



Help prevent **1 million** heart attacks and strokes by 2017.

e-update

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.



millionhearts.hhs.gov

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