

Help Prevent Heart Attacks and Strokes: Become a Million Hearts® Partner



COVID-19 has affected the lives of all Americans, and the pandemic's unprecedented challenge highlights significant gaps and vulnerabilities in our nation's health system. Improving the cardiovascular health of our nation has never been more important. We need you, our valued partners, **now more than ever**.

There are many ways to contribute:

- **Email us your resources, tools, and activities**; we would love to feature them in the Million Hearts® e-Update.

- **Register for the Million Hearts® SMBP Forum**, a quarterly online meeting where clinical, public health, and community-based partners exchange best practices, identify solutions to common obstacles, and share resources.

- **Join the Million Hearts® Cardiac Rehabilitation Collaborative**, using "Request to be added to the CRC" in the subject line. This is a quarterly online forum for multidisciplinary professionals who are working to achieve 70% participation in cardiac rehabilitation by eligible patients.

- **Join the Million Hearts® partner calls** to share actions you are taking and learn how other partners are preventing heart attacks and strokes.

If you aren't yet a Million Hearts® partner, we encourage you to align your actions with the initiative's priorities, spread the word about the key Million Hearts® strategies, and enlist others in the initiative's work.

Yours in health,

Laurence Sperling, MD, FACC, FACP, FAHA, FASPC
Executive Director, Million Hearts®

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Tools You Can Use

NACHC releases Hypertension Screening and Control Action Guide. [PDF, 524 KB]

NACHC's new Action Guide offers evidence-based steps that health centers can take to identify and manage hypertension.

Foley & Lardner share results of the 2021 50-State Survey of Telehealth Commercial Insurance Laws. [PDF, 21 MB]

Law firm Foley & Lardner's report detailing the landscape of state telehealth commercial insurance coverage and payment laws provides health care professionals, lawmakers, entrepreneurs, telemedicine companies, and other industry stakeholders with a useful guide to telehealth insurance laws and regulations.

NHLBI provides free Dietary Approaches to Stop Hypertension (DASH) eating plan resources.

Ranking number one for "heart-healthy" and "healthy eating" in U.S. News & World Report's 2021 Best Diets, the **DASH eating plan** lowers blood pressure. The National Heart, Lung, and Blood Institute (NHLBI) offers DASH resources for guiding people on their health journeys.

The Heart Truth® provides culturally tailored resources for community health workers (CHWs) in African American communities.

A new toolkit from *The Heart Truth®* provides everything CHWs need for heart health education programs. The toolkit features *With Every Heartbeat Is Life: A Community Health Worker's Manual on Heart Disease for African Americans*, a recipe book, and more.

New Dietary Guidelines help Americans make every bite count. [PDF, 31 MB]

Released by the U.S. Department of Agriculture and U.S. Department of Health and Human Services in December 2020, the *Dietary Guidelines for Americans, 2020–2025* provide science-based recommendations for fostering healthy dietary patterns for Americans of all ages.

Free CME courses related to the pandemic and cardiovascular disease.

With a free Medscape account, users can access continuing medical education (CME) and professional online education. Topics include "What Is the Impact of COVID-19 on the Brain?" and "What Impact Has the Pandemic Had on Patients with Cardiovascular Disease?"

Quick Fact

In its first 5-year cycle (2012–2016), Million Hearts® prevented an estimated 135,000 heart attacks, strokes, and related acute cardiovascular events and saved \$5.6 billion in direct medical costs.

— Centers for Disease Control and Prevention (CDC)

Million Hearts® in the Community

Million Hearts® executive director discusses hypertension control with 2020 Champions.

In February, Million Hearts® Executive Director Dr. Larry Sperling hosted a Facebook virtual event with three of the **2020 Hypertension Control Champions**. Watch the video to learn how these Champions achieved hypertension control and which strategies worked for them.

Million Hearts® names two new Million Hearts® Health Systems.

Million Hearts® recognized two new Million Hearts® Health Systems, **The Ohio State University and Wexner Medical Center**, in Columbus, Ohio, and **HopeHealth**, in Florence, South Carolina, applauding their commitment to the cardiovascular health of their patients, employees, and communities. Congratulations!

Reduce tobacco use with CDC's 2021 Tips® campaign tools and resources.

The **2021 Tips® campaign** engages health care and public health professionals, mental health providers, and others to help encourage their patients to quit smoking for good. The campaign provides social media content, videos, posters, and other resources.

Marketing success stories highlight strategies for reaching rural populations and engaging health care providers.

The National Diabetes Prevention Program, led by CDC, gathers examples of marketing and promotion strategies that can be used in a variety of settings—including health systems and faith-based organizations—to increase reach and enrollment among priority populations.

Apply by June 11 for Early Intervention to Promote Cardiovascular Health of Mothers and Children (ENRICH) funding opportunities.

Two NIH funding opportunities invite applicants from clinical or community sites to be part of a multicenter group or cluster randomized trial under the ENRICH program, which tests the effectiveness of interventions promoting cardiovascular health and addressing health disparities in at-risk mothers and children. View the **first** and **second** funding opportunities.

Pharmacists team up to provide comprehensive medication management in southern California.

Through the University of Southern California's California Right Meds Collaborative, L.A. Care Health Plan and Inland Empire Health Plan refer patients to community pharmacists for help in managing medications for chronic diseases that worsen COVID-19 outcomes.

Apply by May 24 for funding to support community health care workers.

CDC announces two funding opportunities to support community health care workers addressing COVID-19 and health disparities. See link for more information about eligible applicants.

The Science of Million Hearts®

Community health center patients have positive experiences and learn ideal blood pressure numbers with SMBP. (*Integr Blood Press Control*)

Time in systolic blood pressure target range independently predicts major adverse cardiovascular event risk. (*J Am Coll Cardiol*)

Young adults in rural areas more at risk for coronary heart disease and stroke death. (*J Am Heart Assoc*)

Gestational hypertension or preeclampsia is associated with increased risk of premature cardiovascular disease mortality. (*J Am Coll Cardiol*)

Clinicians should prioritize cardiac rehabilitation in their routine care of patients with heart failure. (*J Am Coll Cardiol*)

Do This!

View CDC's Stroke Tools and Resources.

May is National Stroke Awareness Month, and May 17 is **World Hypertension Day!** This year, CDC's Division for Heart Disease and Stroke Prevention is spotlighting stroke survivors, raising awareness of the signs and symptoms of stroke, and providing a stroke communications toolkit for health professionals with social media messages, graphics, and resources to educate their audiences about stroke prevention.

Stay Connected

Would you like to be featured in a Million Hearts® e-Update?
Email your resources, tools, and activities to millionhearts@cdc.gov.