



Community Preventive Services Task Force Recommendation

The Community Preventive Services Task Force recommends self-measured blood pressure monitoring interventions when used alone and when combined with additional support to improve blood pressure outcomes in patients with high blood pressure.

Facts about Cardiovascular Disease and Hypertension

- Heart disease is the leading cause of death for both men and women in the United States.¹
- High blood pressure increases risk for heart attacks, stroke, chronic heart failure, and kidney disease.²
- Approximately 70 million American adults (29%) have high blood pressure and only about half (52%) have their condition under control.³

What is Self-Measured Blood Pressure Monitoring (SMBP)?

Self-measured blood pressure monitoring interventions support and promote the use of personal blood pressure measurement devices in the management and treatment of high blood pressure. Patients are trained to use typically automated blood pressure measurement devices on a regular basis in familiar settings, usually their homes.

Patients share blood pressure readings with their healthcare providers during clinic visits, by telephone, or electronically. These measurements are monitored and used in treatment decisions to improve blood pressure control.

SMBP monitoring interventions may be combined with additional support such as the following:

- One-on-one patient counseling on medications and health behavior changes (e.g., diet and exercise)
- Educational sessions on high blood pressure and blood pressure self-management

Major Findings

When SMBP monitoring interventions were used alone, systolic blood pressure decreased by an average of 3.2 mmHg and diastolic blood pressure decreased by an average of 1.3 mmHg. When these interventions were combined with additional support, systolic blood pressure decreased by an average of 4.6 mmHg and diastolic blood pressure decreased by an average of 2.3 mmHg.

Getting Started

Million Hearts SMBP Monitoring: Action Steps for Public Health Practitioners

millionhearts.hhs.gov/Docs/MH_SMBP.pdf

Million Hearts SMBP Monitoring: Action Steps for Clinicians

millionhearts.hhs.gov/Docs/MH_SMBP_Clinicians.pdf

Learn More

Summary of Evidence and Task Force Finding

www.thecommunityguide.org/cvd/SMBP-alone.html

www.thecommunityguide.org/cvd/SMBP-additional.html

The Community Preventive Services Task Force (Task Force) is an independent, nonfederal, unpaid body of public health and prevention experts. It is congressionally mandated to identify community preventive programs, services, and policies that save American lives and dollars, increase longevity, and improve quality of life. The Community Guide is a collection of all the evidence-based findings and recommendations of this Task Force. Find more information at www.thecommunityguide.org.

The Centers for Disease Control and Prevention provides administrative, research, and technical support for the Community Preventive Services Task Force.

¹The Underlying Cause of Death, Centers for Disease Control and Prevention. Underlying cause of death 1999-2013. Atlanta, GA. Accessed 10/19/2015 from wonder.cdc.gov/ucd-icd10.html.

²Mozzafarian D, Benjamin E, Go A, et al. Heart disease and stroke statistics 2015. American Heart Association. 2015:e29-322.

³Nwankwo T, Yoon S, Burt V, Gu Q. Hypertension among adults in the US: National health and nutrition examination survey, 2011-2012. National Center for Health Statistics, Centers for Disease Control and Prevention. 2013.