower blood pressure. This step enables the patient to start taking the medication even before his/her doctor's appointment. A ninety-day supply of medication makes it easier for patients who may have a hard time getting to the pharmacy

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- Call the patient for an appointment
- If his/her blood pressure is lower than 140/90, the patient is asked to return to the clinic monthly; if the patient's blood pressure is over 140/90, weekly appointments are scheduled

Another innovative G-Health Enterprises program is the Wellness Program through the Greater Buffalo United Accountable Healthcare Network (GBUAHN). The program involves personal training, exercise classes, weight loss support groups, nutritional counseling and healthy cooking classes in their state-of-the-art gym and teaching kitchen.

Since its inception, the GBUAHN Wellness Program has reduced emergency room visits among its members by 67%, and in-patient hospitalizations by 80%. GBUAHN data across 18 months showed an average drop in blood pressure of 10 points systolic and 6 points diastolic. A three-month study of diabetic patients in the wellness program showed an average A1C drop of .6%. That level of a drop equals the decrease seen in patients taking a drug that costs \$280.00 a month.