

UNITEDHEALTH GROUP®

Hypertension Control Program

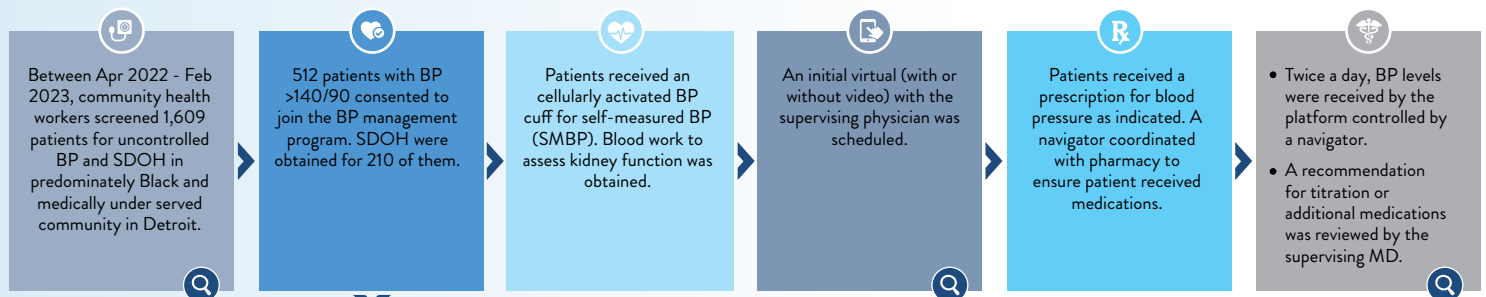
A Community Intervention for Hypertension Control Using Health Worker Outreach and Algorithmic Software-driven Blood Pressure Management

Background

Why? For years, hypertension (HTN) has remained under-diagnosed and poorly controlled, especially in Black and brown communities.

Objective: Create more effective control of HTN in specific communities through use of a multi-faceted solution combining blood pressure (BP) and social determinants of health (SDOH) screening by community health workers, a remote software-driven HTN management program driven by navigators under medical supervision, partnership with a local organization, and no cost medication.

Program Process



PATIENT DEMOGRAPHICS

- Average age of enrolled patients was 62±11 years
- 58% females
- 99% identified as Black
- 65% of patients were already taking 1+ anti-HTN agents
- Median BP was 149/91mmHg, (IQR 144-159/87-98 mmHg)

SCREEN/REFER FOR SOCIAL NEEDS



Program success was evaluated based on the proportion of patients who reached BP targets through HEDIS patient satisfaction surveys.

Program Results

- Of the 1,609 patients screened initially 945 (59%) were found to have uncontrolled BP
- HTN severity on enrollment was:
 - Stage 1: 10%
 - Stage 2: 69%
 - Stage 3: 21%
- 88% of participants achieved HEDIS BP target of <140/90 at <12 weeks
- 46% reached BP of <130/80 at <12 weeks
- >94% of SDOH needs were addressed for those who accepted assistance

KEY LEARNINGS

- Screening in a medically underserved community resulted in higher-than-expected rate of uncontrolled BP
- Screening revealed a high rate of stage 3 disease of HTN
- Program provides proof of concept and should inform future HTN programs



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