

Hypertension Control Resources

Below is a list of Million Hearts® hypertension control resources that are available for your organization to share with patients, providers, and community members.

Enhance Clinical Hypertension Management

- [Evidence-Based Treatment Protocols for Improving Blood Pressure Control](#)
- Million Hearts® Action Guides:
 - [Hypertension Control: Action Steps for Clinicians](#)
 - [Self-Measured Blood Pressure Monitoring: Action Steps for Public Health Practitioners](#)
- CDC Grand Rounds: [Hypertension: Detect, Connect, Control](#)
- [Hypertension Prevention, Treatment, Control and Sodium Reduction Policy](#) from the Primary Care and Public Health Initiative
- [Clinical Quality Measures on Hypertension Control](#) from the Health Resources and Services Administration
- [Clinical Performance Measures on the ABCS of Heart Health](#) from the Health Resources and Services Administration
- Community Preventive Services Task Force cardiovascular disease information:
 - [Team-Based Care to Improve Blood Pressure Control](#)
 - [Clinical Decision-Support Systems](#)
 - [Reducing Out-of-Pocket Costs for Cardiovascular Disease Preventive Services for Patients with High Blood Pressure and High Cholesterol](#)
- *Team Up. Pressure Down.* materials:
 - [Treating High Blood Pressure video](#)
 - [Teaming Up with Patients video](#)
 - [Pocket discussion guide](#)
 - [Drug adherence work-up tool](#)
 - Guide to [taking blood pressure manually](#)

- [Partner fact sheets](#)
- [A Purchaser's Guide to Clinical Preventive Services: Moving Science into Coverage](#) from the Business Group on Health

Educate Patients about High Blood Pressure Control

- [Wallet card](#)
- [Poster](#)
- [Web badges and buttons](#)
- [Virtual gifts](#) to share on social media
- Infographics:
 - [A Snapshot: Blood Pressure in the U.S.](#)
 - [Tracking Down the Salt in Food](#) from the CDC
 - [High Blood Pressure Medications And You](#) from the Food and Drug Administration
- Fact sheets:
 - [4 Steps Forward / 4 Pasos Adelante](#)
 - [Know the Facts About High Blood Pressure](#)
 - [Medicines to Help You: High Blood Pressure](#) from the Food and Drug Administration
 - [What You Need to Know: High Blood Pressure](#) from the Preventive Cardiovascular Nurses Association
- Spanish-language fotonovelas:
 - [Cómo Controlar su Hipertensión](#)
 - [Cómo Controlar su Hipertensión: Aprenda a Controlar su Consumo de Sodio](#)
 - Promotora Guide: [Cómo Controlar su Hipertensión: Aprenda a Controlar su Consumo de Sodio](#)
- [Heart Health Mobile app](#) for iPhone

- [Heart360 tracking tool](#) from the American Heart Association
- *Team Up. Pressure Down.* materials:
 - [High Blood Pressure Basics video](#)
 - [Blood pressure journal](#)
 - [Medication tracker](#)
- [CardioSmart high blood pressure information](#) from the American College of Cardiology

Share Resources with the Community

- [Community Health Workers and Million Hearts® / Los Promotores de Salud y la Iniciativa Million Hearts®](#)
- Million Hearts® Action Guide: [Cardiovascular Health: Action Steps for Employers](#)
- [Interactive Atlas of Heart Disease and Stroke](#)
- CDC Vital Signs:
 - [Getting Blood Pressure Under Control](#)
 - [High Blood Pressure and Cholesterol](#)
- [Under Pressure: Strategies for Sodium Reduction in Worksites](#) from CDC