

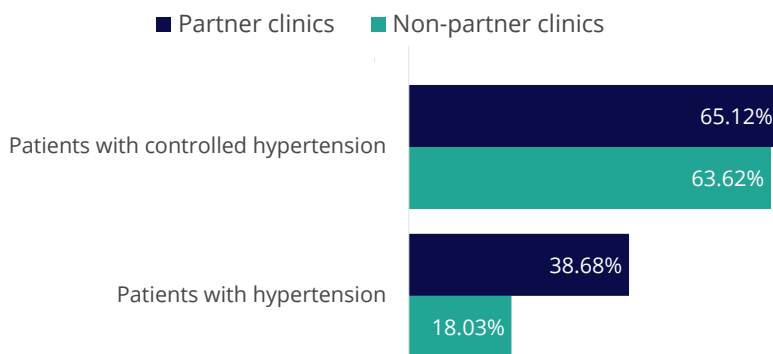
Hypertension control among HEAL program partner clinics

Hypertension is high blood pressure above 140/90 mmHg and is known as the silent killer because it often has no obvious signs or symptoms. Many people are not aware they have it.¹ Hypertension is a serious health problem which increases the risk for heart attack, stroke, or developing chronic kidney disease.¹ It is important to control blood pressure to below 140/90 mmHg through lifestyle changes and/or medication for people who live with hypertension. In the U.S., only 1 in 4 adults with hypertension have high blood pressure controlled.¹

The Utah Department of Health and Human Services (DHHS) Healthy Environments Active Living (HEAL) program participates in the Utah Million Hearts Coalition (UMHC), made up of members from DHHS, non-profit health consulting, community health centers, Utah-based healthcare systems, American Heart Association, and local health departments with the goal to improve blood pressure management and control rates. The UMHC developed an award program to recognize participating clinics in the state with the Excellence in Blood Pressure Measurement and Control Award. The award highlights their work to identify best practices, measurement, and control for blood pressure to reduce hypertension. In 2022, 113 Utah participating primary care clinics applied for this award. Clinics working with the HEAL program who were also Million Hearts award applicants had a higher burden of patients with hypertension. However, the number of patients with controlled hypertension was higher among HEAL partners who applied than non-partner clinics. Partner clinics documented hypertension control in 65.12% of hypertensive patients, while non-partner clinics documented 63.62% of hypertensive patients in control (figure 1). The higher rates of hypertension control among partner clinics in this study show public health support could help with clinical quality improvement.

Percentage comparison between the HEAL program partner and non-partner clinics in hypertension-related outcomes, Utah, 2020–2021

Figure 1. Utah clinics working with the HEAL program had higher percentages of hypertension management and control compared with clinics who did not work with HEAL.



Source: Utah Department of Health and Human Services HEAL Program
Centers for Disease Control and Prevention, Million hearts 2022
Note: Data is from the 2022 Excellence in Blood Pressure Measurement and Control Award. Analysis was conducted by the Wyoming Survey & Analysis Center at the University of Wyoming (WYSAC).

- Centers for Disease Control and Prevention High Blood Pressure Symptoms and Causes. Accessed November 21, 2022. <https://www.cdc.gov/bloodpressure/about.htm>
- Centers for Disease Control and Prevention Facts About Hypertension. Accessed November 21, 2022. <https://www.cdc.gov/bloodpressure/facts.htm>
- Centers for Disease Control and Prevention Estimated Hypertension Prevalence, Treatment, and Control Among U.S. Adults. 2022. Accessed November 21, 2022. <https://millionhearts.hhs.gov/data-reports/hypertension-prevalence.html>