

Teaming Up Against High Blood Pressure PSA (:60)

Nearly one-third of all American adults have high blood pressure, and more than half of *them* don't have it under control. Simply seeing a doctor and taking medications isn't enough for many people who have high blood pressure. A team-based approach by patients, health care systems, and health care providers is one of the best ways to treat uncontrolled high blood pressure.

Patients can improve control by measuring and recording their own blood pressure between office visits and by taking medications as prescribed.

Health care systems can use electronic health records and patient registries to find and follow up with patients, and automatically notify doctors about patients who have high blood pressure readings.

Health care providers can see patients with high blood pressure more often until control is achieved.

To learn more about the ways we can all work together to achieve blood pressure control, visit www.cdc.gov/vitalsigns.