Hypertension prevention and treatment

**Optimal health**
- Healthy community environments: Access to healthy food and places to be active, no toxic stress, tobacco-free environment
- Healthy behaviors: Physical activity, healthy eating, no tobacco use
- Healthy weight

**Hypertension**
Blood pressure of 140/90 mmHg or higher.

Risk factors include: Diabetes, unhealthy diet and too much sodium, obesity, excessive alcohol use, tobacco use, toxic stress and family history.

Ohioans who are African American, older, low-income or have lower educational attainment are at increased risk.1

**Downstream impacts**
- Heart disease
- Stroke
- Kidney disease
- Poor birth outcomes

**Primary prevention strategies to help children and adults stay healthy, such as:**
- Healthy early childhood learning environments
- Recreational walking and biking trails
- Healthy food incentives for SNAP participants
- Increased unit price of tobacco products
- Tobacco cessation Quitline

**Blood pressure control strategies:**
- Million Hearts initiative
- Self-measured blood pressure monitoring interventions
- Patient Centered Medical Homes and team-based care
- Medication therapy management
- Community health workers

**Upstream**

**Downstream**

$2,040 Per-person cost of hypertension treatment!

$15,790 Per-person cost of stroke treatment!

**Population-level metrics for community conditions:**
- Healthy food access (USDA)
- Food insecurity (Census)
- Access to exercise opportunities (Census)

**Population-level metrics for behaviors:**
- Adult insufficient physical activity (BRFSS)
- Adult fruit and vegetable consumption (BRFSS)
- Adult smoking prevalence (BRFSS)

**Population-level metrics for weight status:**
- Youth obesity prevalence (YRBS)
- Adult obesity prevalence (BRFSS)

**Clinical metrics for weight status:**
- Weight assessment and counseling for nutrition and physical activity for children/adolescents (NQF 0024, PQRS 239, Meaningful Use)

**Metric examples**

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**Sources**