



## Controlling High Blood Pressure (CBP)

### History

Hypertension (high blood pressure), also known as the “Silent Killer,” affects nearly half of adults in the U.S. It’s defined as a systolic blood pressure greater than 130 mmHg or a diastolic blood pressure greater than 80 mmHg. It also includes individuals who’ve been prescribed medication for hypertension. In 2020, more than 670,000 deaths in the U.S. had hypertension as a primary or contributing cause.

Although hypertension puts people at risk for many life-threatening complications, heart disease and stroke are the leading causes of death in the U.S. Only about 1 in 4 adults with hypertension have their condition under control. About half of the adult population with uncontrolled hypertension have a blood pressure of 140/90 mmHg or higher.

Many people with high blood pressure can lower their blood pressure into a healthy range or keep their numbers in a healthy range by making lifestyle changes.

### Population

While uncontrolled hypertension is common, certain demographic groups are more likely to have control over their hypertension than others. A greater percentage of men (50%) have high blood pressure than women (44%). In addition, it’s more common in non-Hispanic black adults (56%) than in non-Hispanic white adults (48%), non-Hispanic Asian adults (46%), or Hispanic adults (39%). Lastly, among those recommended to take blood pressure medication, blood pressure control is higher among non-Hispanic white adults (32%) than in non-Hispanic black adults (25%), non-Hispanic Asian adults (19%), or Hispanic adults (25%).<sup>2</sup>

To manage hypertension, the National Committee for Quality Assurance (NCQA) recommends members between ages 18 and 85 have a blood pressure assessment annually during an outpatient visit. To measure improvement, CBP, an NCQA Healthcare Effectiveness Data and Information Set (HEDIS®) measure, requires the most recent blood pressure reading during the measurement year that occurred on or after second diagnosis of hypertension.<sup>7</sup>

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# Resources

Prevention and/or management is the member's best protection. Here are a few tips to help your patients prevent and/or manage high blood pressure:

## Educate Patients About Hypertension

Provide education on hypertension, including the benefits of lowering their blood pressure and the high risk for other conditions if left uncontrolled.

## Promote Lifestyle Modifications

Talk with members about the importance of lifestyle changes, such as: weight reduction, meal planning, reducing sodium intake, smoking cessation, and increasing in physical activity.

## Emphasize the Importance of Home Monitoring

Help patients understand steps to obtain accurate BP measurement and interpretation by printing the chart [here](#).<sup>5</sup>

## Improve Adherence to Antihypertensive Medication

Improve adherence to antihypertensive medication by explaining their importance and ways to integrate pill taking into their daily routine. Provide or promote support tools like reminders and pillboxes. Lastly, educate on the potential side effects of medication. An additional educational resource can be found [here](#).<sup>4</sup>

## Follow Up Visits

Encourage members to attend follow up visits to reassess blood pressure, monitor adherence and response to treatment.

## Collaborate With Patients to Establish Goals of Therapy and Plan of Care

Create an encouraging environment that will enable open discussions about expectations, goals, questions and concerns. Highlight the benefits of lifestyle changes to help reduce blood pressure.

## Review all blood pressure measurements and goals with member to determine best approach

You may want to provide [patient resources](#) to help your patient develop a plan to manage blood pressure. discussions about expectations, goals, questions and concerns.

1 AHA High Blood Pressure Toolkit. Accessed at <https://aha-clinical-review.ascendeventmedia.com/books/aha-high-blood-pressure-toolkit/10/> on Aug.10, 2022

2 Facts About Hypertension. Accessed at <https://www.cdc.gov/bloodpressure/facts.htm> on Aug. 10, 2022

3 Changes You Can Make to Manage High Blood Pressure. Accessed at <https://www.heart.org/en/health-topics/high-blood-pressure/changes-you-can-make-to-manage-high-blood-pressure> on Aug. 10, 2022

4 BP Raisers. Accessed at <https://www.heart.org/-/media/files/health-topics/high-blood-pressure/tylenol-hbp/bp-raisers.pdf?hash=638B37FC7B1C501A1AA73F272F393CBBF06D9BC1&la=en> on Aug. 10, 2022

5 Steps for Accurate BP Measurement. Accessed at [https://www.heart.org/-/media/files/health-topics/high-blood-pressure/tylenol-hbp/aha\\_toolkit\\_poster\\_final\\_102618.pdf?la=en&hash=99C0774B66645E9797360582E56CEE35752737D5](https://www.heart.org/-/media/files/health-topics/high-blood-pressure/tylenol-hbp/aha_toolkit_poster_final_102618.pdf?la=en&hash=99C0774B66645E9797360582E56CEE35752737D5) on Aug. 10, 2022

6 Small changes make a big difference. Accessed at [https://www.heart.org/-/media/Files/Health-Topics/High-Blood-Pressure/Tylenol-HBP/AHA19\\_TylenolBroch\\_web2.pdf](https://www.heart.org/-/media/Files/Health-Topics/High-Blood-Pressure/Tylenol-HBP/AHA19_TylenolBroch_web2.pdf) on Aug. 10, 2022

7 HEDIS® Controlling Blood Pressure (CBP). Accessed at <https://www.bcsil.com/docs/provider/il/clinical/hedis/tip-sheets/hedis-cbp-tip-sheet.pdf> on Aug. 10, 2022