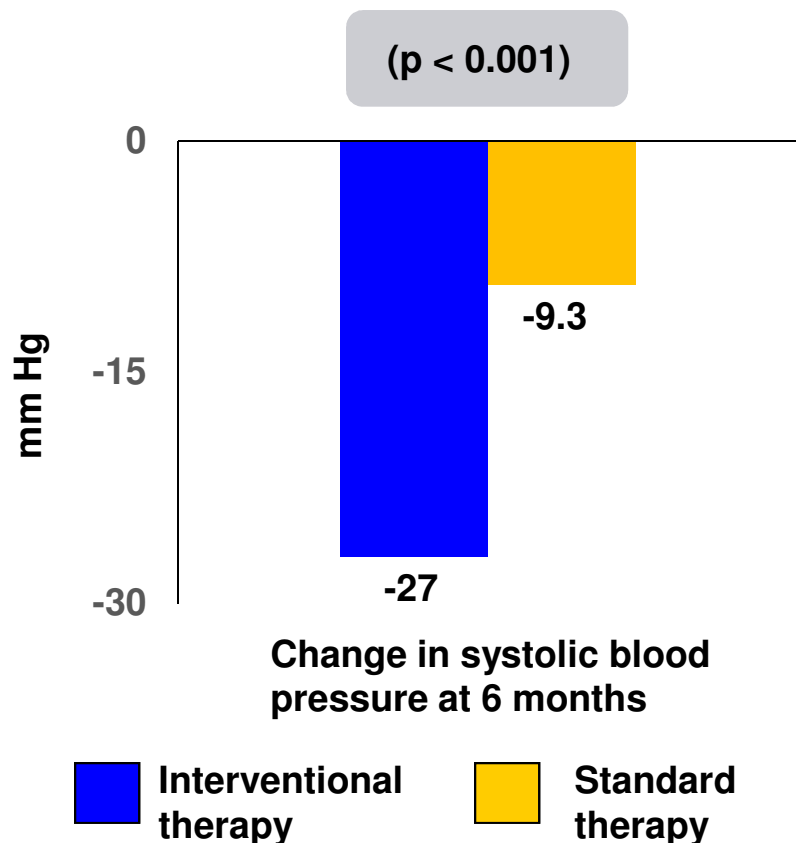


Blood Pressure Reduction in Black Barbershops

Trial design: Black barbershop patrons with uncontrolled hypertension were randomized to interventional therapy (n = 139) vs. standard therapy (n = 180). Interventional therapy consisted of barbers who promoted monthly follow-up with pharmacists.



Results

- Change in systolic blood pressure at 6 months: -27.0 mm Hg in the interventional group vs. -9.3 mm Hg in the standard therapy group ($p < 0.001$)
- Blood pressure <130/80 mm Hg: 63.6% in the interventional group vs. 11.7% in the standard therapy group ($p < 0.001$)
- Number of blood pressure medications: 2.6 in the interventional group vs. 1.4 in the standard therapy group ($p < 0.001$)

Conclusions

- Among black barbershop patrons with uncontrolled hypertension, interventional therapy was effective at reducing systolic blood pressure at 6 months compared with standard therapy