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The Intersection of Oral Health and Hypertension: Blood Pressure Pilot Project Results, Year 1

Heart Disease in North Dakota

In ND, nearly 1 in 3 (29.6%) adults...



...are diagnosed with hypertension.¹

High blood pressure costs the nation about **\$49 billion** annually in health care services, medications, and missed days of work.²

The Blood Pressure Pilot Project Model

Using Centers for Disease Control and Prevention (CDC) funds from the DP18-1810 Component 2 cooperative agreement, the North Dakota (ND) Oral Health Program (OHP) has implemented a pilot project addressing hypertension in dental practices. The OHP partnered with dental practices to provide training on blood pressure measurement and referral protocols. Dental providers (dentists, dental hygienists, dental assistants, etc.) screen adult patients for high blood pressure using a standardized protocol and refer those identified as having high blood pressure to medical practices. When possible, dental providers follow up on referral outcomes. Through this process, the OHP hopes to increase detection and treatment of hypertension, in turn preventing further complications of this disease. The pilot will continue until 2023.

In the first year, the blood pressure pilot project partnered with **3 dental practices** to:

Train providers

41

Dental professionals trained on proper blood pressure procedures

More providers ranked their blood pressure knowledge as **advanced** after receiving training.

% of providers reporting advanced knowledge of blood pressure pre- and post-training



Note: 20 providers responded to this question.
Source: OHP training surveys, 2019

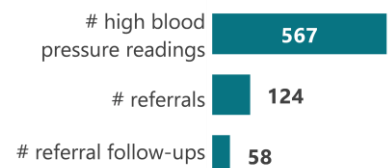
Provide Screenings

13,147

Blood pressure screenings conducted

Over 500 high blood pressure readings were reported.

Number of high blood pressure readings, referrals, and follow-ups



Source: Component 2 Data Collection Tool, 2019.

Looking Ahead

The first year of the blood pressure pilot project showed promise at increasing blood pressure screenings and referrals. As this work continues, the OHP plans to expand its reach by partnering with additional dental practices and increasing the number of screenings provided, demonstrating the model's effectiveness.

By August 2023, the blood pressure pilot project plans to work with



Dental Practices

&
provide



Blood Pressure Screenings

Credits

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¹North Dakota Behavioral Risk Factor Surveillance System, 2017

²<https://www.cdc.gov/policy/polaris/healthtopics/highbloodpressure.html>