



Community Organizations, Public-Private Partnerships, and Foundations

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

A wide variety of partners—including health advocacy, minority-serving, and faith-based organizations—are needed to help make high blood pressure control a national priority. As a member of these organizations and partnerships, you can support funding at national, state, and local levels for policies and programs that have been proven to work.

You can also help ensure that the scientific findings and resources developed by other sectors are translated into actions that serve the unique needs of your communities. Lessons learned and best practices must be widely shared. Interventions must also take into account the limited resources and competing priorities of local communities and health systems.

Together, we've got this!

We've 
Got This!

Actions You Can Take

- Continue or expand your leadership role in promoting high blood pressure control by supporting links between clinical services and community resources.
- Convene experts to perform key activities, such as developing clinical guidelines or identifying high performers in clinical management.
- Use your organization's assets to address social determinants of health that affect people's ability to control their high blood pressure.
- Identify resources to support improvements in high blood pressure prevention, awareness, treatment, and control, especially in communities with fewer resources and more barriers to care.
- Support policies that make high blood pressure control easier. Examples include policies that expand the scope of practice for pharmacists, nurses, and community health workers; cover costs related to self-measured blood pressure monitoring and weight reduction; and provide supportive environments for tobacco cessation, physical activity, and healthy eating.
- Use multiple communication channels to share messages about the importance of high blood pressure control and the potential health consequences of uncontrolled high blood pressure.
- Fund research to expand the use of best practices for high blood pressure control in clinical and community settings.
- Support or host programs to share information and help people in your community make healthy lifestyle changes and manage their blood pressure.

Selected Resources

Centers for Disease Control and Prevention:

- [Best Practices for Cardiovascular Disease Prevention Programs](#)
- [National Hypertension Control Roundtable](#)
- [Community Clinical Linkages for the Prevention and Control of Chronic Diseases](#)

Agency for Healthcare Research and Quality: [Clinical-Community Linkages](#)

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