American Heart Month 2013

Tools You Can Use

- Self-Measured Blood Pressure Monitoring: Action Steps for Public Health Practitioners—This new guide focuses on integrating self-measured blood pressure monitoring plus clinical support into chronic disease prevention efforts.
- Million Hearts™ en español—Visit our newly translated website, chock full of information and resources for Spanish speakers.
- More materials in Spanish—Several new resources provide strategies and tips to help consumers understand and manage their risk factors for heart disease and stroke:
  - Four Steps Forward, a fact sheet about the ABCS.
  - How to Control Your Hypertension/Learning to Control Your Sodium Intake, a new fotonovela.
  - Promotores de Salud and Million Hearts™, a fact sheet for community health workers.
- Pharmacy Podcast—Listen to Dr. Janet Wright talk about how you can work with your pharmacist to stay heart healthy.
- Heart Health Mobile—Check out this new mobile application developed by the Marshfield (WI) Clinic Research Foundation, the winner of the Million Hearts™ Risk Check Challenge.

Million Hearts™ in the Community

- North Dakota's MediQHome program reaches 67.4% hypertension control among adults. The program, based on the patient-centered medical home model, is designed to improve quality of care for patients with chronic conditions through collaborative decision-making, better coordination of care, and use of a clinical information management system. Outcomes have included an increase in the percentage of adults with their blood pressure under control (from 63% in 2009 to 67.4% in 2012) as well as significant cost savings from fewer emergency room visits and unplanned admissions.

- Worksite wellness program achieves nearly 80% blood pressure control among Perdue Farms employees with hypertension. Almost 90% of Perdue employees (about 15,000 associates) participate in the company’s health improvement program, which includes a health risk assessment followed by biometric testing for cholesterol levels, body fat percentage, blood pressure, diabetes, and blood nicotine for a health score. Associates who received low health scores meet with health coaches to target risk factors and improve overall health. Company-wide health scores have risen every year since the program began, and nearly 80% of employees with high blood pressure are getting it under control.

Let us know what you're doing to advance Million Hearts™ in your community! Send us a short description with some key points, and we may feature you in a future e-Update!

The Science of Million Hearts™

Less sodium = lives saved. Hundreds of thousands of deaths could be avoided over a decade if Americans reduced their sodium intake to federally recommended levels, according to a new study published in the journal Hypertension. The researchers used three different models to estimate the potential health benefits of dietary sodium reduction, and all three produced substantial results.

Welcome to a special American Heart Month edition of the Million Hearts™ e-Update! We are especially pleased to share additional resources this month when so many of you are working extra hard to help us stay focused on achieving our goal of preventing 1 million heart attacks and strokes by 2017.

I also encourage you to view this video from HHS Secretary Kathleen Sebelius, who has a special message of appreciation for everyone who has supported Million Hearts™. She invites all of us to help keep 1 million hearts beating strong. Together, we can achieve our goal!

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

Do This!
One Easy Way to Support Million Hearts™

Check out the Heart Health Mobile app and share it with colleagues and friends. Ask 10 friends to check their risk and tell us on Facebook what you and they have learned.

You are receiving this newsletter because you are a Million Hearts™ supporter.