



## **Hypertension Video**

### **Companion Discussion Guide**

This guide provides optional discussion questions that you can use with the video. There are several natural points in the video where you can pause the video and have a group discussion. You can choose which pauses and questions make sense for your group and time frame.

Pause the video at minute 1:35 on the slide titled “Basics of Hypertension”

- It is generally nice that hypertension doesn’t cause pain or other symptoms. However, what do you think some of the downsides of this might be? How do you think it could affect diagnosis? Treatment?

Pause the video at minute 4:56 on the slide titled “Risks of Uncontrolled Hypertension”

- Which hypertension risk factors do you think are common in our community?
- What are some ideas about how we can address some of these risk factors as individuals? As a community?

Pause the video at minute 7:45 on the slide titled “How to Help Prevent and Control Hypertension”

- Were you aware of all of the negative effects of high blood pressure on the body? What, if any, did you think were surprising?
- Do you think most people understand the risks of uncontrolled hypertension?

At the end of the video

- Which one of healthy lifestyle behaviors is hardest for you to do consistently? What are some of the challenges that you face?
- What are some of the barriers to healthy lifestyle behaviors in our community?
- What are some ideas about how we could help address these barriers?

- Around 40-50% of people with hypertension who are prescribed medication do not take the medication regularly. What do you think are some of the reasons for this?
- What are some things that we could do to help improve medication adherence in our community?

General tips for facilitating discussion:

- **Encourage all voices.** Create a welcoming, encouraging environment. Gently invite, but don't force, quiet members to join the conversation.
- **Acknowledge contributions.** Thank participants for sharing their thoughts and experiences and highlight valuable insights.
- **Ask follow-up questions as needed.** If participants offer short answers, consider following up by asking "Why do you think that is?" or "Tell me more" to dig deeper.
- **Gently steer the conversation back to the topic if it gets off track.**