

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

## Partner with us to create a healthier America

### Real possibilities for America's health care providers

Equip your patients with the knowledge and tools they need to prevent and control high blood pressure. 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.



#### Encourage Prevention:

Talk to patients about how changes in diet and exercise can help prevent high blood pressure.



#### Support Adherence to Treatment:

Provide easy-to-follow, simple instructions and tailor to individual lifestyles and reasons for non-adherence.



#### Improve Your Patients' Knowledge and Skills:

Help your patients understand the risks of high and high normal blood pressure—and what their blood pressure numbers mean.



#### Partner With Community Programs:

Promote community resources such as nutrition classes to support healthy food choices and knowledge.




#### Be a Role Model:

Demonstrate and reinforce the benefits of healthy eating and regular physical activity as a way of life.



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

 National High Blood Pressure  
Education Program