

Massachusetts Department of Public Health: Blood Pressure Care and Management in Community-Based Organizations

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Agenda

- Blood Pressure in the US
- National Guidelines 2025 Consensus Guidelines
- Self-Management & Community Settings
- Community based organizational considerations

Blood Pressure in the United States

Circulation. 2025;151:e1–e620. DOI:
10.1161/CIR.0000000000001303

Table 8-1. HBP in the United States

Population group	Prevalence, 2017–2020, ≥20 y of age	Mortality,* 2022, all ages	Age-adjusted mortality rates per 100 000 (95% CI),* 2022
Both sexes	122 400 000 (46.7%) (95% CI, 44.2%–49.3%)	131 454	31.5 (31.3–31.7)
Males	62 800 000 (50.4%)	63 901 (48.6%)‡	35.4 (35.2–35.7)
Females	59 600 000 (43.0%)	67 553 (51.4%)‡	27.6 (27.4–27.8)
NH White males	48.9%	44 028	33.3 (33.0–33.6)
NH White females	42.6%	49 115	26.8 (26.5–27.0)
NH Black males	57.5%	11 665	67.3 (66.0–68.6)
NH Black females	58.4%	10 647	44.7 (43.8–45.5)
Hispanic males	50.3%	5132	28.0 (27.2–28.9)
Hispanic females	35.3%	4694	20.4 (19.8–20.9)
NH Asian males	50.2%	1861§	20.7 (19.7–21.6)§
NH Asian females	37.6%	2146§	17.0 (16.3–17.7)§
NH American Indian/Alaska Native people	...	861	34.4 (32.0–36.7)
NH Native Hawaiian or Pacific Islander people	...	182	31.5 (26.8–36.2)

Blood Pressure Considerations

- Genetic PCRscore
- Systolic vs. Diastolic
- Heart Failure – Right, Left
- Pulmonary, vascular bed
- Renal, Transplant
- Cultural Influences & Life Style
- PCOS
- Masked
- White Coat syndrome
- AM vs PM pressures
- CV Risk Scores & Cognition
- Cuff size and automation

Blood Pressure Goals Healthy People 2030

Increase control of high blood pressure in adults — HDS-05



Objective Overview

Data

Infographic

Data Methodology and
Measurement

Status: Baseline only

[Learn more about our data release schedule](#)



Most Recent Data:
16.1 percent (2017-20) *



Target:
18.9 percent ¹ *



Desired Direction:
Increase desired



Baseline:
16.1 percent of adults aged 18 years and over with high blood pressure/hypertension had it under control in 2017-20 ² *

* Age adjusted to the year 2000 standard population.

Patient-Centered Outcomes Research Institute (PCORI): Remote Blood Pressure Management



Houston Methodist, MGH, Sentara VA & Yale



3 arms: Standard of Care, Remote BP Management and RBPM+CHW



Will screen anyone who wants BP check and given documentation – target black, brown and low income



Eligible BP >135/85



Participants consent, survey, remote Auto BP device and Bluetooth transmitter



18 months + Remuneration

PRESSURE CHECK

Can blood pressure be managed and controlled remotely with phone or video and control rates with and without support of a CHW

Study Procedures

Screening and Follow-up: CBO BP acquisition & lifestyle review



Screen in CBO for
hypertension (defined
as a blood pressure
over 130/80)



Enroll at
the CBO



Home BP
Monitoring
For 6 months

Clinical Care: Health System with 3 study arms:

PCP + Remote Blood
Pressure Monitoring
(RBPM)



PCP + RBPM with BP
clinician expert



PCP +
RBPM with BP clinician
expert + Community
Healthcare Worker





Mass General Contact Information:

Pressure-check@mgh.org

617-643-3132

Guidelines for Healthy Blood Pressure

The chart below reflects categories defined by the American Heart Association. To learn more about the Pressure Check study please visit: Pressurecheck.org or scan the QR code in the upper right-hand corner.

Blood Pressure Category	Systolic	Diastolic	Pressure Check Team Recommendations
Normal	< 120	and < 80	Continue healthy lifestyle habits.
Elevated	120 - 129	and < 80	Monitor your blood pressure every three to six months and work on healthy lifestyle habits.
High Blood Pressure (Hypertension) Stage 1	130 - 139	or 80 - 89	Work on healthy lifestyle habits and/or talk to your doctor about medication to control the blood pressure. To learn more, schedule an appointment with our team or with your regular doctor.
High Blood Pressure (Hypertension) Stage 2	≥ 140	or ≥ 90	Work on healthy lifestyle habits and talk to your doctor about medication to control the blood pressure. To learn more, schedule an appointment with our team or with your regular doctor.
Hypertensive Crisis (Emergency care needed)	> 180	or > 120	Urgent evaluation is strongly advised. Please go to an urgent care center or hospital emergency department. In addition, please schedule an urgent appointment with your regular doctor.

