

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 firsthand 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

Medical Association (AMA) and American Heart Association (AHA) provide resources such as **Target: BP**, the Centers for Medicare & Medicaid Services' QIN-QIOs offer 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.

We need you. We need your ideas, your commitment, and your connections to build a nation focused on preventing heart disease and strokes. You can share your successes with others in our "In the Community" section of this newsletter. The tools and resources you develop can be disseminated to our 70,000+ subscribers in the "Tools You Can Use" section. And your stories, ideas, and suggestions are always welcome at millionhearts@cdc.gov.

This is a national problem, in need of both national and local solutions. We must act now.

Yours in health,

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Explore Hypertension
Control Tools

Tools You Can Use

CDC's Office on Smoking and Health leads the Year of Tobacco Cessation.

CDC's Office on Smoking and Health has designated 2019 the Year of Cessation to highlight the importance of helping people quit tobacco. This year look for shareable resources and interventions to help you support cessation in your practice and community.

Eat Smart, Move More calendar gives individuals a goal-setting tool. [PDF - 935 KB]

The Division for Heart Disease and Stroke Prevention created this fillable 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.

Quick Fact

Roughly 1 in 5 adults with hypertension has chronic kidney disease (CKD). Controlling hypertension can help keep kidneys healthy and reduce the risk for CKD. [Learn more.](#)

Million Hearts® in the Community

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

Five Million Hearts® in Municipalities grantees 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.

AHRQ's new project aims to save lives by increasing cardiac rehabilitation participation.

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.

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

The Southeastern San Diego Cardiac Disparities Project, recently profiled by the Robert Wood Johnson Foundation (RWJF), is a partnership between Be There San Diego and local faith organizations that encourages congregations to develop heart-healthy plans based on their unique needs.

Optimize your employees' health benefit coverage.

The U.S. Office of Personnel Management (OPM) called attention to the need for comprehensive tobacco cessation services and other evidence-based preventive services in its annual call for benefit and rate proposals from Federal Employees Health Benefits Program carriers.

The Science of Million Hearts®

AHA Presidential Advisory recommends minimizing combustible tobacco products. (*Circulation*)

National Academies release new dietary reference intakes for sodium and potassium. (*National Academies of Science*)

AHA updates its statement on accurate blood pressure measurement in and outside office settings. (*Hypertension*)

Patients with atherosclerotic CVD with poorer statin adherence had higher mortality risk. (*JAMA Cardiol*)

AHA and American College of Cardiology update guidelines on the primary prevention of cardiovascular disease. (*J Am Coll Cardiol*)

Do This!

Review and Comment on CMS's Proposed Decision Memo.

CMS's Proposed Decision Memo for Ambulatory Blood Pressure Monitoring (ABPM) is available for public comment until May 8. This decision memo reassesses Medicare coverage for ABPM and outlines the circumstances for this coverage.