

Management of Adult Hypertension

Physician Resources for Patients

Academy of Nutrition and Dietetics – Five steps to manage high blood pressure

- Find a registered dietician – Find a registered dietician in your area.

American Heart Association/American Stroke Association – Heart360® - offers online tool to help patients manage blood pressure. Physicians can connect with their patients and monitor progress.

Center for Disease Control and Prevention

- Million Hearts® Campaign - Provides resources to help individuals, health care professionals, and organizations to help prevent and control high blood pressure.
 - Blood Pressure Toolkit – designed to be used with patients to help address high blood pressure in clinics and communities.
 - Spanish Language Toolkit and Resources
 - Facebook
 - Self-Measured Blood Pressure Monitoring Action Guide – Guidance for monitoring patients' blood pressure in between office visits
- Sodium Intake Widget - a CDC.gov application that displays content directly on your physician practice websites. There's no technical maintenance. CDC.gov will update the content automatically. Widget helps patients discover how much salt is in their food and the effect on their health.
- Translating the Dietary Approaches to Stop Hypertension (DASH) Diet for Use in Underresourced, Urban African American Communities, 2010

Dietary Approaches to Stop Hypertension (DASH) – A flexible and balanced eating plan endorsed by the National Heart, Lung, and Blood Institute to help lower blood pressure.

- Guide to Lowering Blood Pressure with DASH – Order up to 10 free copies. Booklet contains information on weight loss, physician activity and a week's worth of sample menus and recipes. Electronic Version of DASH Guide
- Blood Pressure Wallet Card – Order up to 10 free copies. The card helps patients monitor their blood pressure readings and reminders about medication and lifestyle changes. Electronic Version of Wallet Card

Eat Well Live Well for Healthy Blood Pressure – A Rochester based community collaborative focused on improving the health of the Rochester region by reducing the impact of high blood pressure in the community.