

October 24th 2023 Convening Hypertension Control Tools and Resources

Resource name	Intended purpose	How to take action
Quality Improvement Resources		
AMA MAP™ Hypertension (formerly MAP BP)	Free six-month continuous quality improvement program that incorporates evidence-based strategies and action steps, supporting tools and resources, practice coaching, performance metrics, dashboards, and peer-to-peer learning to improve hypertension control rates. AMA provides health care organization with tailored planning and support during program setup and implementation that can include robust tracking and reporting capabilities.	For more info, please visit https://map.ama-assn.org/get-started-with-map-bp Or contact: MAPBPSupport@ama-assn.org
AMA/AHA Target: BP™ initiative	Target: BP leverages the AMA MAP framework and provides a source for the latest professional education and practice tools and resources to support health care organizations and health care teams, at no cost, to improve BP control rates, along with recognizing organizations committed to improving BP control.	<ul style="list-style-type: none"> Explore the available tools and resources at targetbp.org Sign up for program recognition http://www.heart.org/RegisterMyOutpatientOrg
Million Hearts® Hypertension Control Change Package (HCCP)	The HCCP presents a listing of process improvements that outpatient clinical settings can review, select and implement themselves as they seek optimal HTN control. It is composed of change concepts, change ideas, and evidence- or practice based-tools and resources. To implement, bring together a team to discuss the aspects of HTN control that are most in need of improvement, then select corresponding interventions from the HCCP that best address those issues.	Find the HCCP here: https://millionhearts.hhs.gov/files/HTN_Change_Package.pdf
The Hypertension Management Program (HMP) Implementation Toolkit	The HMP is modeled after Kaiser Permanente Colorado's HPM and packaged by CDC. This self-directed interactive toolkit provides the information and resources to adapt and implement the HMP and its 10 components in organizations that may be resource-constrained in order to improve hypertension control among their patients.	Access the Toolkit here: https://www.cdc.gov/dhdsp/hmp-toolkit/Overview/HMP_Toolkit_508.pdf
Lifestyle Programs		
Y-USA Blood Pressure Self-Monitoring (BPSM) Program	Y-USA BPSM is 4-month structured program empowering adults to find their own path to better blood pressure-self monitoring. Guided heart-healthy activities include support from a certified and trained Healthy Heart Ambassador (HHA). HHAs also review participants tracking goals, SMBP and share health data with the participant's clinician.	For information on enrollment through the Atlanta Metro YMCA, fill out this form: https://ymcaatlanta.org/form/blood-pressure-self-management For additional information, please contact Jennifer Rewkowski, VP of Wellness, at JenniferR@ymcaatlanta.org
National Healthy Heart Ambassador BPSM Program	The National Healthy Heart Ambassador Blood Pressure Self-Monitoring (HHA-BPSM) program builds upon the Y-USA BPSM program and is offered at various community sites through grants from state health departments. This four-month long, CDC-approved program helps adults with high blood pressure better manage their condition by providing nutrition education and support to self-monitor blood pressure on a consistent basis. Individuals participate in group classes, as well as receive individualized coaching.	For more information: https://fultoncountyboh.com/community-health/chronic-disease-prevention/ https://www.gnrhealth.com/services/community-health/bp/
Live to the Beat (LTTB) Community Ambassador Network	The LTTB Ambassadors Network is a national network of individuals and organizations committed to using their platforms and voices to empower others with resources to improve their heart health and the health of their family. Ambassadors choose their own paths to share the campaign's culturally-relevant messages and resources via social media, digital communications, public health programs or in-person community events, as part of their existing activities. They gain national recognition, connections with other ambassadors and chances to earn prizes along the way.	Sign up to become a LTTB Ambassador here: bit.ly/communityambassadorsnetwork Visit livetothethebeat.org . For additional information, please contact millionhearts@cdcfoundation.org .