

## Join us in applauding those making a difference.



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 360,000 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, Arkansas, Arizona, Delaware, Idaho, Indiana, Maine, Mississippi, North Carolina, Nebraska, Nevada, South Dakota, and Vermont to inform us of the work they are doing in their states.

Join us in applauding the 17 new Hypertension Control Champions. We continue to be grateful for the efforts of all our partners. We look forward to working with each of you in the new year to tackle the work to get to 80% hypertension control nationally.

Yours in health,

Laurence Sperling, M.D., FACC, FACP, FAHA, FASPC  
Executive Director, Million Hearts®

Check Out Our 2019  
Hypertension Control Champions

## Tools You Can Use

### The *Wildfire Smoke* guide for public health professionals is now available on the AirNow website.

The *Wildfire Smoke* guide provides public health and health care professionals with information necessary to prepare for smoke events, including ways to communicate health risks to the public. Updates include more information about preparedness, exposure reduction strategies, and ash clean-up.

### A new CDC resource guide promotes physical activity breaks in the workplace. [PDF – 1.3 MB]

Nearly half of U.S. worksites have some workplace health promotion plan. This guide from CDC explores ways that employers can help workers incorporate short physical activity breaks into the workday. The ideas are scalable, and most require little to no equipment.

### The American Kidney Fund's kidney-friendly recipes are good for the heart, too.

Hypertension can lead to chronic kidney disease, which can worsen hypertension—a cycle that can lead to a heart attack, stroke, or heart or kidney failure. Eating less sodium helps. The American Kidney Fund provides a wealth of healthy recipes.

### An AHRQ funding opportunity incorporates patient-centered outcomes research in primary care.

The Agency for Healthcare Research and Quality requests applications to build state-level capacity to disseminate and implement patient-centered outcomes research findings into primary care practices, focusing on improving heart health and developing sustainable quality improvement capacity within states.

### AMA offers CPT codes for self-measured blood pressure (SMBP) services.

The American Medical Association (AMA) released two new 2020 Current Procedural Terminology (CPT) codes (99473 and 99474) for SMBP services. Medicare will begin reimbursing practices, physicians, and other qualified health care professionals for the provision of these services beginning January 1, 2020.

## Quick Fact

In 2017, high blood pressure was the primary cause or a contributing cause of **472,428** deaths in the United States. — CDC, National Center for Health Statistics

## Million Hearts® in the Community

### The YMCA achieves hypertension control successes through a community-based program. [PDF – 1 MB]

The YMCA of Greater Indianapolis partnered with the Marion County Public Health Department to expand self-measured blood pressure monitoring. The YMCA helped recruit patients using targeted community outreach and social media, providing blood pressure monitors, nutrition education, and other support.

### The Health Resources and Services Administration (HRSA) recognizes top-performing health centers.

Mountain Comprehensive Care Center, Inc. in Kentucky received the HRSA 2019 National Quality Leader (NQL) Award in Heart Health, along with 47 other NQLs for top performance on specified clinical quality measures. Find out what other health centers received this award and the Million Hearts® badge.

### Success stories show how Million Hearts® can be implemented locally.

Million Hearts® and the National Association of County and City Health Officials helped city and county health departments and their partners implement strategies from the Million Hearts® 2022 Framework. These case studies illustrate successful strategies deployed at the local level.

### Plan now to host a public health associate through this training program.

CDC's Public Health Associate Program (PHAP) is a two-year, paid training program for early-career public health professionals. Associates gain valuable experience in public health, including heart disease and stroke prevention efforts. The next application cycle opens in early 2020.

## The Science of Million Hearts®

### U.S. trends in premature heart disease mortality over the past 50 years: Where do we go from here? (*Trends Cardiovasc Med*)

### AHA/ACC task force reports clinical performance and quality measures for adults with hypertension. (*J Am Coll Cardiol*)

### Cigarette smoking is decreasing, but use of smokeless products is rising. (*MMWR Morb Mortal Wkly Rep*)

### Study evaluates how 2013 guidelines affected lipid levels and statin use trends among U.S. adults. (*J Am Coll Cardiol*)

### At all BP levels, higher physical activity levels are linked with lower risk of mortality. (*Hypertension*)

### ISCHEMIA trial: Invasive treatments for ischemic heart disease produced no better results than medical therapy. (*AHA Scientific Sessions*)

## Do This!

View the Champions map.

We're thrilled to celebrate a total of 118 Champions in 36 states. Find out whether you have a Million Hearts® Hypertension Control Champion near you!