



Public Health Professionals



High blood pressure control is possible.

Nearly 1 in 2 adults has high blood pressure (also known as hypertension). This common condition puts people at higher risk of heart disease and stroke, which are two of the leading causes of death, disability, and health care costs.

Millions of people who have high blood pressure do not have it under control. Control is possible, but little progress has been made in the past 10 years. Some population groups also have higher rates of disease and death associated with high blood pressure, which creates health disparities across communities, and programs and interventions likely require tailoring to increase effectiveness.

We know that high blood pressure can be controlled to reduce health risks. Many different groups will need to come together to support the use of proven strategies in every community and for every population group. High blood pressure control must be a national priority.

How You Can Help

As a public health professional, you and the organizations you work for are in a unique position to help improve high blood pressure control. For example, you can help bring together partners from multiple sectors to address this public health problem at federal, state, and local levels. You can also share data to show what works and promote the use of effective strategies.

Together, we've got this!

We've 
Got This!

Actions You Can Take

- ✓ Work with public health insurance programs and public employee health plans to cover effective interventions and reduce costs. Examples include paying for automated home blood pressure monitors and community health worker services, reducing copays for antihypertensive medications, and removing pre-authorization for treatments that improve overall cardiovascular health (like tobacco cessation and type 2 diabetes prevention programs).
- ✓ Convene and support quality improvement collaboratives and related efforts that help clinical teams and health systems achieve high levels of high blood pressure control.
- ✓ Promote policies and principles of community design that increase physical activity for people of all abilities. Interventions include creating activity-friendly routes to everyday destinations and improving transit systems.
- ✓ Increase access to healthy food and drink options. Support food service guidelines that encourage more healthy food and drink options in state and local buildings, as well as in hospitals, worksites, and other community venues.
- ✓ Invest in evidence-based programs that link clinical services with community resources to help people make lifestyle changes and, if needed, get access to food assistance programs.
- ✓ Conduct public health surveillance to identify groups and communities at highest risk of uncontrolled high blood pressure. Use the resulting data to monitor the effectiveness of efforts to improve control.

Selected Resources

Million Hearts[®]: [Hypertension Control Change Package](#)

Centers for Disease Control and Prevention:

- [Best Practices for Cardiovascular Disease Prevention Programs](#)
- [6/18 Initiative: Accelerating Evidence into Practice, Control High Blood Pressure](#)
- [CDC Policy Evidence Assessment Report: Community Health Worker Policy Components](#)
- [CDC Connecting Routes + Destinations: Implementing the Built Environment Recommendation to Increase Physical Activity](#)
- [Smart Food Choices: How to Implement Food Service Guidelines in Public Facilities](#)
- [Community-Clinical Linkages for the Prevention and Control of Chronic Diseases: A Practitioner's Guide](#)

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