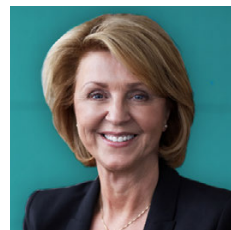




State and Local Governments



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 state or local government agency or representative, you can play an important role in protecting and improving the health of your residents. You can support efforts to improve high blood pressure control across the country by working with multiple sectors. For example, you can work with clinical and public health partners to focus on population groups with the greatest need. You can also help build diverse public and private partnerships to coordinate the efforts of multiple groups, prevent duplication, and use resources efficiently.

Together, we've got this!

We've 
Got This!

Actions You Can Take

- Focus your funding on activities and strategies that address social determinants of health.
- Recognize and reward clinicians, health centers, health systems, payers, and communities that report success in high blood pressure control. Share best practices and effective models with other partners.
- Enact policies that expand the scope of practice for pharmacists, community health workers, and nurses so they can help support high blood pressure control.
- Expand public health insurance 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).
- Promote policies and principles of community design that increase physical activity for people of all abilities by creating activity-friendly routes to everyday destinations and improving transit systems.
- Create or enhance access to public spaces for physical activity through shared use agreements. Support community programs that promote safe environments, such as crime reduction initiatives.
- Increase access to healthy food and drink options. Implement healthy food service guidelines in public buildings and encourage partners to do the same.

Selected Resources

Million Hearts®: [Hypertension Control Champions](#)

Centers for Disease Control and Prevention:

- [Best Practices for Cardiovascular Disease Prevention Programs](#)
- [Connecting Routes + Destinations: Implementing the Built Environment Recommendation to Increase Physical Activity](#)
- [6|18 Initiative: Accelerating Evidence into Practice, Control High Blood Pressure](#)
- [Smart Food Choices: How to Implement Food Service Guidelines in Public Facilities](#)
- [Advancing Team-Based Care through Collaborative Practice Agreements](#)

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