We are halfway through the Million Hearts® 2022 initiative…

By the time you read this, CDC will have hosted the September 9–10 Hypertension Control meeting in Atlanta, Georgia, to advance the conversation about the importance of blood pressure control. The meeting included best practices and proven strategies for hypertension control, small group sessions on how to implement these best practices, discussions of ways to commit to best practices, and how CDC can support implementation.

Inspire people to quit tobacco with tools from the new Tobacco Cessation Change Package.

The new Million Hearts® change package is a quality improvement tool for health care and public health professionals. The change package will help you choose which tobacco cessation treatments are the best fit for your practice setting and patient population. The FH Foundation’s toolkit breaks down the basics of familial hypercholesterolemia (FH). September is National Cholesterol Awareness Month! See the FH Foundation’s media toolkit for shareable resources to help educate people about FH, an inherited—and often undiagnosed—cholesterol disorder that greatly increases the risk for heart disease.

Explore ways to incorporate physical activity breaks in the workplace with this guide. This CDC guide provides resources and ideas to help employees build brief activity breaks into their workdays. It is for all employers, regardless of size or industry type. The break ideas are easy, fun, inexpensive, and not disruptive to the workplace.

Quick Fact
Achieving the Million Hearts® target of an 80% control rate in adults with hypertension by 2021 could prevent an estimated 570,000 preventable events. (PCE – 3–4 Mb)

Million Hearts® in the Community

Nashville community health organization focuses on improving hypertension rates among residents.

NashvilleHealth works with local stakeholders and national experts to improve Nashville residents’ heart health, bring national programs like Target:BP and the NIH-funded Barbershop Project to the city. Learn what NashvilleHealth does and get ideas for your own community–clinical linkages.

The Science of Million Hearts®

High blood pressure and cholesterol in early life increases CVD risk in later life.

Tobacco cessation strategies in Medicaid-expansion states were more effective than in non-expansion states.

Hypertension medication nonpersistence was lower in 2014 than in 2007.

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