



ATLANTA
HYPERTENSION
INITIATIVE

From Insight to Impact

**February 26, 2026
4-5pm**

THE ATLANTA HYPERTENSION INITIATIVE (AHI)



- A **collaborative group** (government, health care, community organizations, and professional associations)
- To **harness the power of collaboration**
- For **one shared vision:**
Healthier Atlantans through equitable hypertension control

Backbone Organizations

- CDC Foundation
- Atlanta Regional Collaborative for Health Improvement (ARCHI)
- American Medical Association (AMA)
- Atlanta-area American Heart Association (AHA)
- *Centers for Disease Control and Prevention (CDC)**



90+
Metro Atlanta
Organizations
To-Date

**Founding Organization; Technical Advising Only*

AHI NORTH STAR (5+ YEARS)

Through the collective action of organizations in health care and community settings, the AHI will reduce heart attacks and strokes* in metro Atlanta by improving HTN control among more than half a million adults in our region.

COMMITMENTS IN ACTION

1. What has been your biggest success around HTN this last year?
2. What has been your biggest obstacle or challenge - or what are you currently struggling with?

WHAT DOES IT MEAN TO BE AN AHI CHAMPION?

Commitments that support a complementary, two-pronged strategy:

- Health education
- SMBP
- AHI training and community

**EMPOWER
INDIVIDUALS &
COMMUNITY**

**EQUIP
HEALTH CARE
PROVIDERS**

- Implement QI improvements
- Share health data

Evaluation: Shana and Jarvis will be helping share and track your commitments

AHI 2026 COMMITMENTS

EMPOWER INDIVIDUALS AND COMMUNITY

PROMOTE HEALTH EDUCATION

- ☐ Share [AHI health communication resources](#) with your audiences in your social, digital or in-person channels.
- ☐ Engage community leaders or patients to participate in [Live to the Beat Community Ambassadors training](#).
- ☐ Host a program or event that delivers information to help people with HTN control.
- ☐ Hold a community health screening that includes a connection to care for persons with elevated or high blood pressure.
- ☐ Contribute resources to the [Live to the Beat ATL patient resources website](#).

PROMOTE SELF-MEASURED BLOOD PRESSURE MONITORING

- ☐ Distribute validated blood pressure monitors and educate patients on how to use them
- ☐ Provide a connection to care for those with elevated blood pressure or hypertension
- ☐ Implement a [self-measured blood pressure monitoring program](#). Please describe the type of program being implemented, including partners, location, duration, support provided, your role, etc. *(add write in box for description)*

PARTICIPATE IN AHI COMMUNITY / TRAINING

- ☐ Participate in the [AHI LinkedIn Group](#).
- ☐ Attend [AHI-supported learning events](#).

EQUIP HEALTH CARE PROVIDERS

ENGAGE AN AHI-SUPPORTED CLINICAL QUALITY IMPROVEMENT RESOURCE

- ☐ Utilize at least 1 AHI-supported clinical quality improvement (QI) resource (select all that apply):
 - 1:1 meeting(s) and support from an AHI Clinical QI Planning Coordinator
 - AHI Peer-to-Peer Learning Collaborative
 - [AMA MAP Hypertension](#)
 - [Target:BP](#)
 - [Million Hearts CDC Hypertension Change Packages](#)

IMPLEMENT CLINICAL QUALITY IMPROVEMENT(S)

- ☐ Implement a quality improvement in at least 1 [AHI-recommended clinical quality improvement \(QI\) domains](#). Please select all that apply. *(Leadership & Operations, Hypertension Data & Insights, Blood Pressure Measurement Reliability, Treatment & Follow-Up, Self-Measured Blood Pressure (SMBP) & Adherence Supports, Community Integration & Patient Voice)*

SHARE HYPERTENSION CONTROL DATA

- ☐ Share previously reported data about the # of patients (ages 18-85) with diagnosed essential hypertension whose most recent blood pressure is adequately controlled (systolic blood pressure < 140 mmHg and diastolic blood pressure < 90 mmHg) during the 2025 measurement period (the [Numerator](#) from commonly reported clinical quality measures such as CMS 165, MIPS Quality ID #236, NQF 0018)
- ☐ Discuss alternate options for sharing HTN control data with the AHI (if unable to share the requested hypertension control data).

AHI CLINICAL QUALITY IMPROVEMENT PROCESS

1. Engage

Regular meetings and updates to stay aligned with your evolving priorities.

2. Support

Provide timely, tailored tools and technical assistance based on identified needs.

