



Mary T. Bassett, MD, MPH
Commissioner

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Dear Health Care Professional:

Approximately 1.8 million adults in New York City (NYC) report being told they have hypertension.¹ Hypertension is a leading risk factor for heart disease and stroke, which together account for more than 18,000 deaths in NYC.² Local data suggest that the proportion of patients diagnosed with hypertension who have controlled blood pressure is lowest among Black adults (59%), compared to White (72%), Asian (73%) and Latino adults (69%).³

As a health care provider, you play a critical role in identifying hypertension, promoting self-management and supporting medication adherence to help your patients achieve blood pressure control. The New York City Health Department urges providers to:

- Measure blood pressure accurately at every visit.
- Create a blood pressure management plan that includes healthy lifestyle changes, a low-sodium diet and a follow-up plan for self-measured blood pressure monitoring, or out-of-office monitoring.
- Assess medication adherence and address barriers at every visit. For example, prescribe once-daily formulations, combination medications, less expensive generics and longer-lasting supplies of medicine.
- Provide tools and link patients to local resources to support hypertension self-management in between office visits.

This Hypertension Action Kit provides clinical tools, provider resources and patient education materials to help optimize hypertension management in your practice. Your Health Department representative is visiting today to discuss ways to integrate these tools and materials into your work.

Working together, we can improve the health of all New Yorkers.

Sincerely,

A handwritten signature in black ink that reads "Mary T. Bassett".

Mary T. Bassett, MD, MPH
Commissioner
New York City Department of
Health and Mental Hygiene

¹Gresia V, Lundy De La Cruz N, Jessup J, Adjoian T, Debchoudhury I, He F, Bartley K, Di Lonardo S, Deng WQ, Askari M, Chamany S. Hypertension in New York City: Disparities in Prevalence. New York City Department of Health and Mental Hygiene: Epi Data Brief (82); December 2016.

²Li W, Sebek K, Huynh M, Castro A, Gurr D, Kelley D, Kennedy J, Maduro G, Lee E, Sun Y, Zheng P, Van Wye G. Summary of Vital Statistics, 2015. New York, NY: New York City Department of Health and Mental Hygiene, Bureau of Vital Statistics, 2017.

³Among a subset of 300-400 New York City primary care practices that serve ~1,000,000 patients age 18-85 that had at least one visit for health care in 2015. Blood pressure control is defined as <140/90 mmHg.