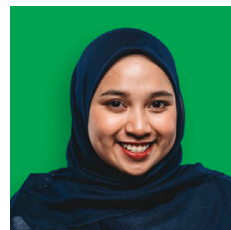




Professional Associations and Societies



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

Improving high blood pressure control in the United States will require support from the public health and health care communities. Members of public health and health care professional associations and societies can help by working to change policies, systems, and environments that make it hard for people to control their high blood pressure.

As a professional association or society, you can play a key role in calling attention to the problems associated with uncontrolled high blood pressure, including negative health outcomes and disparities in certain populations. You can also share information, provide training, and mobilize your members to support policy changes.

Together, we've got this!

We've 
Got This!

Actions You Can Take

- Promote the inclusion of evidence-based and guideline-recommended interventions and strategies in professional training programs.
- Host speakers to discuss evidence-based strategies for high blood pressure control at annual meetings or on webinars throughout the year.
- Support the development of national guidelines and recommendations on high blood pressure. Share this information with members through multiple channels, including newsletters, social media messages, and continuing education courses.
- Support policies, best practices, and scopes of practice that help members of your association or society improve high blood pressure control among their patients.
- Recognize and reward clinicians, health centers, and health systems that report success in high blood pressure control, especially among populations at high risk or with high rates of disease and death. Share best practices with other members.

Selected Resources

Target: BP: [How to Measure Your Blood Pressure at Home](#)

Million Hearts®: [Million Hearts® e-Update](#)

American Heart Association: [Hypertension Guideline Resources](#)

Centers for Disease Control and Prevention: [Best Practices for Cardiovascular Disease Prevention Programs](#)

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