

An estimated **70 million US adults** – nearly 1 in 3 – **have high blood pressure**. Only about 1/2 have their blood pressure under control, increasing the risk of heart attack and stroke. That's why **Million Hearts®** emphasizes blood pressure management as a key strategy. By monitoring blood pressure at home, then sharing those readings with healthcare providers through secure email, patient portals or other means, patients and clinicians can partner to improve blood pressure control.

The **Community Preventive Services Task Force (CPSTF)** has released recommendations in favor of self-measured blood pressure monitoring (or SMBP) – a strategy also supported by Million Hearts®. The Task Force recommendations were made following a comprehensive review of scientific evidence.



Specifically, the task force supports:

- 1) **Self-measured blood pressure monitoring interventions when combined with additional support** (i.e., patient counseling, education or web-based support)
- 2) **Self-measured blood pressure monitoring interventions when used alone**

Materials you could share within your network:

- [News Story](#) –Use this ready-to-go story for newsletters and websites, or simply link to it from the following introduction:
- Sample Tweets –
 - Self-measured BP interventions should be monitored & used in treatment decision to improve BP #TheCommunityGuide <http://bit.ly/1NcTf8u>
 - Improve blood pressure outcomes in patients w/ high BP by using self-measured BP interventions #TheCommunityGuide <http://bit.ly/1NcTf8u>
 - Evidence supports clinical decision-support systems to improve preventive care for heart disease @CPSTF <http://bit.ly/1Gqj96r>
- [What Works Fact Sheet](#) – Use this informational handout summarizing Community Guide recommendations on this topic.
- [SMBP monitoring One Pager](#) – Use this informational handout summarizing The Community Guide review on self-measured blood pressure monitoring interventions for improved blood pressure control
- [Content syndication](#)—Post automatically-updated Community Guide content on your website, such as a list of all Task Force findings on this topic
- [The Role of Clinical Decision Support Systems in Preventing Cardiovascular Disease](#)
 - [Million Hearts®](#)
- [Self-Measured Blood Pressure Monitoring: Action Steps for Public Health Practitioners](#)
- [Self-Measured Blood Pressure Monitoring: Action Steps for Clinicians](#)