"Janet, how would you like to help prevent a million heart attacks and strokes?"

That question, asked by American College of Cardiology’s chief operating officer in the spring of 2011, changed my life.

Since the launch of the Million Hearts® initiative in fall 2011, at 50 states and the District of Columbia, hundreds of organizations, and thousands of people have answered “yes”—all with an innovative, enthusiastic “yes.” All have invested time, talent, and resources to help address the task at hand. Partnerships, science, and communications were the organizing “buckets” in the early stages of Million Hearts®. In today’s update, you will see how those roots continue to shape the initiative.

Our team strives to bring you the best evidence of what works to improve cardiovascular health and to accelerate widespread implementation of those strategies. Preventing cardiovascular events everywhere and for everyone requires constant learning and innovation, including by those already working on the front lines. We can’t possibly do this work possible only through powerful partnerships, such as those featured below. The Million Hearts® e-update, website, social media channels, and media relations all provide opportunities to exchange knowledge, celebrate progress, and align actions with resources that can get the job done—in the service of improving heart and brain health for all.

As I step away from my beloved Million Hearts® to join the U.S. Surgeon General’s team, I want to thank the home team for its extraordinary dedication and our partners and others who are taking steps—small and large—to improve cardiovascular health at home, in communities, and in health care settings across the nation. For those of you who are not yet part of the Million Hearts® network, know that you too can prevent heart attacks and strokes, kidney disease, heart failure, and even some forms of dementia. Join Million Hearts®. Say “YES.”

—Janet Wright, MD, FACC
Executive Director, Million Hearts®

Million Hearts® in the Community

Calling all high performers in hypertension control!

Are you a clinic, practice, or system that has achieved at least 80% hypertension control in your patient population? Million Hearts® wants to hear from you! Apply to the 2019 Hypertension Control Champion and inspire others to patients’ cardiovascular health.

EPA air quality app can help protect people in real time during poor air quality events.

The Agency for Healthcare Research and Quality (AHRQ) launched EvidenceNOW Tools for Change to help primary care practices sift through 100-plus evidence-based strategies for improving heart health by addressing the ABCS—aspirin use, blood pressure control, cholesterol management, and smoking cessation.

Quick Fact

More than 3 in 10 black men and women have hypertension by age 55.

Million Hearts® Scale and spread self-measured blood pressure monitoring (SBPM) use.

The Million Hearts® SBPM Forum convenes implementers, facilitators, and other supporters quarterly to develop and disseminate evidence- and practice-based tools and resources.

Barbershop-pharmacist collaboration helps black men with hypertension sustain blood pressure control.

Controlling modifiable risk factors for coronary heart disease could lead to big reductions in heart events.

Over 20 years, hospitalizations for acute myocardial infarction increased among young adults, especially women.

Remote, non-physician led management program helped more than 4 in 5 study patients control hypertension.

Clinical guidelines synopsis summarizes 2018 guidelines on blood cholesterol management.

Do This!

Apply to the 2018 Hypertension Control Challenge. Hypertension Control Champions are helping win the battle against high blood pressure in 32 states across the nation! That also means 9 states don’t have Champions—yet. We need your help encouraging practices that are achieving high rates of control to apply and join the nation of Champions!

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