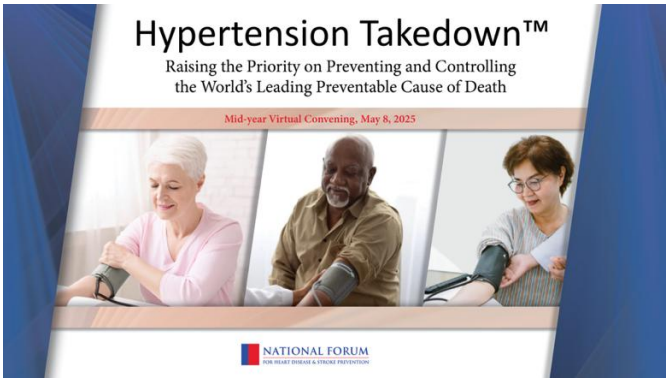

Resources

Hypertension: World's Leading Preventable Cause of Death

- American Heart Association: What is High Blood Pressure?
- American Medical Association: Hypertension
- Center for Disease Control and Prevention: High Blood Pressure
- Million Hearts: Estimated Hypertension Prevalence, Treatment, and Control Among U.S. Adults
- 2025 Heart Disease and Stroke Statistics Update Fact Sheet, At-a-Glance

How Can We More Effectively Communicate about High Blood Pressure?

- Words That Work – It's not what you say, it's what people hear. By: Frank Luntz
- Books by Laura Ries

Raising the Priority on Hypertension Management and Potential of Self-Measured Blood Pressure (SMBP)

- National Association of Community Health Centers: (Video) Integrating SMBP Into Hypertension Management: A Clinician Success Story
- National Association of Community Health Centers: (Video) Making SMBP Work for Your Patients: Tips for Community Health Centers
- National Association of Community Health Centers: (Journal Article) Self-Measured Blood Pressure Monitoring During the COVID-19 Pandemic: Perspectives from Community Health Center Clinicians
- National Association of Community Health Centers: Accelerating Hypertension Control Guide

Vital Conditions for Health and Wellbeing: How They Relate to Hypertension

- The Vital Conditions for Health & Well-Being (Video)
- Background on Vital Conditions
- Background on Belonging & Civic Muscle

- PLOS One Article: "How can the United States Make a Great Stride Toward Multi-Racial Well-Being?"
- Health Affairs article: "Organizing Around Vital Conditions Moves the Social Determinants of Health Into Wider Action"
- National Association of Community Health Centers Interactive Webpage