3. Learn & Refine

Share data on progress, challenges, and successes

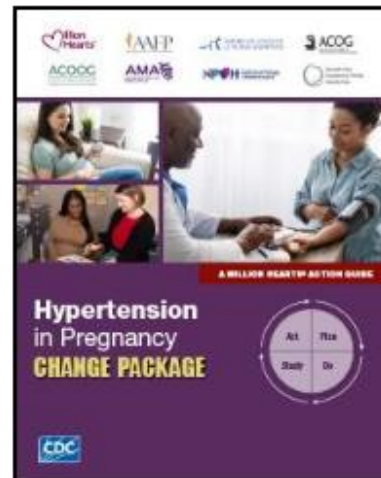
AHI CLINICAL QUALITY IMPROVEMENT TOOLS



<https://millionhearts.hhs.gov/tools-protocols/action-guides/htn-change-package/index.html>

AMA MAP™
Hypertension

<https://map.ama-assn.org/>



<https://millionhearts.hhs.gov/tools-protocols/action-guides/hypertension-pregnancy-change-package/index.html>

TARGET:BP™



targetbp.org

Talk Pressure: A Guide to Hypertension Communication



<https://www.cdcfoundation.org/talk-pressure-guide-PDF?inline>

Atlanta: Let's Take the Pressure Off

Uncontrolled high blood pressure can cause serious health problems, like stroke, dementia, kidney failure, heart attack, and even death. Health care providers can help you get your blood pressure under control. This guide shows you how you can take steps to lower your blood pressure and keep it under control.

If you have high blood pressure, it's important to work with your health care provider. They will help you understand your blood pressure and what you can do to lower it.

Tools and Resources

You don't have to go on the blood pressure journey alone. Help is available. There are resources online and in Atlanta that can help you. You can find a doctor, learning tools, and more—so you can do what you need to do to get your blood pressure in a healthy range.

Find ways to access to care

- Find Health Care Coverage:** Use this tool to find and compare health insurance plans that may help cover the cost of blood pressure care.
- Find a Local Health Center:** Use this tool to find Atlanta health centers near you that offer free or low-cost care, even without insurance.
- Search for Affordable Services:** Use your ZIP code to find free or reduced-cost services that can help you control your blood pressure. The health care, food, and more.
- Access Medication Assistance Programs:** Find a list of programs and resources for free or discounted medications to help control your blood pressure.
- Tip for Finding a Doctor:** Get quick tips for finding a primary care doctor who meets your needs.

Get tips and tools to help you follow your treatment plan

- Find Blood Pressure Monitoring:** Use this tool to find blood pressure monitors that have been tested and proven to give accurate results, so you can feel confident tracking your blood pressure at home.
- Tip for Reducing Sodium:** Follow these tips to help lower your sodium (salt) intake.
- Healthier Eating Plan:** Learn how to make healthier food choices and get tips to lower salt in your meals.
- Bottom Line on Sodium:** Discover how salt can harm or worsen health—and explore lower sodium meals.
- Get Down on Sodium:** Learn how to cut down on sodium—and eat enjoy the foods you love.
- Tip for Getting Healthy on a Budget:** Get tips for saving money while making healthier choices.
- Understanding Food Nutrition Labels:** Learn how to read what's on a nutrition label, so you can make healthier food choices.
- Using the Nutrition Facts Label:** Get familiar with the main items on a nutrition label and what they mean.

Learn more about blood pressure basics

- High Blood Pressure Facts:** Get the facts about high blood pressure and what it affects the most.
- Controlling Your Blood Pressure:** Learn how small changes can make a difference in controlling your blood pressure.
- Effects of Uncontrolled Blood Pressure:** Learn more about uncontrolled high blood pressure and its effects on the body.
- High Blood Pressure and Your Body:** Check out resources from the Mind Your Waist campaign to learn about the

<https://www.livetothethebeat.org/atl#work-with-a-health-care-professional>



[livetothethebeat.org](https://www.livetothethebeat.org)

AHI PATIENT EDUCATION TOOLS

CLINICAL QI PLANNING SIGN UP



Jarvis Gray
Clinical Quality Improvement Coordinator
Atlanta Hypertension Initiative
jarvis.gray@the-qcc.com
(888) 880-8127 | (404) 737-1944

Schedule your consultation at:

<https://calendly.com/theqcc-jarvisgray/ahi-clinical-qi-consultation>

THANK YOU AND NEXT STEPS

1. Please [sign up](#) for a meeting with Jarvis
2. Follow-through on the one idea you wrote down during our discussion time
3. Be the AHI HTN champion Atlanta needs you to be

THANK YOU!