

Digital Badge for Hypertension Prototype

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Introduction:

Hypertension has a high prevalence in the U.S., and 3 out of the 4 adults have uncontrolled hypertension. A digital badge is like an app that contains modules for youth to learn information from, answer questions, and submit evidence to show completion of the information, so that it can be taught to adults by the youth.

Objective:

Therefore, we sought to create an effective digital badge that will help youth teach adults with hypertension how to manage their high blood pressure.

Methods:

A prototype of the digital badge was created with 6 modules: What is hypertension, Healthy Eating, Exercise is Medicine, Say No to Stress and Smoking, Taking My

Medications, Talking to a Doctor. For example, the “Exercise is Medicine” has documents discussing why exercise is important and how to incorporate it into daily activities and will be complete when a photo of the adults doing exercise is submitted. The modules were shown to 2 focus groups, for a total of 8 youth (15-18), where feedback was received and incorporated to the prototype before showing to the next focus group.

Results and Conclusion:

Through a focus group with youth, we found that the information that was included in the digital badge was of interest to them. However, we found that there was information that we could add, such as adding a salt tracker and examples of food with high sodium and more videos. Overall, the youth found that the digital badge prototype had relevant information to know about hypertension to help an adult control their high blood pressure and is accessible.