

## HIGH BLOOD PRESSURE IN THE UNITED STATES



**One in three adults** in the US has high blood pressure.



**One in two adults** with high blood pressure do not yet have their condition under control.

- Adults are **three times more likely** to die from a heart attack and **four times more likely** to die from a stroke if they have high blood pressure.

## HIGH BLOOD PRESSURE IN MONTANA

- The percentage of Montana adults reporting high blood pressure has increased steadily since 1995.
- In 2011, just over 30% of Montana adults have been told by a healthcare provider that they have high blood pressure.

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## What is High Blood Pressure?

High blood pressure is one of the main risk factors for heart disease and stroke. It is often called the “silent killer” due to its lack of symptoms and warning signs. Blood pressure is a measurement of the force against the walls of your arteries caused by the heart pumping blood. There are two numbers associated with blood pressure – systolic, referred to as the top number, and diastolic, referred to as the bottom number. Systolic blood pressure is the amount of pressure on the heart and blood vessels when the heart beats. Diastolic blood pressure is the amount of pressure on the heart and blood vessels in between heart beats. Hypertension is another name for high blood pressure. A person is diagnosed with hypertension if their blood pressure is consistently measured above 140/90 mmHg.

## What is the Montana Cardiovascular Health (CVH) Program doing to help?

As part of the statewide Million Hearts Workgroup, the CVH Program has organized multiple resources to help Montanans and Montana healthcare providers improve the care of patients with high blood pressure.

- Formed the **Million Hearts Workgroup**, a coalition of healthcare professionals that work to identify and discuss clinic- and community-based blood pressure and cholesterol improvement projects statewide.
- Distributed the **Hypertension Tackle Box**, which provides educational materials to healthcare professionals about national blood pressure guidelines, how to properly measure blood pressure in the office, and how to encourage their patients to monitor their blood pressure from home.
- Coordinate a **Blood Pressure Management Program** for eligible State of Montana health plan members to help control their blood pressure.
- Work with primary care providers to establish clinic processes that effectively manage patients with high blood pressure.
- Work with local community pharmacies to help clients take blood pressure medication as prescribed.

## RESOURCES

- [www.dphhs.mt.gov/publichealth/cardiovascular/index.shtml](http://www.dphhs.mt.gov/publichealth/cardiovascular/index.shtml).
- [www.montanastroke.org](http://www.montanastroke.org).