Hypertension control is the leading modifiable risk factor for heart disease and stroke and the leading indicator of whether we will prevent 1 million events. Controlling blood pressure for 80% of patients is achievable, but it takes focus and concerted effort on the part of both the patient and health care system.

This year, we’re thrilled to announce 17 new hypertension Control Champions. Together, they cared for nearly 400,000 adults, achieving blood pressure control for at least 80% of their patients. The 2019 Champions come from across the United States; to date, Million Hearts® has recognized 118 Champions from 36 states and D.C. We’re also calling on high performers from Alaska, Alabama, Arizona, Delaware, Idaho, Indiana, Iowa, Maine, Nevada, North Carolina, North Dakota, South Dakota, and Vermont to inform us of the work they are doing in their states.

Join us in applauding those making a difference. We look forward to working with each of you in the new year to tackle the work to get to 90% hypertension control nationwide.

Yours in health,
Laurence Sperling, M.D., FACC, FAPPC, FAHA, FASPC
Executive Director, Million Hearts®