



## Federal Government



## 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

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!* 

### Actions You Can Take

- Conduct research to test innovative interventions and models to find out what works and promote implementation of interventions utilizing current and emerging technology.
- Recognize and reward clinicians, health centers, health systems, and health plans that routinely monitor and report success in high blood pressure control.
- Use funding and create policies to make high blood pressure control a priority in health care systems and communities.
- Fund research to identify how to integrate proven strategies into clinical and community settings effectively. Use the results to find ways to identify, expand, and share best practices.
- 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.
- Increase access to healthy food and drink options. Implement healthy food service guidelines in federal facilities and encourage their use in other settings.
- Support efforts to modernize data systems to improve public health surveillance of high blood pressure control at national, state, and local levels.
- Focus your funding on activities and strategies that address social determinants of health.

### Selected Resources

For a list of resources, visit [cdc.gov/bloodpressure/CTAstrategies](https://cdc.gov/bloodpressure/CTAstrategies).

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