



## Academic Institutions and Researchers



## 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

Your university or school helps to train scientific and medical researchers who can expand our knowledge of what works to control high blood pressure. Because national progress in high blood pressure control has stalled in the last decade, more research is needed to understand what interventions are most effective for a variety of populations and to identify the best way to implement them.

Training programs in medicine, nursing, and pharmacy regularly integrate blood pressure assessment and related management into their curriculum. However, reinforcement of appropriate and effective activities is useful. In addition, expanded training using a variety of research methods is likely needed, including quality improvement and population health management techniques.

Together, we've got this!

We've   
Got This!

### Actions You Can Take

- ✓ Conduct effectiveness and comparative effectiveness studies to address gaps in high blood pressure management. Ensure that this research clearly defines and incorporates social determinants of health.
- ✓ Expand educational curricula across clinical professions to include more training in quality improvement and population health management techniques.
- ✓ Build capability in implementation science, health systems, and policy assessment research to expand the use of best practices in clinical and community settings.
- ✓ Expand public health curricula for epidemiologists and other public health professionals to include the use of data from electronic health records for public health surveillance of high blood pressure and other chronic conditions and of social determinants of health related to high blood pressure.
- ✓ Develop programs in cardiovascular epidemiology to expand research to address the leading causes of death in the United States.
- ✓ Implement a standardized treatment protocol that university health centers can use to identify and treat staff and students with high blood pressure.

### Selected Resources

#### Million Hearts®:

- [Hypertension Treatment Protocols](#)
- [Hypertension Control Change Package](#)

#### Centers for Disease Control and Prevention:

- [Hypertension Management Training Curriculum](#)
- [A Community Health Worker Training Resource for Preventing Heart Disease and Stroke](#)

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