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Community hypertension prevention initiative

Submission date 26/11/2025	**Recruitment status** No longer recruiting	[_] Prospectively registered [_] Protocol
Registration date 28/11/2025	**Overall study status** Completed	[_] Statistical analysis plan [_] Results
Last Edited 28/11/2025	**Condition category** Circulatory System	[_] Individual participant data [X] Record updated in last year

Plain English summary of protocol
Plain English summary of protocol not provided at registration.

Contact information

Type(s)
Principal investigator, Scientific, Public

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Additional identifiers

Study information

Scientific Title
Community hypertension prevention initiative

Acronym
Activate

Study objectives

Ethics approval required

Ethics approval required

Ethics approval(s)
approved 01/03/2018, Community Research Ethics Office (Centre For Community Based Research, 140 Westmount Rd N, Waterloo, N2L 2S1, Canada; +1 888-411-2736; creoadmin@communityresearchethics.com), ref: 101

Primary study design
Interventional

Allocation
N/A: single arm study

Masking
Open (masking not used)

Control
Uncontrolled

Assignment
Single

Purpose
Prevention

Study type(s)

Health condition(s) or problem(s) studied
Prehypertension: Blood pressure greater than 120/80 and less than 139/89

Interventions
The CHPI program includes 4 phases:
1. A 20-minute intake session taking place in a pharmacy or community setting (mainly Shoppers Drug Mart and YMCA locations) and delivered by trained volunteers who are registered practical nurses. At intake locations, potential participants will be greeted by a volunteer and provided with information about the program and eligibility criteria. Individuals who meet eligibility criteria and who are interested in the program will be invited to measure their blood pressure using a validated automated measuring device, the OMRON 907XL, to determine whether they meet the second eligibility criterion for the program (i.e., being within the prehypertensive range). The meaning of their blood pressure reading, along with health implications relative to that reading, will be explained by the volunteer to all those who are screened. Qualifying participants (i.e., those being within the pre-hypertensive blood pressure range) will then be invited to enroll in the program. More specifically, with the help of a volunteer, participants will create an online account via the digital platform (NexJ Connected Wellness), wherein they will be asked to read and sign an information letter/consent form before completing a brief health questionnaire that will triage participants into high, medium or low tiers of health coaching support as well as into advanced, intermediate or beginner skill tiers of physical activity plans. Procedures will be in place to protect the privacy of participants. Upon completing enrollment, participants will receive a 2-month free trial membership to YMCA facilities.

2. A 6-month lifestyle modification intervention which combines online and offline supports for behaviour change.
a. Offline interactions include access to community-based resources such as the YMCA and individualized telephone health coaching for those triaged into medium and high tiers. Health coaches will be registered allied health professionals (i.e., Kinesiologists or Physiotherapists) with advanced training in motivational interviewing and other health behavior change techniques employed by NexJ Health and the University of Ottawa Health Institute.
b. Online interactions include goal setting, health information resources, tracking, prompts, a community forum, and digitized health coaching for those triaged into low tier. During the 6-month program, participants will be encouraged to track behaviours and to complete short assessments via the digital platform (NexJ Connected Wellness) to determine physical activity, diet, and smoking cessation related progress. Participants will also earn incentives, in the form of PC Optimum points, for behaviours such as attending YMCA physical activity training sessions. Medium and high tier coaching groups receive everything that Low Tier participants receive, as well as 4 and 10 phone/video chat coaching sessions respectively.

3. A 20-minute return session taking place at the same locations as intake sessions. Participants will be invited six months post their enrollment to come in for a return session; incentives in the form of PC Optimum points for attending the return session will be offered to encourage a high return rate. During the return session, participants will be assisted by a trained volunteer to:
3.1. Measure their blood pressure reading using the same validated device as used at the intake session;
3.2. Complete the same health risk assessment as at the intake session;
3.3 Complete additional questions pertaining to adoption of lifestyle changes and their overall program experience; and
3.4. Receive an updated set of recommendations for sustaining lifestyle changes based on the progress they made.

4. A follow-up survey that will be deployed 6 months following the end of the program (i.e., 12 months after the intake session). The goal of this follow-up survey will be to evaluate whether participants have maintained their behavior changes and to understand participants' trajectory between baseline, 6-month and 12-month periods. A modified version of the health risk assessment questions used at the intake and return sessions will be asked, along with additional questions pertaining to relapses and reactivation, facilitators and barriers to behavior change maintenance, and feedback on the overall CHPI program components.

Intervention Type
Behavioural

Primary outcome(s)
1. Blood pressure measured using an automated measuring device (mmHg) at baseline, 6 months

Key secondary outcome(s))

Completion date
30/06/2020

Eligibility

Key inclusion criteria

1. Age: 18+
2. Target blood pressure range

Healthy volunteers allowed
Yes

Age group
Mixed

Lower age limit
18 years

Upper age limit
90 years

Sex
All

Total final enrolment
4651

Key exclusion criteria
Active hypertension, or on hypertensive medications.

Date of first enrolment
01/05/2018

Date of final enrolment
01/01/2020

Locations

Countries of recruitment
Canada

Sponsor information

Organisation
Heart and Stroke Foundation

ROR
https://ror.org/00qbpyp73

Funder(s)

Funder type

Funder Name
Public Health Agency of Canada

Alternative Name(s)
Agence de la Santé Publique du Canada, L'Agence de la santé publique du Canada, PHAC, ASPC

Funding Body Type
Government organisation

Funding Body Subtype
National government

Location
Canada

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Data sharing statement to be made available at a later date

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Other files			28/11/2025	No	No
Participant information sheet		02/02/2018	28/11/2025	No	Yes