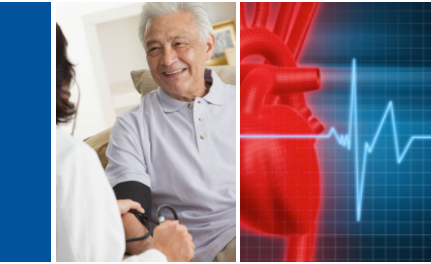


Health Centers Surpass Benchmark for Hypertension Treatment

Improving Heart Health

Lowering High Blood Pressure and Reducing Cardiovascular Disease

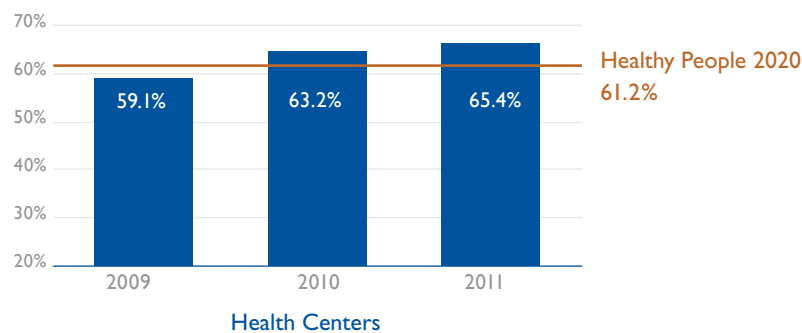
Health centers in California have already surpassed the national goal for 2020 in regards to hypertensive care. Nationwide, less than half of people with high blood pressure have their condition under control.ⁱ The federal framework for the nation's health, Healthy People 2020, has set a goal of increasing this to 61.2% by the year 2020.ⁱⁱ The health centers in California have already exceeded this goal: 65% of their hypertensive patients in 2011 had their blood pressure under control (pressure below 140/90).ⁱⁱⁱ



By reducing high blood pressure rates, health centers save California millions of dollars every year.

Individuals with high blood pressure costs the U.S. nearly \$131 billion annually in direct medical costs.

Hypertensive Patients with Controlled Blood Pressure



Cost Effectiveness of Community Health Centers

By reducing high blood pressure rates, health centers save California millions of dollars every year. Costs directly attributable to high blood pressure for the nation total almost \$131 billion annually in direct medical expenses and \$25 billion in lost productivity.^{iv} High blood pressure was listed as a primary or contributing cause of death for about 348,000 Americans in 2008.^v

CPCA
California Primary
Care Association

Health Care Access for All

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Community health centers are effectively helping patients to control their blood pressure through health promotion and treatment.

Possible health consequences that can happen over time when high blood pressure is left untreated include^{vii}:

- Heart attack
- Heart disease
- Congestive heart failure
- Stroke
- Kidney damage
- Vision loss
- Memory loss
- Fluid in the lungs

Quality Healthcare at Community Health Centers

People of all ages and backgrounds can develop high blood pressure. About 1 in 3 U.S. adults – an estimated 68 million people – has high blood pressure.^{viii} Fortunately, it's mostly preventable. Community health centers are effectively helping patients to control their blood pressure through health promotion and treatment, including:

- Regular primary care provider
- Care management
- Wellness programs
- Health education
- Nutrition services
- Individual counseling
- Community health workers
- Community gardens
- Assistance in accessing healthy foods
- Food stamps and WIC eligibility assistance
- Exercise resources
- Patient-Centered Health Home

ⁱ CDC. Vital signs: prevalence, treatment, and control of hypertension – United States, 1999-2002 and 2005-2008. *MMWR*. 2011;60(4):103-8.

ⁱⁱ www.healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicId=21

ⁱⁱⁱ Bureau of Primary Health Care, Uniform Data System data for California Federally Qualified Health Centers, 2011 (Table 7, section B) bphc.hrsa.gov/uds/doc/2011/UDS_2011_Rollups_CA_Universal.pdf

^{iv} Heidenreich PA, Trogon JG, Khavjou OA, Butler J, Dracup K, Ezekowitz MD, et al. Forecasting the future of cardiovascular disease in the United States: a policy statement from the American Heart Association. *Circulation*. 2011;123(8):933-44. Epub 2011 Jan 24.

^v Roger VL, Go AS, Lloyd-Jones DM, Benjamin EJ, Berry JD, Borden WB, et al. Heart disease and stroke statistics – 2012 update: a report from the American Heart Association. *Circulation*. 2012;125(1):e2-220.

^{vi} American Heart Association, www.heart.org/HEARTORG/Conditions/HighBloodPressure/AboutHighBloodPressure/About-High-Blood-Pressure_UCM_002050_Article.jsp

^{vii} CDC. Vital signs: prevalence, treatment, and control of hypertension – United States, 1999-2002 and 2005-2008. *MMWR*. 2011;60(4):103-8.