Date: _____

To learn more about Hypertension please scan the QR code to visit AHA's website with learning tools.

Your blood pressure:

(1): _____

(2): _____

(3): _____



Community Screening

Call 911 if you have any of the following:

Signs & Symptoms of Heart Attack

- Discomfort in the chest region
- Pressure or tightness in the chest
- Pain or discomfort in the arm, back or neck region- usually on the left side
- Excessive sweating
- Shortness of breath, either on exertion or at rest
- Nausea Vomiting
- Dizziness

Signs & Symptoms of Stroke

- Numbness, weakness or paralysis
- Confusion, trouble speaking or understanding speech.
- Trouble seeing in one or both eyes.
- Trouble walking, dizziness, loss of balance or coordination.
- Severe headache with no known cause.

Blood Pressure Self-Management Considerations in Diverse Populations and Settings

- Instructions for BP acquisition rarely followed
- Others in household using equipment
- Ability to apply BP cuffs & size of cuff
- Timing of medications and BP acquisition
- Goal of Developing a habit – auto readings and self documentation
- Belief in readings – reality of settings
- Understanding individual lifestyle – work schedule hours readings during week vs. weekend and time of day

TARGET:BP™



AMA

What is self-measured blood pressure?

Self-measured blood pressure (SMBP) is when you measure your blood pressure outside of the doctor's office or other health care settings.



[The American Heart Association PREVENT™ Online Calculator - Professional Heart Daily | American Heart Association](#)

Community Screening Considerations

- **Events**

- Farmer Markets
- Pastor Alliance
- Community Health Fairs
- AARP
- Salvation Army

- **Community Based Organizations**

- Churches
- Barbershops
- Food Pantries
- Hair & Nail Salons
- YMCA
- University Campus
- Immigrant transition centers



Working with Community Based Organizations: Lessons Learned

Churches

- Churches throughout the country have goals of improving not only the mental health but also physical health especially cardiovascular health
- Identify services that will hold post sermon socials, coffee & donuts, potlucks
- Determine whether church has a parish nurse program or RNs within the congregation that would like to work with BP team
- Don't forget the pastors, priests, nuns, deacons are also often hypertensive



Barbershops

- Barbershops and barber connections – routine clientele or walk-ins
- Opportunity to train Barbers about High Blood Pressure often results in identifying barbers with HTN
- Barbers are far more likely to convince patrons to get their BP checked than unknown staff
- Time to develop trusting relationship with staff
- Community networks, clients will often return with other family members or friends



Food Pantries Harvest of Vine

- Work with organizers to allow for individuals to not lose their place in line
- Opportunity to refrigerate or store their food while getting screened
- Assess number of individuals food allotment will be supporting
- Train and screen staff, often associated with other organization



Hair & Nail Salons

- Must be led by owner, stylists and manicurists
- What population do they predominantly serve
- Space is often limited and small breakrooms
- Religious considerations
- Cannot disrupt business operations
- Opportunity to check BP while relaxed in chair



Immigrant Support Centers & College Campuses

- Current culture and sensitivities
- Pay status deferred
- Immigration status deferred
- College students, staff, faculty
- Diverse campus populations



YMCAs & GYM

- People are trying to get healthy
- One of the highest rates of HTN
- Often overweight & diabetic
- Support programs
- Mission goals and HTN
- Can serve as referral center
- Educational programs



Pressure Check Website

www.pressurecheck.org

News

About

Videos

Community

Participants

Resources

Contact

English ▾

Boston, MA

Partnering Community Based Organizations

[Harvest on Vine Food Pantry](#)

[Abundant Life Church](#)

[Simina African Braiding](#)

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References

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- Healthy People 2030
[Increase control of high blood pressure in adults — HDS-05 - Healthy People 2030 | odphp.health.gov](#)
- PCORI Pressure Check Grant [www.pcori.org](#)
[Comparing Three Ways to Manage High Blood Pressure in Community Settings -- The PRESSURE CHECK Study | PCORI](#)