

Prevent and Control America's High Blood Pressure: Mission Possible

Partner with us to create a healthier America

Real possibilities for America's community, civic, and faith-based organizations

You can play a role in improving America's health. Join the National High Blood Pressure Education Program at the National Institutes of Health and 46 other national organizations in the fight to prevent and control high blood pressure.

We have created "Mission Possible" to mobilize all Americans to reduce the more than 1 million heart attacks, strokes, and kidney failure cases caused annually by high blood pressure. With your help, this Mission is Possible.



Improve the Health of Your Members:

Use member communications, presentations, and meetings to highlight the role of heart healthy eating and regular physical activity as key ways to prevent and control high blood pressure.



Make Heart Health a Community Affair:

Feature high blood pressure education and screenings when promoting community resources and reinforcing the connection between individual heart health and community health.



Organize Community Health Days and Events:

Promote heart health through community-wide events, including walks, health fairs, and screenings.

Role Model Heart Healthy Behaviors:

Encourage heart healthy food selections and contributions for events, following the DASH and other healthy eating plans that help prevent and control high blood pressure.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health
National Heart, Lung, and Blood Institute



National High Blood Pressure Education Program