

Together We've Got This: SMBP Monitoring for Hypertension Diagnosis and Control



An estimated 116 million adults in the United States (47.3%) are living with hypertension—nearly 1 in 2 adults. Of significant concern, 3 in 4 U.S. adults with hypertension do not have it under control. Hypertension increases the risk for heart disease and stroke, two of the leading causes of death for Americans.

In April, the U.S. Preventive Services Task Force released a **recommendation statement** on screening all adults 18 years or older for hypertension. This statement recommended two steps:

1. **Screen:** Check for high blood pressure with an office blood pressure measurement.
2. **Confirm:** Take blood pressure measurements outside of the clinical setting to confirm a hypertension diagnosis before starting treatment.

Strong scientific evidence demonstrates that self-measured blood pressure (SMBP) monitoring, also known as home blood pressure monitoring, plus clinical support helps people with hypertension lower their blood pressure. Empowering and equipping patients to use SMBP monitoring is one of the main strategies to optimize patient care for hypertension control in the **Surgeon General's Call to Action to Control Hypertension** (PDF, 1.9 MB).

By combining SMBP monitoring and clinical support, we can improve access to care and quality of care for people with hypertension while making blood pressure control patient-partnered, team-based, and accessible across the United States.

Yours in health,

Laurence Sperling, MD, FACC, FACP, FAHA, FASPC
Executive Director, Million Hearts®

Explore Evidence-Based
SMBP Resources

Tools You Can Use

PCNA releases new training for the Cardiovascular Nursing Certificate.

The Preventive Cardiovascular Nurses Association (PCNA) Cardiovascular Nursing Certificate Program is designed to help advanced beginners enhance their cardiovascular care skills. The interactive online experience includes 12 modules covering cardiovascular disease prevention and management, pharmacology, and behavior change.

The Centers for Disease Control and Prevention (CDC) shares new videos and podcasts on diabetes.

CDC's Division of Diabetes Translation releases new videos and podcasts about diabetes prevention, management, and care—available in English and Spanish.

CDC's Interactive Atlas of Heart Disease and Stroke provides easy access to maps and local data.

CDC's Interactive Atlas of Heart Disease and Stroke allows users to create and customize county-level maps of mortality, hospitalizations, socioeconomic conditions, health care resources, risk factors, and more.

AMA offers free CME courses on SMBP for students.

Self-Measured Blood Pressure Essentials: Student Edition, a course from the American Medical Association (AMA), helps students understand how to partner with patients to measure blood pressure—at home and in the clinic—to improve quality of care for patients with hypertension.

CDC's Division for Heart Disease and Stroke Prevention releases two new sodium reduction-related tools. [XLSX, 15.4 KB]

The Sodium Reduction in Communities Program developed **Key Messages on Sodium and Sodium Reduction** [PDF, 10.7 MB] and the Sodium Reduction Partner Readiness Tool to help organizations that partner with food services determine readiness to implement sodium reduction strategies.

Quick Fact

In 2020, heart disease was the leading cause of death in the United States, with approximately 690,000 deaths. Heart disease was followed by cancer (598,000 deaths) and COVID-19 (345,000 deaths).
— CDC

Million Hearts® in the Community

Million Hearts® highlights the accomplishments of their 2020 Hypertension Control Champions.

Dr. Sperling presented at the National Adult and Influenza Immunization Summit on the Million Hearts® 2020 Hypertension Control Champions. The 2020 Champions' **hypertension control success strategies and Facebook Live video** are now live on the Million Hearts® website.

Webinar series covers hypertension diagnosis and management.

In February 2021, the **Utah Million Hearts Coalition** released a four-part webinar series designed to help with hypertension control. Topics include proper blood pressure measurement technique, home monitoring, pharmacological therapy, and team-based care.

FDA provides alternate name for potassium chloride on food labels.

The U.S. Food and Drug Administration (FDA) issued guidance allowing food manufacturers to use the name "potassium salt" in the ingredient statement on food labels. The new name is intended to better inform consumers that potassium chloride is a salt substitute.

AHRQ funds four states to develop primary care quality improvement infrastructure to improve heart health.

The Agency for Healthcare Research and Quality (AHRQ) awarded funds to Alabama, Michigan, Ohio, and Tennessee through its EvidenceNOW: Building State Capacity program. The four states will develop sustainable cooperatives that help primary care practices implement evidence-based cardiovascular care, focusing on hypertension and tobacco use.

Minnesota Department of Health releases report on blood pressure medication non-adherence. [PDF, 1.2 MB]

A new report finds almost 3 out of 10 insured Minnesota adults taking hypertension medications were non-adherent. The report examines hypertension medication adherence and uses the Minnesota All Payer Claims Database, a large repository of health insurance claims, enrollment information, and costs for services provided to Minnesota residents. **Supplemental figures and tables** [PDF, 3.3 MB] accompany the report.

The Science of Million Hearts®

Particulate air pollution is associated with increased risk of cardiovascular mortality in adults with a history of acute myocardial infarction or stroke. (J Am Heart Assoc)

(J Am Heart Assoc)

Maternal chronic hypertension is associated with adverse maternal, fetal, and neonatal outcomes independent of race/ethnicity. (J Am Heart Assoc)

(J Am Heart Assoc)

Hypertension care by clinical pharmacists in Black barbershops is a cost-effective way to improve blood pressure control in Black men. (Circulation)

(Circulation)

U.S. adult cardiovascular disease (CVD) spending increased from \$212 billion in 1996 to \$320 billion in 2016. (Circulation)

(Circulation)

Higher pulse pressure may contribute to the greater CVD risk observed in consistent smokers. (J Am Heart Assoc)

(J Am Heart Assoc)

Do This!

Explore CDC's Chronic Disease Map Gallery.

The Chronic Disease Map Gallery features an evolving series of maps from public health professionals across the country designed to address chronic disease priorities, guide policy, enhance collaboration, and document disparities. Check out the maps—and add your own!

Stay Connected

Would you like to be featured in a Million Hearts® e-Update?
Email your resources, tools, and activities to millionhearts@cdc.gov.