

Make high blood pressure control a national priority



February is **American Heart Month**, an opportunity to raise awareness about heart health, motivate Americans to adopt healthy lifestyles, and work together to prevent heart disease and strokes. This year, Million Hearts® is connecting with partners to prioritize and improve hypertension control.

Join us in applauding HopeHealth, in Florence, SC, and The Ohio State University and Wexner Medical Center, in Columbus, OH, as new Million Hearts® health systems, being recognized for their work on cardiovascular health. **Visit our website** to learn more about this recognition and see their upcoming spotlight stories.

In 2020, Million Hearts® recognized 15 Hypertension Control Champions. These Champions achieved blood pressure control for at least 80% of their adult patients with hypertension. Together, the 2020 Champions cared for more than 200,000 adults! **Visit the Million Hearts® Facebook page** to view the February 24 Facebook Premiere and learn how the 2020 Champions achieved hypertension control.

Million Hearts® will not be hosting a Hypertension Control Challenge for 2021. Instead, we plan to identify clinicians and health care systems that have made successful innovations in hypertension control during the time of COVID-19.

Yours in health,

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

View the February 24
Facebook Premiere

Tools You Can Use

Active People, Healthy NationSM releases new graphic on physical activity.

Active People, Healthy NationSM recently released a graphic showing the health benefits of physical activity for adults—both immediately and over time.

National Association of Community Health Centers (NACHC) releases new SMBP toolkit. [PDF – 237 KB]

The NACHC Self-Measured Blood Pressure Monitoring (SMBP) Implementation Toolkit is designed to help organizations incorporate SMBP into their care processes and workflows. The toolkit guides organizations through identifying goals, considering tasks and roles, and developing a protocol for implementing SMBP.

Million Hearts® and NACHC create educational statin videos.

Million Hearts® collaborated with NACHC to develop videos in English and Spanish that explain how statins prevent heart attacks and strokes. **Check out NACHC's new Million Hearts® webpage** for more resources.

The Paul Coverdell National Acute Stroke Program is accepting grant applications until March 18, 2021.

This Notice of Funding Opportunity will support the implementation of comprehensive stroke systems for the individuals at highest risk of stroke events and for stroke patients, by enhancing stroke care across the continuum of care in states with high-burden populations.

NHLBI offers free educational resources to support heart health.

For American Heart Month, the National Heart, Lung, and Blood Institute (NHLBI) offers various educational resources to support heart health in your community. **Join the #OurHearts movement** by using the hashtag to encourage and motivate everyone to adopt heart-healthy behaviors.

Quick Fact

From March through May 2020, emergency department visits for heart attacks (down 23%) and stroke (down 20%) declined nationwide. Spread the word with **these lifesaving heart health messages**.

— Centers for Disease Control and Prevention (CDC)

Million Hearts® in the Community

CDC updates guidance on underlying medical conditions during the pandemic.

CDC provides detailed guidance about which underlying medical conditions could put people at higher risk for severe COVID-19 symptoms during the pandemic.

The CDC Foundation announces a new Million Hearts® communication campaign.

The CDC Foundation recently announced the launch of the Alliance for the Million Hearts® Campaign, a new public-private coalition to develop a national, prevention-focused Million Hearts® communication campaign.

HRSA starts Heart Health Office Hours, a web-based learning series for the general public.

HRSA hosted its initial Heart Health Office Hours session titled “Are Hypertension Control Interventions That Maximize Team-Based Care Effective?” on February 25th. This is the first in a quarterly series to support HRSA-funded health centers in improving patients’ heart health.

Webinar discusses Value-Based Insurance Design (VBID) opportunities for CVD prevention and management.

The Million Hearts® webinar February 16, 3–4 p.m. ET, covers tailoring health insurance benefits and cost-sharing to increased SMBP for hypertension treatment, cardiac rehabilitation, and other CVD preventive services. **View the CMS Medicare Advantage VBID Model Test evaluation report.** [PDF – 28 MB]

The Science of Million Hearts®

Among women who had hypertension during their pregnancies, Black women experienced both a less rapid decrease in blood pressure postpartum as well as higher average blood pressure, compared to white women. (JAMA)

Federal agencies advance and promote coordinated efforts to help smokers quit, including the Cancer Center Cessation Initiative and the Million Hearts Tobacco Cessation Change Package. (N Engl J Med)

Three phases of unconventional natural gas development activity were associated with hospitalization for heart failure. (JACC)

The trend in decreasing age at diagnosis for CVD and its risk factors in the US appears to be more pronounced among women versus men. (JAHA)

A national campaign to identify and treat every individual with hypertension in the U.S. among the top-10 wish-list goals for the coming year. (JAMA)

Do This!

Email Us to Join the Partner Calls.

Join our Million Hearts® partner calls! On the monthly calls, partners share actions they are taking to prevent heart attacks and strokes, and also discuss obstacles, best practices, and helpful tools and resources.

Stay Connected

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