UnitedHealthcare Community Plan of Indiana

Clinical Practice Guidelines for Hypertension

Our Position:

High blood pressure increases the risk for heart disease and stroke, two leading causes of death for Americans.[i] High blood pressure is also very common. Nearly half of U.S. adults have hypertension, or high blood pressure, and only about 1 in 4 of those individuals has their hypertension under control.[ii] In Indiana, 34.5% of adults reported being told by a health professional that they had high blood pressure.[iii]

Our Goal:

Support our providers with the tools and assistance for controlling a member's blood pressure.

Hypertension Prevalence Among Adults | Centers for Disease Control (**CDC**)

Stats of the States: Hypertension Mortality | Centers for Disease Control (**CDC**)

Indiana Resources:

IN High Blood Pressure Education Infographic | IN Department of Health (**IDH**)

National Resources:

Nationally Approved Provider Hypertension Practice Guidelines | ACC et al.

High Blood Pressure Prevention and Management | Centers for Disease Control (**CDC**)

Hypertension: Clinical Guidance and Practice Resources | American Academy of Family Physicians (**AAFP**)

Improving Patient Blood Pressure Control to Ultimately Prevent Heart Disease | American Medical Association (**AMA**)

Interactive Atlas of Heart Disease and Stroke | Centers for Disease Control (**CDC**)

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[i] Chronic Disease Facts and Data (**CDC**)

[ii] Division for Heart Disease and Stroke Prevention (**CDC**)

[iii] America's Health Rankings - Data and Reports (United Health Foundation)