# High blood pressure is out of control for too many Americans

## Serious health risk needs more attention

High blood pressure is a nationwide concern and a costly health problem. Nearly one in three Americans (almost 67 million adults) has high blood pressure, and half of them do not have it under control. Uncontrolled high blood pressure is a major contributor to heart disease and stroke. In Montana, the percentage of adults reporting high blood pressure has increased steadily since 1995.

The majority of people with uncontrolled high blood pressure are being treated with medicine yet their condition is not under control.

Montana’s community pharmacies are helping to address this health issue by participating in a *Team Up. Pressure Down.* statewide initiative. Selected Montana pharmacies, including *[insert pharmacy name and location]* are partnering with their patients who are on blood pressure lowering medication to help ensure that they are taking their medications as prescribed. Project participants receive blood pressure resources and counseling from a pharmacist. Raising blood pressure awareness and improving medication adherence may help enhance blood pressure control levels.

*[Add quote from pharmacist or patient about the value of the program and what the pharmacy is specifically doing with TUPD.]*

In addition to health care providers and pharmacists making blood pressure a priority, it’s important for patients to lower their risk by eating a healthy diet lower in sodium, exercising, maintaining a healthy weight, not smoking, and self-monitoring blood pressure at home.

To learn more, view CDC’s resource on [blood pressure](http://www.cdc.gov/bloodpressure/).