



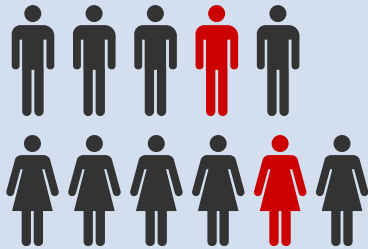
RESEARCH SUMMARY

The MyHEART Study: My Hypertension Education And Reaching Target

Hoppe et al. *JAMA Network Open*. 2023;6(2):e2255618. doi:10.1001/jamanetworkopen.2022.55618

CLINICAL PROBLEM

More than 10 million individuals aged 18 to 39 years (1 in 5 men; 1 in 6 women) have hypertension, which increases the risk of premature heart failure, stroke, and chronic kidney disease. Less than 50% of young adults have achieved blood pressure (BP) control.



CLINICAL TRIAL

DESIGN: This randomized clinical trial included male and female participants aged 18 to 39 years with uncontrolled hypertension confirmed by 24-hour ambulatory blood pressure (AMBP) testing from October 2017 to February 2022.

INTERVENTION: The My Hypertension Education and Reaching Target (MyHEART) intervention consisted of telephone health coaching every 2 weeks for 6 months, with home blood pressure monitoring. Control participants received routine hypertension care.

RESULTS

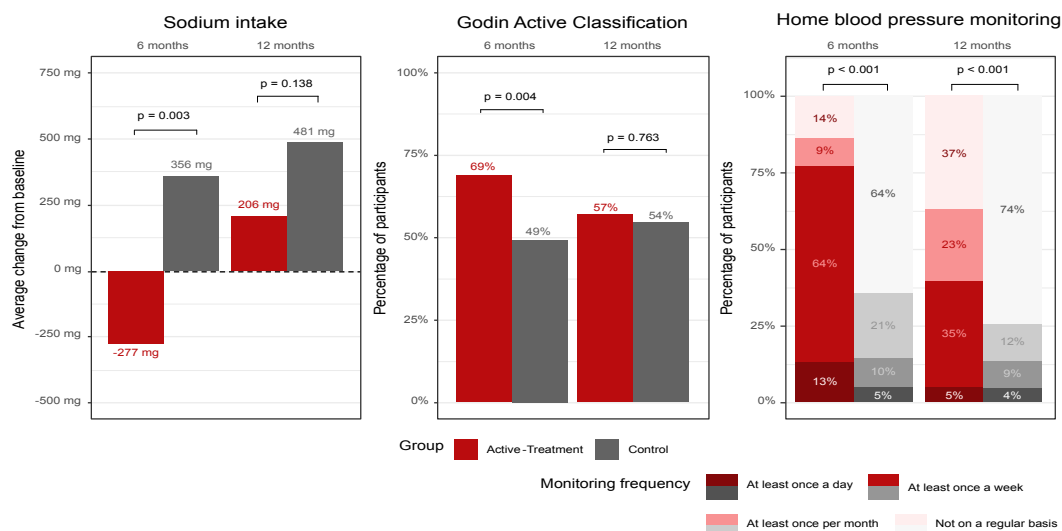
There was no significant difference between control and intervention groups for 24-hour AMBP nor clinic systolic or diastolic blood pressure at 6 or 12 months. Both groups showed a reduction in blood pressure.

The MyHEART intervention did result in positive behavior changes for BP management.

CONCLUSIONS

- The MyHEART intervention did not demonstrate a significant change in systolic or diastolic blood pressures at 6 or 12 months between study groups.
- However, both study groups had an appreciable reduction in blood pressure.
- Intervention participants had a significant reduction in dietary sodium intake, increased physical activity, and increased home blood pressure monitoring compared with control participants.

These findings suggest that the MyHEART intervention could support behavioral changes in young adults with uncontrolled hypertension.



SUMMARY

The MyHEART intervention could support behavioral changes in young adults with uncontrolled hypertension.