Cardiovascular Disease Prevention: Interactive Digital Interventions for Blood Pressure Self-Management

Summary of Community Preventive Services Task Force Recommendation
The Community Preventive Services Task Force (CPSTF) recommends interactive digital interventions to improve blood pressure control in patients with high blood pressure.

Major Findings
The CPSTF recommendation is based on evidence from a systematic review published in 2016.¹

- Interactive digital interventions for blood pressure self-management improved patients' blood pressure measurements over intervention periods of 6 weeks to 24 months (median 6 months).
- Results showed significant decreases in both systolic and diastolic blood pressure.

What are Interactive Digital Interventions for Blood Pressure Self-Management?
Patients who have high blood pressure use digital devices such as computers, smartphones, telephones, or other mobile devices, to receive personalized, automated guidance on blood pressure self-management techniques. Patients use their devices to enter personal data or make choices and receive tailored information and interactive feedback, though it does not require direct input from a health professional.

Digital content may be provided as a program or application that can be used on- or offline. Additional activities may be included in the intervention, such as self-measured blood pressure monitoring, counseling, or follow-up from a health professional.

Facts about Cardiovascular Disease and High Blood Pressure
- About 75 million U.S. adults have high blood pressure—a risk factor for heart disease—and only about half have their condition under control.²
- High blood pressure increases risk for heart attack, stroke, chronic heart failure, and kidney disease.³

Learn More
Summary of Evidence and CPSTF Finding

CDC, High Blood Pressure Fact Sheet
https://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_bloodpressure.htm

CDC, Division for Heart Disease and Stroke Prevention
https://www.cdc.gov/dhdsp/index.htm


Established in 1996 by the U.S. Department of Health and Human Services, the Community Preventive Services Task Force (CPSTF) is an independent, nonfederal panel of public health and prevention experts whose members are appointed by the director of CDC. The CPSTF provides information for a wide range of decision makers on programs, services, and other interventions aimed at improving population health. Although CDC provides administrative, scientific, and technical support for the CPSTF, the recommendations developed are those of the CPSTF and do not undergo review or approval by CDC. Find more information at www.thecommunityguide.org.