



AS OF  
**JULY 2018**

An Overview of CDC & NACHC's

# MILLION HEARTS® BLOOD PRESSURE PROJECT

Nine health centers implemented self-measured blood pressure monitoring (SMBP) at 24 sites. The project was designed to test integrated clinical-community SMBP models to help mitigate barriers and amplify facilitators to accelerate the use of SMBP in patients with hypertension.

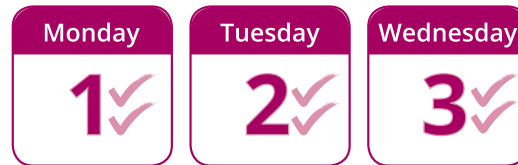


## PATIENTS RECOMMENDED

to use SMBP by their provider or health care team to help manage or diagnose their hypertension

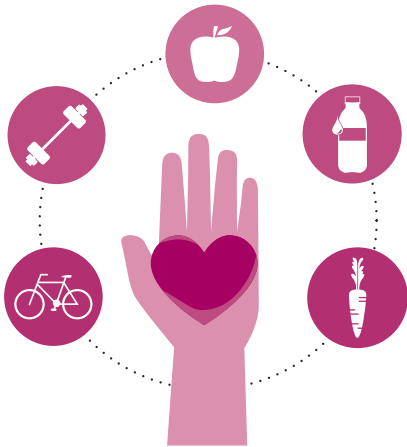
**1,421**

**795**



## PATIENTS COMPLETED

SMBP by taking two blood pressure readings per day for at least three consecutive days



## PATIENTS REFERRED

to a community resource to support their SMBP efforts and provide additional healthy lifestyle resources

**308**



**5**

## PERCENT INCREASE

in blood pressure control rates at two participating health centers