

RELEASE THE PRESSURE

is bringing together Black women from across America — reminding them to make self-care a priority to improve their heart health.



Our mission is to join Black women in taking preventive action to protect their heart health. We're encouraging Black women to be a part of a healthy blood pressure movement. And we want you to join us.

Nearly 80% of Black adults who have high blood pressure don't have it under control, putting them at higher risk of heart attack and stroke. And we're not okay with it. We're also not okay with the systemic racism that often makes preventing and reducing high blood pressure more difficult for Black women. But we're not just going to sit here and take it. The RTP Heart Health Squad will support you in protecting your mental health and overall well-being.

[Take the Pledge](#)



Meet the Release the Pressure Squad

The RTP Heart Health Squad, a coalition of national health care professional organizations and heart health experts with a shared goal of partnering with Black women to support their heart health.

