Hypertension control is key to preventing heart disease and stroke.

And we know what works. Our lack of progress in improving hypertension control is not caused by a lack of knowledge. We’ve seen that health systems can have a huge impact on improving hypertension control by implementing policies and protocols, establishing and using guidelines, deploying the full team, and using self-measured blood pressure monitoring to develop a pattern of readings for the clinicians to act on. You can find great information about these strategies, as well as tools and guides, on the Million Hearts® website.

We also have committed partners that work each day to spread effective hypertension control strategies. For example, the American Heart Association and American College of Cardiology (AHA) provide resources such as Target: BP, the Centers for Medicare & Medicaid Services (CMS), and other quality improvement support to practices, and the Agency for Healthcare Research and Quality (AHRQ) shares a wealth of knowledge through EvidenceNOW. But clearly, we still need to do more.

The Division for Heart Disease and Stroke Prevention created this biannual calendar to help individuals reach their healthy eating and physical activity goals one day at a time. Some days already have suggested goals; other days are ready to personalize.

The Assessment to Action: A Sodium Reduction Tool is now available! This free tool, created by Health Resources in Action and the National Network of Public Health Institutes with support from CDC, can be used to assess sodium policies and practices and develop specific sodium reduction action plans.

Million Hearts® in the Community

Million Hearts® grantees are primed to put evidence-based strategies into action.

Five Million Hearts® grantees in Municipalities have been awarded $10,000 to implement Million Hearts® at a municipal level. These local health departments and community-based organizations were selected from more than 30 applicants to carry out their strategies through June.

A Southern California project is improving the cardiovascular health of black residents.

The $6 million, 3-year project will increase patient participation in cardiac rehabilitation by providing training, creating an online platform, and applying strategies from the Million Hearts®/American Association of Cardiovascular and Pulmonary Rehabilitation’s Cardiac Rehabilitation Change Package.

The Science of Million Hearts®

AHA Presidential Advisory recommends minimizing combustible tobacco products.

Cigarettes are a major cause of preventable death and disease. AHA’s Presidential Advisory on tobacco products recommended policies that support the uptake of smoke-free products and help consumers move beyond combustible products. This includes e-cigarettes, smokeless products, and combustible products.

AHA updates its statement on accurate blood pressure measurement in and out of the office.

AHA published an updated statement on the importance of accurate blood pressure measurement in and out of the office. The statement stresses the importance of improved blood pressure measurement to prevent heart disease and stroke.

AHA and American College of Cardiology update guidelines on the primary prevention of cardiovascular disease.

A new statement from the AHA and American College of Cardiology (ACC) lays out new strategies for preventing heart disease and stroke. The statement includes the inclusion oferythromycin in the class of medications used to lower blood pressure and the addition of an antihypertensive medication to the list of drugs used to treat high blood pressure.

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