In health and in life, the little things are the big things.

Tools You Can Use

Video highlights personal stories on the benefits of self-measured blood pressure monitoring. This patient- and professional-friendly video from the National Association of Community Health Centers (NACHC) highlights the profound impact of self-measured blood pressure monitoring programs on patients and clinical teams in three states.

The CDC’s Division of Nutrition, Physical Activity, and Obesity released a package of BE Active resources to help community stakeholders foster activity-friendly built environments. Resources include real-world examples, implementation and visual guides, and a presentation with talking points to help local leaders educate others about the importance of designing walkable, bikeable communities.

Encourage activity-friendly built environments in your community with this ready-made slide presentation. Based on the Million Hearts® 2022 framework and supported by a robust network of partners, the Million Hearts® in the Community toolkit helps practitioners build connections between communities and clinics.

The FH Foundation’s toolkit breaks down the basics of familial hypercholesterolemia. This patient- and professional-friendly toolkit for shareable resources to help educate people about familial hypercholesterolemia—an inherited, often undiagnosed, cholesterol disorder that greatly increases the risk for heart disease.

Quick Fact

Regular physical activity can improve cholesterol levels, including increasing the “good” high-density lipoprotein cholesterol. However, between 2010 and 2015, only 23% of U.S. adults met federal guidelines for recreational aerobic and muscle-strengthening activities.

The Million Hearts® in the Community

Federally qualified health centers (FQHCs) transform blood pressure control rates in underserved populations. A study finds that e-cigarette use is unlikely to be a sufficient solution to help people with mental or substance use disorders. People with hypertension spend nearly $2,000 more annually on health care than people without hypertension.

Women with hypertensive disorders during pregnancy are at risk for similar complications as women without. Likewise, health professionals can encourage people to make small, daily changes by supporting tobacco-free policies and walkable environments that make it easier—and safer—for everyone to be physically active.

Based on the Million Hearts® 2022 framework and supported by a robust network of partners, the Million Hearts® in the Community toolkit helps build community-clinical linkages to improve cardiovascular health.

The FH Foundation’s toolkit breaks down the basics of familial hypercholesterolemia—an inherited, often undiagnosed, cholesterol disorder that greatly increases the risk for heart disease. The tool kit helps practitioners build connections between communities and clinics.

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The Million Hearts® in the Community toolkit breaks down the basics of familial hypercholesterolemia. This patient- and professional-friendly toolkit for shareable resources to help educate people about familial hypercholesterolemia—

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