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**

The mission of the U.S. Department of Health and Human Services (HHS) is to enhance and protect the health and well-being of all Americans. The agency fulfills this mission by providing effective health and human services and fostering advances in medicine, public health, and social services.

As a federal agency, you can support HHS' efforts to improve high blood pressure control in the United States. You can work with partners across multiple sectors, including public health, health care, business, government, and academia. You can also support and help expand actions like the ones recommended here, many of which are already in progress.

**Together, we’ve got this!**

**We’ve Got This!**

**Selected Resources**

For a list of resources, visit [surgeongeneral.gov](http://surgeongeneral.gov) or [cdc.gov/bloodpressure](http://cdc.gov/bloodpressure).

Website addresses of nonfederal organizations are provided solely as a service to our readers. Provision of an address does not constitute an endorsement by the U.S. Department of Health and Human Services (HHS) or the federal government, and none should be inferred.