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

As a state or local government agency or representative, you can play an important role in protecting and improving the health of your residents. You can support efforts to improve high blood pressure control across the country by working with multiple sectors. For example, you can work with clinical and public health partners to focus on population groups with the greatest need. You can also help build diverse public and private partnerships to coordinate the efforts of multiple groups, prevent duplication, and use resources efficiently.

Selected Resources

Million Hearts®: Hypertension Control Champions

Centers for Disease Control and Prevention:

- Best Practices for Cardiovascular Disease Prevention Programs
- Connecting Routes + Destinations: Implementing the Built Environment Recommendation to Increase Physical Activity
- 6|18 Initiative: Accelerating Evidence into Practice, Control High Blood Pressure
- Smart Food Choices: How to Implement Food Service Guidelines in Public Facilities
- Advancing Team-Based Care through Collaborative Practice Agreements

For more information, visit surgeongeneral.gov or cdc.gov/bloodpressure.