

The Surgeon General's Call to Action to Control Hypertension



Many of you have been working at our side and in your communities as valued partners in the Million Hearts® efforts to prevent 1 million heart attacks and strokes. Getting to 80% hypertension control nationally is key to achieving that goal. As the inaugural Executive Director of Million Hearts® and the Acting Director of Science and Policy in the Office of the Surgeon General, I encourage you to read the *Surgeon General's Call to Action to Control Hypertension*. In its first section, you will find a summary of the current state of hypertension in the United States: 108 million adults with hypertension, only one in four of whom has it under control, and marked disparities in control. The second section establishes hypertension control as a national priority; creates an

imperative that communities support control in all the places that we live, learn, work, and play; and sets a goal for health care systems to optimize care for patients with hypertension. The final section provides sector-specific recommendations and related resources.

This *Call to Action* has a role for each of us. I am so grateful that great minds and strong hearts are devoted to improving hypertension control, and I know for a fact that **together, we've got this**.

Yours in health,

Janet S. Wright, MD, FACC

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[Read The Surgeon General's Call to Action to Control Hypertension](#)

Prioritize Control Nationally

Release the Pressure (RTP) supports Black women with hypertension.

RTP provides resources to help Black women monitor their blood pressure, check in with support systems, and develop personalized wellness plans to virtually manage heart health. **Take the pledge** to be part of a healthy blood pressure movement.

New Hanover Regional Medical Center (NHRMC) launches "Hypertension Quick Wins" project to improve blood pressure control.

NHRMC, a new Million Hearts® Health System, recently launched a "Hypertension Quick Wins" project to improve blood pressure control for the 25% of its patients who have uncontrolled hypertension.

Cultivate Community Supports

The National Alliance for Nutrition and Activity (NANA) updates its standards for vending machines. [PDF - 147 KB]

Applying nutrition standards for food and beverages in these "grab-and-go" venues can improve access to healthier options and help people eat well. These guidelines are an update of the 2012 NANA standards for leased or operated vending machines.

Smart Growth America announces new champions for Complete Streets.

Smart Growth America's Active People, Healthy NationSM Champions Institute selected 21 elected officials to support Complete Streets—streets that enable safe access for everyone who uses them. The champions will participate in training to promote safe, activity-friendly routes to everyday destinations in their communities.

Quick Fact

45% of U.S. adults (108 million) have hypertension.

—[Surgeon General's Call to Action to Control Hypertension](#) [PDF - 1.9 MB]

Optimize Patient Care

Use the American Medical Association (AMA) SMBP quick guide and CPT coding.

AMA's SMBP quick guide outlines seven steps to help physicians and care teams start using SMBP. It also provides tips for helping patients get accurate measurements. Physicians can submit claims for SMBP services using **CPT codes 99473 and 99474** [PDF- 74 KB].

Webinar discusses SMBP in prenatal and postpartum care.

In June 2020, Million Hearts® held a webinar on the importance of SMBP for maternal health. The webinar featured a panel discussion and resources. In addition to the tools highlighted in the webinar, the **Preeclampsia Foundation** provides resources for health care professionals to improve the outcomes of hypertensive disorders of pregnancy.

Find SMBP resources to help lower elevated blood pressure. [PDF - 180 KB]

Strong scientific evidence shows that SMBP helps people with hypertension lower their blood pressure. **Listen to Natalia's** story about how she took control of her hypertension with SMBP and **register for the Million Hearts® SMBP Forum** to learn more.

Target: BP™ seeks to improve blood pressure control rates.

Target: BP™ is a national initiative formed by the American Heart Association (AHA) and AMA to help health care organizations and care teams—at no cost—improve blood pressure control rates. The initiative uses the evidence-based AMA MAP BP™ quality improvement program and recognizes organizations committed to improving BP control.

Prescription Cardiovascular Nurses Association (PCNA) develops hypertension patient tools.

PCNA provides **tools and handouts**—including a booklet with checklists and quizzes, a fact sheet, and a measuring tape for blood pressure cuffs—to aid in educating patients and caregivers about hypertension.

The Science of Million Hearts®

Surgeon General: Now is the time to act for broad and equitable hypertension control. (JAMA)

Improvements in blood pressure control rate stall in U.S. adult. (JAMA)

AHA/AMA policy statement supports increased use of SMBP in hypertension diagnosis and management. (Circulation)

Lowering blood pressure through home blood pressure telemonitoring with pharmacist care management may reduce major cardiovascular events. (J Am Coll Cardiol)

(J Am Coll Cardiol)

Increasing systolic blood pressure is associated with incident cardiovascular disease, even without other risk factors. (J Am Coll Cardiol)

Prescription- and payment-related factors for blood pressure medication vary in the United States. (JAMA)

(JAMA)

Do This!

Get the 2020 Hypertension Control Change Package.

The 2020 Hypertension Control Change Package, Second Edition, provides updated tools and resources for hypertension management that outpatient clinical settings can implement as they seek improvement in hypertension control. The Change Package also highlights the work of 20 Million Hearts® Hypertension Control Champions and features new sections for addressing SMBP monitoring and chronic kidney disease.