

Nursing Response to the Surgeon General Call to Action

Improving Hypertension Control and Cardiovascular Health: An Urgent Call to Action for Nursing

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EXECUTIVE SUMMARY

This landmark nursing publication profiles the critical roles for nurses in hypertension control in the form of leadership, education, research, advocacy, and evidence-based care. In response to the 2020 U. S. Surgeon General’s Call to Action to Control Hypertension, the article outlines evidence-based nursing interventions and available resources to improve hypertension control in the United States. Embracing these roles has the potential to save thousands of lives.

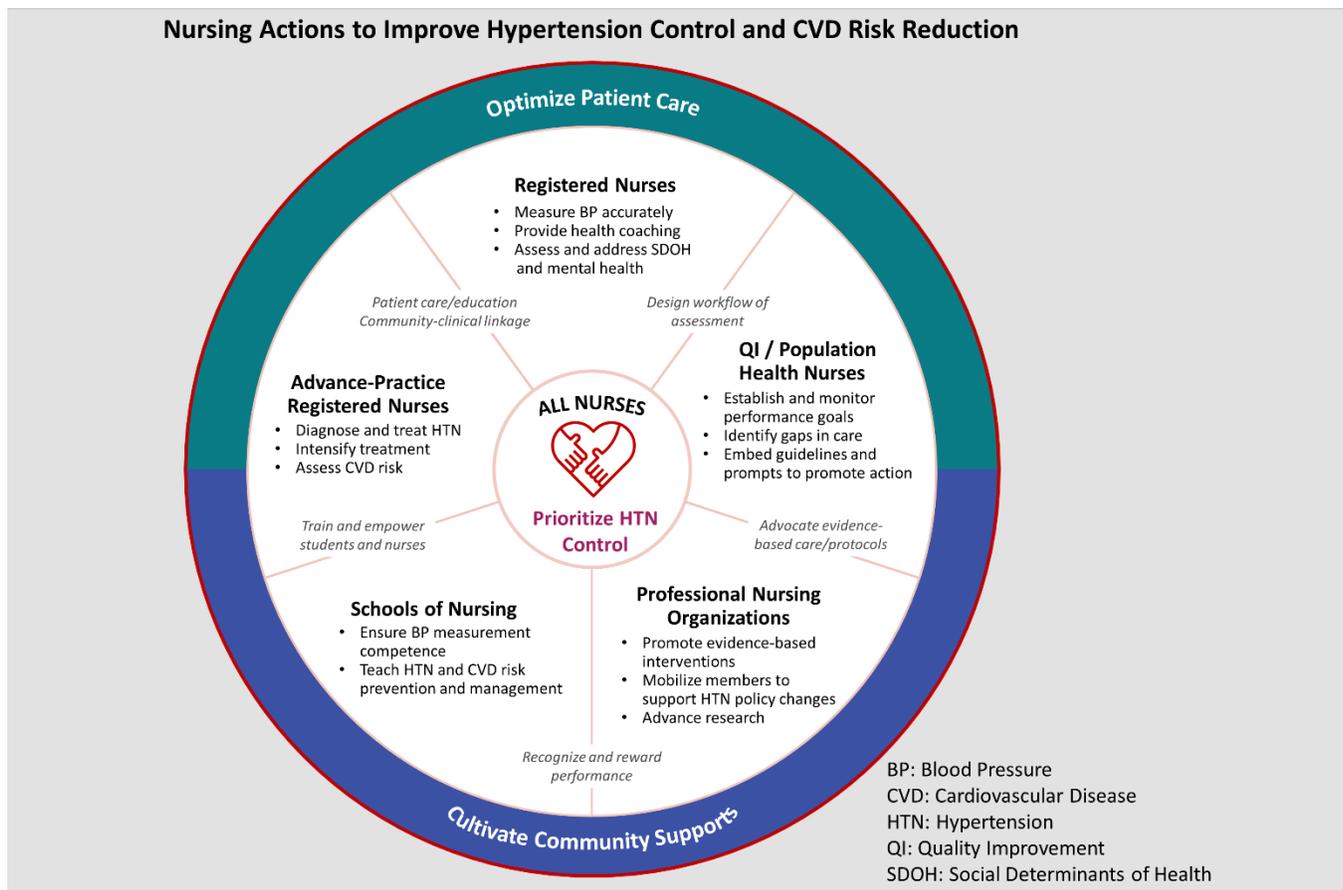
BACKGROUND

Hypertension affects nearly one in two adults in the United States, when defined as a blood pressure (BP) of at least 130/80 mm Hg or on antihypertensive medication. Yet, only 77% of individuals are aware that they have hypertension, and only 44% of those with hypertension have their BP controlled to <140/90 mm Hg. In response to the trend, the [2020 U.S. Surgeon General’s Call to Action to Control Hypertension](#) identified three broad goals: 1) Make hypertension a national priority 2) Ensure places where we live, work, and play support hypertension control, and 3) Optimize patient care for hypertension control.

CALL TO ACTION FOR NURSING

As illustrated below, every sector of nursing can play a pivotal role in hypertension control with immediate and long-term impact on individuals at risk for or living with hypertension. This article also provides resources that nurses from all sectors can use to guide research, education, practice, and advocacy efforts. As you and your colleagues reflect on this Call to Action, please consider:

1. What role(s) can you play to improve hypertension control locally and globally?
2. How can you leverage this article and the resources within it to strengthen nursing education and practice as well as fill gaps in nursing research?
3. What leadership commitments can you make to improve blood pressure control?



FOR MORE INFORMATION

This full-text article can be accessed [here](#). Please email MillionHearts@cdc.gov for more information.

