



Williamson Health and Wellness Center earns national recognition for commitment to improve high blood pressure

American Heart Association and American Medical Association announce annual list of physician practices and health systems receiving a Target: BP™ award for their commitment to prioritize blood pressure control within the communities they serve

Williamson, WV – Williamson Health and Wellness Center is recognized as a leader in the national effort to get people's blood pressure under control and reduce the number of Americans who have heart attacks and strokes each year.

The American Heart Association (AHA) and American Medical Association (AMA) named Williamson Health and Wellness Center as one of 802 physician practices and health systems nationwide recognized for a commitment to help patients improve blood pressure control through this year's Target: BP Recognition awards.

Launched in 2015, [Target: BP](#) is a national initiative between the AHA and AMA aimed at addressing the growing burden of high blood pressure in the U.S.

More than 1,600 physician practices and health systems nationwide have joined Target: BP™, sharing a common goal to reduce the number of adult patients with uncontrolled blood pressure and improve health outcomes associated with heart disease.

Of the 103 million Americans with high blood pressure, less than half of them have it controlled to a healthy level. This is despite the fact that high blood pressure can often be managed effectively when patients work with their physician to create and follow a treatment plan. No single risk factor has more impact on the nation's death rates from cardiovascular disease than high blood pressure.

"Although we have the tools to easily treat high blood pressure, many patients face a variety of barriers making it difficult to successfully manage the condition. That's why the American Heart Association and American Medical Association created the Target: BP initiative - to help bring patients and physicians together to successfully get blood pressure under control, and help patients keep it controlled," said AMA President Barbara L. McAneny, M.D. "We applaud the physicians who are already working hard to control their patients' blood pressure, and we will continue to urge more physician practices, health systems and patients to join this effort to prioritize blood pressure control and increase the national blood pressure control rate. Together, we will be able to save many more lives and improve health outcomes for patients throughout the nation."

"A driving force behind Target: BP's goal of improving cardiovascular health is the physician and patient partnership," said AHA President Ivor Benjamin, M.D., FAHA. "We are pleased to see more and more practices prioritize blood pressure control and collaborate with their patients to achieve the program's goal of reducing heart disease and strokes in their communities."

Williamson Health and Wellness Center, along with all other practices and health systems being recognized, will be featured in upcoming Target: BP materials. This includes appearing in national

TARGET:BP™



journal ads, on [TargetBP.org](https://www.targetbp.org), and the Target: BP Wall of Recognition that will be displayed at AMA and AHA events throughout the year.