



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

Clinical settings are the place where most people with high blood pressure are diagnosed. To help improve high blood pressure control in the United States, your health care practice, health center, or health system can commit to delivering patient care services in ways that have been proven to work. For example, you can use multidisciplinary care teams to ensure comprehensive care, as well as protocols to standardize patient care. You can also use high-quality data to track and encourage high performance among your health care professionals.

Together, we've got this!

We've 
Got This!

Actions You Can Take

- ✓ Put validated and calibrated automated blood pressure monitors with the correct-size cuffs in all exam rooms.
- ✓ Provide regular training on how to measure and document blood pressure accurately to all staff who provide patient care.
- ✓ Implement protocols to standardize patient care. Treatment protocols can help identify patients eligible for clinical management, reduce variations in care, prompt medication initiation and intensification, standardize timely patient follow-up, and reinforce lifestyle counseling and referrals. They can also empower all members of the clinical team to engage in patient management.
- ✓ Include high blood pressure control in your quality improvement efforts.
- ✓ Use data from clinician dashboards and patient registries to highlight gaps in care so they can be addressed through quality improvement efforts.
- ✓ Ensure that the interventions you use are culturally and linguistically appropriate to the communities you serve.
- ✓ Recognize and reward clinical teams that achieve high levels of success in high blood pressure control, especially among populations at high risk or with high rates of disease and death.

Selected Resources

American Heart Association: [The Importance of Measuring Blood Pressure Accurately Webinar](#)

Target: BP: [In-Office Measuring Blood Pressure Infographic](#)

Million Hearts®:

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

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