

Self-Measured Blood Pressure

Minnesota

27%

of Minnesotans have been told they have high blood pressure, sometimes referred to as HBP or hypertension. Men, adults over 65, Blacks, and adults with lower income are more likely to be affected.

Source: CDC Behavioral Risk Factor Surveillance System

Left uncontrolled, high blood pressure can lead to heart attack and stroke, Minnesota's #2 and #6 leading causes of death.



WHAT IS SELF-MEASURED BLOOD PRESSURE (SMBP)?

SMBP is the regular measurement of blood pressure (BP) by the patient outside the clinical setting and is a validated approach for out-of-office BP measurement. Several national and international hypertension guidelines endorse the use of SMBP monitoring for the diagnosis and management of high BP.



WHAT ARE THE BENEFITS OF SELF-MEASURED BLOOD PRESSURE?

SMBP has proven useful in reducing the risk of death and disability associated with hypertension. SMBP is a cost-effective strategy for lowering blood pressure and increasing medication adherence.

AHA RECOMMENDATIONS

Expand Medicaid coverage of validated self-measured BP monitoring device and services related to SMBP monitoring. Providing coverage would directly address the clinical gap in SMBP monitoring services for the diagnosis and management of hypertension, thus addressing known health inequities and reducing the risk of death and disability.

