DISCUSSION

- Culture and social determinants affect how messaging about hypertension are perceived by both children and their families. Within this study, we have been able to provide a new, culturally-competent resource to all clinic patients who have a diagnosis of chronic hypertension during new and follow-up visits. This study focuses on improving blood pressure control, specifically in African-American children who have struggled with the management of hypertension.

- Our ultimate goal is to continue to identify connecting socioeconomic factors that link higher rates of hypertension to certain populations and move toward the incorporation of hypertension educational material through the use of hypertension counselors.

- The next phase of this project is to continue steps towards integration of hypertension counselors on days that are designated as “Hypertension Clinic Days”. Here, hypertension educators will have dedicated days during hypertension clinic to reinforce lifestyle behaviors, diet, and exercise as well as provide counseling and referrals. We predict that regular educational sessions for these patients will help to reinforce dietary and exercise recommendations that are essential in the management of hypertension.

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